Wander into *Wellness*

In India's quietest corners, discover a new kind of luxury

Atali Ganga

In a digitally saturated world, these soulful retreats offer space to calibrate, where nature nurtures transformation and every detail is designed for the renewal of your energy.

NIRAVA HOLISTIC CENTRE BY KRISHNENDU

Krishnendu Ayurveda, a 117-year-old family-run sanctuary in Chingoli, Kerala, is rooted in authentic Ayurvedic healing. Situated 30 km away from Kerala's iconic backwaters, Krishnendu, led by four generations of Ayurvedic doctors, introduces its newest retreat, Nirava, which brings luxury to wellness. Featuring private pool villas, yoga, and therapies that blend Ayurveda with naturopathy, Nirava offers a unique experience.

Nirava Holistic Centre

TRE WELLNESS

In the quiet village near Hyderabad, Telangana, Tre Wellness offers an immersive path to healing. It intertwines naturopathy, Ayurveda, yoga, acupuncture, and nutrition into a deeply personalised, clinical-meets-holistic healing journey. With a high doctor-to-guest ratio, gourmet cuisine, and plush long-stay rooms, every detail supports transformation. Signature programs such as the immersive 50-day reset offer structured, in-depth care. At Tre, wellness is a soul-deep renewal with support that continues long after you leave.

Tre Wellness

Atali Ganga

Medieval Forts and Palaces

MEDIEVAL FORTS AND PALACES

Medieval Palace Kalwar is a 25-room dreamscape of frescoed halls and stained glass. Once a Rajput fort, now a sanctuary with a soulful spa, twilight Zanan-Khana gatherings, and Rajasthan's jazz-speakeasy, 'Medieval'. Opening this September, with pre-bookings now open, it offers the perfect place to recline with the Aravallis standing in stillness, where every moment brings a touch of pampering. Revived by artist Renuka Kumar, it's a story whispered through stone, light, and silence.

ATALI GANGA

Where the Ganga curves through the Himalayan forest, Atali Ganga and its Foresterie Villas offer a rare retreat into nature and stillness. Expect riverside yoga, forest bathing, curated adventures, and Ayurvedic therapies drawn from Himalayan botanicals. With a private plunge pool at your villa, a serene river-facing pool, expansive sundecks, and soulfully designed spaces, this retreat is crafted for both the seeker and the slow traveller alike.