

Home > T+L Top Lists

3 BLISSFUL SPAS

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In an age when stress seems unavoidable, none other than the Dalai Lama speaks out on the importance of finding peace through meditation and even a few spa treatments.

If getting a massage feels overly indulgent, you can stow that guilt for good because you've got the **Dalai Lama** in your corner. At the [Global Spa & Wellness Summit](#), held in India, his holiness, Tenzin Gyatso, the 14th Dalai Lama, spoke about the impact of the multi-billion dollar industry on modern day wellbeing.

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His holiness kicked off the talk by whispering to his translator, "What does it mean, *spa*?"—a tongue-in-cheek start to his headlining role at a summit dedicated to exactly that. After a few chuckles from the crowd, he continued to explain that while the world of spas is relatively new to him, wellness is a concept he knows plenty about, setting the tone for the many parallels drawn throughout his speech.

"A happy mind, a peaceful mind, is the key factor for a healthy body," the Dalai Lama said, advocating relaxation through mental detox. "Medical scientists are actually telling me hatred, anger, fear—these emotions are eating our immune systems. Relaxing does not mean just on a yoga mat, lie down full of anger, full of fear. Relaxation means the mind is calm." India is renowned for its ashrams and yoga retreats, and [Shreyas Retreat](#) (doubles from US\$1,590) outside Bangalore uses yoga to connect the mind with the body.



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