A rejuvenating retreat

Having heard about Trē Wellness Center from my dear friend Veer Vijay Singh, CEO, Trance Hotels, that manages the resort on behalf of the ***founders Lakshmi Reddy*** and Siddharth Reddy. So on my visit to Hyderabad I made it a point to visit the resort, unfortunately only for one night. Located two hours drive from the airport, I had an healthy nutritious lunch, before catching up with Lakshmi Reddy who with a BSc in Nutrition and an MBA and a 35-year career spanning IT, medical transcription, and hospitality. Interacting with her I could sense her leadership is shaped by a deep understanding of how nutritional science enhances holistic health. ***Excerpts***

Lakshmi Reddy

How did the idea of Trē Wellness Center originate?

After struggling with my health & finding that conventional allopathic treatments weren't effective, I started exploring alternative options. A combination of Naturopathy, Ayurveda, and Supportive Therapies proved transformative in my recovery. However, I noticed a significant gap in the available facilities: institutions offering these effective treatments often provided only basic accommodation, while places with superior comfort and hygiene lacked a robust clinical approach.

This experience highlighted a clear need for a wellness destination that seamlessly integrates clinical treatments with a resort-like atmosphere, prioritizing both comfort and cleanliness. Recognizing that no such facility exists near Hyderabad, we chose to establish Trē just 75 km from the city. This location makes it easily accessible while being enough away to offer a true sense of peace and tranquility amongst nature. This vision is precisely what trē embodies: a clinical setup designed to feel like a rejuvenating retreat.

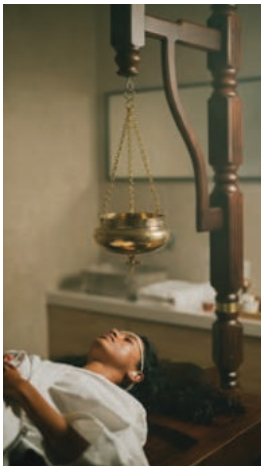
What are the USPs of your Wellness Center?

We uniquely combine luxurious comfortable stays with the delivery of clinical care results for transformative well-being. We offer this at an accessible price point, distinguishing ourselves from exorbitantly priced alternatives.

We provide an integrative blend of Naturopathy, Ayurveda, Yoga, Acupuncture, Physiotherapy and Nutrition. We take a holistic yet clinical approach to healing by addressing the root-causes of health imbalances. Our commitment to unhurried, personalized care is ensured by the proportion of 20 guest rooms to 20 treatment rooms and a guest-to-staff ratio of 1:2.5. Our team of expert practitioners thoughtfully curate the therapies.

We also extend ongoing guidance and assistance to guests even after departure, to prolong their health improvements. We further adapt to individuals needs by engaging specialized consultants like healers for focused guidance.

What about culinary aspects?



Very vital. At Ahāra our Diet Centre we blend the wisdom of ancient systems like Naturopathy and the science of dietetics. This allows us to provide fresh, perfectly portioned & versatile vegetarian meals, all thoughtfully designed to support your wellness goals. We offer more than just health-focused meals; we provide personalized gourmet cuisine, crafted to each individual's health conditions and needs. Our dedicated demo kitchen empowers guests with the knowledge and skills replicate recipes, thereby fostering sustainable wellness.

How do you define a holistic wellness experience?

At Trē, we see holistic wellness as a comprehensive healing journey that addresses the root-causes of your health imbalances. We provide an integrative blend of Naturopathy, Ayurveda, Yoga, Acupuncture, Physiotherapy and Nutrition. By combining these disciplines with a clinical approach, we ensure that our precise, evidence-bases treatments are tailored to your unique needs and will lead to transformative, lasting well-being.

Our retreat is meticulously designed for sustainability, deeply integrating with its natural surroundings.

Meander through peaceful walking paths, unwind in lush gardens, enjoy a dip in the serene swimming pool and find your flow by our water bodies. Dhyāna - our Centre for focus offer spaces to strengthen your body and mind (yoga, gym), while the library provides a quiet zone for reflection. Each space is crafted to bring you closer to nature, creating moments of tranquility and restoration.

Trance Hotels

Trē is managed by Trance Hotels, a boutique Hospitality Management Company specializing in bespoke services for unique retreats and resorts across the country. Helmed by career hoteliers Veer Vijay Singh, his sons Vishwaveer and Suryaveer Singh, Trance provides advanced solutions based on the expertise and experience of its directors and advisors, giving hotel owners unmatched attention to detail with regards to services, procedures and processes.