



ORGANIC IS THE WAY TO BE

Vedic Village is a true wellness retreat, says **Smita Singh**

FIRST IMPRESSION

IN A WORLD THAT IS SEEKING the ecological side of luxury, here's the perfect destination – the Vedic Village International Spa Resort in Kolkata. As M. J. Robertson, the Executive Director of the resort takes me around the acres of organic farmland surrounded by tranquil water spots, the setting makes me realise that the ambience is perfect for unwinding, de-stressing and healing.

HEALING THE BODY

The Sanjeeva Spa is the heart of the resort. It has two well-defined departments, the Wellness section and the Ayurveda or Therapeutics section. I am introduced to Dr Pradyumna, the Spa Director and head of the Therapeutics section. He chooses for me the *Ayurvedamrita* (90 minutes, Rs. 3,500) which I am told has the best of the components from Ayurveda therapies. I am further put in to the experienced hands of therapists Shani and Tincy. They first start with *Abhyangam* – where both work from head to toe with warm herbal oils, then they start the *Shirodhara* – here a caressing stream of special oil is oscillated on the forehead, the next step being the *Patrapinda Swedana* where the therapists use herbs-filled bolusses to stroke the body with mild pressure. The treatment ends with a face therapy with *Kumkumadi Thailam*. The session ends with herbal scrub bath – *Snana*. After the session I am given a herbal drink and *Rasnadi Churna* (herbal powder) which is rubbed on my crown to prevent cold and to clear accumulated phlegm.

EXPERT SPEAK

Our USP is the *Shodhana* - a protocol that aims at detoxification, cleansing and energising the system. Not many institutions in the world can offer this program with confidence and accuracy. If you are visiting Vedic Village then you must experience the *Dinacharya*- the one-day Vedic Lifestyle, it means a daily regimen in accordance with the Vedic lifestyle or you can go in for the Vedic Healing package.



Dr C.M. Pradyumna
Director of Medicine

CELEBRITY REVIEWS

'A wonderful experience and a super ambience'

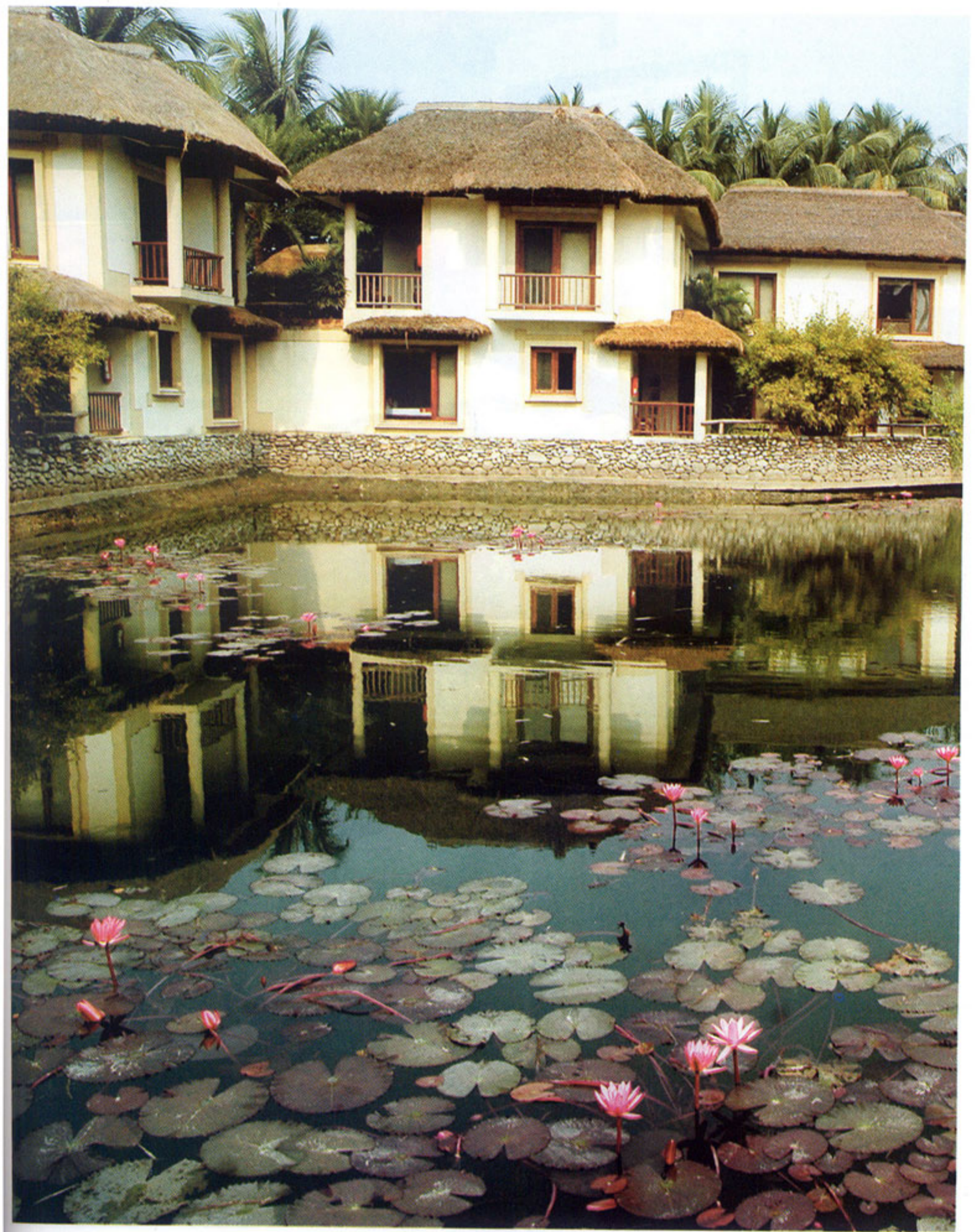
— **Malaika Arora Khan**

'An amazing experience - just one massage can make a big difference'

— **Om Puri**

BY THE LOTUSLAKE: Built on the edge of a natural lake, the resort's villas embody serenity





Dinacharya and Vedic Healing have to be experienced to be believed