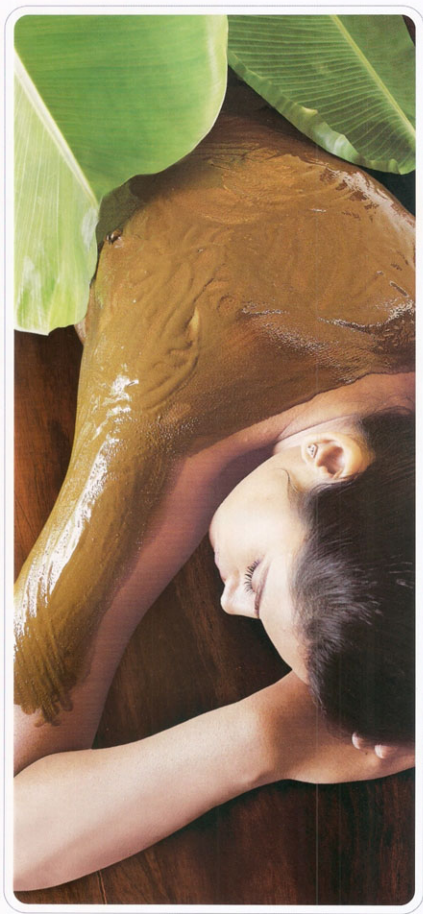
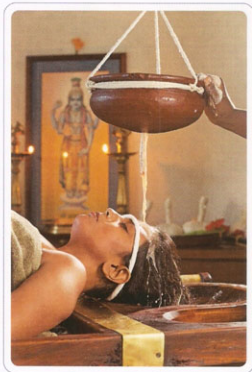




COVER STORY | SPA SPECIAL

Therapy in the city

Spa-ing has caught up not just as a trend, but more as an awareness towards wellness. And cities are taking the lead in offering the aware and discerning guests the best of treatments and services that are there in the business. Therefore, to help you keep abreast of the latest treatments and the newest spas in some of the metropolises in India, *Discover India* visits seven of the leading spas around the country and brings you their signature therapies and more in this fourth edition of our annual spa issue



COVER STORY | SPA SPECIAL

Herbal healing

The Ayurveda treatments at the Sanjeeva Medical Spa help you attain inner balance and peace, says **Heena Mahajan**

SPA: Sanjeeva Medical Spa

HOTEL: Best Western Premier Vedic Village Spa Resort

SETTING: While waiting for my spa session to commence, I decided to indulge myself with a cup of herbal ginger-lemon tea and take a quick glance at the spa resort. With the concept to attain Nirvana in the very lap of luxury, the spa resort is spread across acres of endless farmland, sparkling lakes, an amazing variety of birds, flowers and trees, fresh air, and concrete forms fused with rural simplicity in a harmonious blend. I was looking forward to the spa therapy.

EXPERIENCE: Having never had an Ayurvedic spa treatment, the Sanjeeva spa, so removed far from the hustle bustle of the city, seemed like the ideal place for my debut. An Ayurveda treatment is unlike your regular spa treatment wherein usually you can decide the treatment for yourself. Dr Krishna J, the Panchkarma expert at the spa, started off the session with a 15-minute test where I got to know my *prakriti* (body type), according to which he decided on the Aarogyam (Rs 6,000 for 120 mins) for me, which is the best way to get introduced to most therapies under Ayurveda. The peaceful and tranquil environs of Sanjeeva had already instilled a feeling of calm within me, and I was ready for an even more relaxing experience. Easily exceeding its scheduled 120 minutes, the therapy helps fight jet lag, tiredness and fatigue.

The treatment began with a 10-minute hair massage where the oil is infused with herbs grown in-house. This massage is done by two therapists, so it's called a four-hand massage. The rhythmic and synchronised hand movements, and the warm oil made my limbs loose and left me sleepy and relaxed. The therapy had worked wonders, but there was more to come. The Shirodhara literally means pouring a steady stream of liquid on the forehead, particularly on the 'third eye.' In Ayurveda, the third eye or the *ajna* (brow) *chakra*, is the gate that leads to inner realms and spaces of higher consciousness. As the Shirodhara progressed, I peacefully slumbered. I woke up with warm herbal *potli*s massaging my shoulders. These *potli*s are filled with various herbs and medicated powders. These are then warmed in medicated oils and are used to massage the entire body. After applying a gentle pressure with the warm *potli*s all over my body, I was given a face massage followed by a facial herbal pack – the *Mukha lepa*. When the treatments were over, and I got down from the *dhroni* (massage bed) and felt immensely light on my feet.

It was now time for a herbal scrub bath to remove the excess oil and exfoliate the skin. The scrub bath also helps seal within the body the therapeutic values of the herbs and oils used during the massage. As I stepped out of the room, I turned into the relaxation area where herbal *chai* was ready and waiting for me. I sipped the aromatic blend and enjoyed the beautiful world outside, made even more delightful by the relaxing spa session. ■



EXPERTSPEAK

Dr Krishna J | Director of
Medicine, Sanjeeva Medical Spa



Each session at Sanjeeva starts with a detailed consultation with the qualified team of doctors and the therapies are designed according to each guest's health, body constitution, lifestyle, ethnicity, etc. This is one spa which doesn't have so-called packages, and every treatment offered here is customised according to need.



FEEL REJUVENATED:

(Clockwise from top left, facing page) A *potli* massage in progress; Dead Sea Mud Wrap; a glimpse of the Zamindar Suite, Shirodhara

DETAILS

THERAPIES ON OFFER

The Sanjeeva Signature Day Spa Special (designed for women, preferably for a group of four or more) includes *Kanthi Kalpa* (four hours) that includes *Udhwartana/Usadana*, *Abhyanga-Sweda/Shirodhara*, Lotus Feet/Petal Soft/Ayurveda Facial, yoga session, a vegetarian meal, and body constitution analysis and consultation. It is priced at Rs 6,000 per person.

CONTACT

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