

INDIA  
TODAY

A MONTHLY CITY MAGAZINE

# SIMPLY KOLKATA



## RELAX!

LOOK GOOD, FEEL GOOD: TOP 10 SPAS  
AND FITNESS CENTRES IN THE CITY

Shirodhara  
at Vedic Village

## **SANJEVA MEDICAL SPA** Rating 9.5/10

A sense of calm and well-being sweeps over the moment you step into Sanjeva Medical Spa at Vedic Village. Overlooking the natural lake of Vedic Village, the French windows in the foyer ensure a harmonious confluence of the quiet indoors and the peaceful outdoors. On the floor of the lower level of the spa is the emblem of the circle of life that is emblazoned at strategic locations across the resort as well. Offering the choicest therapies in Ayurveda and naturopathy, the 15,000 sq ft spa has 14 treatment rooms and three onsite doctors, who treat evidence-based problems. "We have qualified Panchakarma (five different procedures used in Ayurveda, believed to purify the body) doctors with considerable experience in hospitals as well," says CEO MJ Robertson, 60. Even before a guest arrives at Vedic Village, he is in touch with the doctors, who gather his medical history and decide on a course of treatment through video-conferencing or consultation at the city outlet in a leading hospital. While Ayurveda therapies include Abhyangam (basic Satvic massage), Swedanam (Ayurvedic steam bath), Padaghata (body massage using feet), various Shiropakrama (head and scalp treatments), Sandhi Paricharana (joint and spinal care) and Panchakarma among others, the naturopathy and wellness treatments offer acupressure, deep tissues and therapeutic massages and exotic revitalising and detoxifying therapies.

**Where:** Vedic Village, Shikharpur, Rajarhat  
**Ph:** 66229900, [www.thevedicvillage.com](http://www.thevedicvillage.com)

(Left) CEO MJ Robertson, Dr Inde and Dr Krishna

### **Ambience**

Pristine natural beauty makes it the perfect haven to relax and rejuvenate.

### **Training**

The spa has three onsite doctors, who are MD's Panchakarma therapies.

### **Royal treatment**

Aarogyam is a special face therapy with medicated oil and a herbal hair pack.

### **Cost**

Prices range from Rs 500 to Rs 12,000 for various treatments.

