

Top10

# ASIA'S TOP 10 CULINARY SPA JOURNEYS

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As an increasing number of spa-goers become aware of how important wholefoods are in their wellness agenda and the slow food movement of farm-to-table ethic swells, spa resorts are responding by offering an ever increasing number of culinary-based retreats, coupled with pampering spa experiences. With a wealth of cultural heritage to draw upon, Asian resorts need not look further than their own backyard to create indigenous and local foodie experiences for their guests. Whether it be an on-site cooking school, a bespoke dining experience in an awe-inspiring setting or a detoxifying cleanse, locally raised and indigenous ingredients are amply used to both nourish the body and the spirit.

## *Shreyas, India*

7. Outside of Bangalore in the quiet Indian countryside is the holistic and luxurious Shreyas retreat, which is known for its personalised contemplative retreat experiences. Guests are welcomed into this non-denominational spiritual oasis and can choose to stay in well-appointed pool or garden cottages that are surrounded by lush landscape. At this exclusively vegetarian resort, the seven-night Culinary and Spa Experience begins with the philosophy of Indian cuisine and its intrinsic tie to spirit, nature and self-nourishment. Through hands-on cooking classes, harvesting visits to the resorts 20-acre organic farm and local markets, tips on holistic kitchen management and traditional Indian table setting and service, and an opportunity to serve a meal to children at a local orphanage, guests will be fully immersed in the experience. Ayurvedic spa treatments and personalised yoga and mediation sessions round out the holistic nature of this retreat for the soul. [www.shreyasretreat.com](http://www.shreyasretreat.com)

