Trē, the new curative health wellness retreat has unique nature-led healing therapies and science-backed routines to rejuvenate you

Food, Flow and a Full-Body Fix

One of the first surprises at **Trē**, an integrative wellness retreat near Vikarabad, is what they don't serve. No water at mealtimes. No salt and pepper shakers. Not even a side of salad with your cooked food. But every omission is intentional. Rooted in the principles of naturopathy, Trē believes that our health is shaped by what we eat and how we live. From when you sip water to how much dal lands on your plate, everything is guided by this science of mindful living.

CURATIVE AT THE CORE

"We're not a spa or a luxury resort. We're a healing space rooted in the triad of wellness – mind, body, and spirit. That's what Trē stands for," says Lakshmi Reddy, the spirited founder of this integrative retreat. Launched just six months ago, Trē is deeply personal for Lakshmi, who turned to naturopathy after conventional medicine failed to ease her arthritis. "My visit to a naturopathy retreat a few years ago changed everything – my health, my perspective, my energy. I knew I had to bring that experience closer to home."

Supported by her son Siddharth and daughter Poojitha, both passionate wellness advocates, Trē is now a family-led mission to reimagine holistic healing. Reclaim your balance is the credo. "Another reason to visit us is that we have best AQI (Air Quality Index) in this area," adds Siddharth.

EXPERIENCE ELEVATED LIVING

Check-in starts with a health form (filled out the previous day), followed by a personal consultation with Dr Shiny Benedict, one of their experienced doctors, who recommends therapies based on your body type. Dietician Kabita Jana then explains your upcoming diet. The day starts at 5 am with a brisk walk around its lush 5-acre campus. Post Shatraka (cleansing of eyes with rose water and the nasal passage with saline water), guests head to yoga and sip on a health drink by 7 am. Breakfast is fresh fruit or a smoothie, just before the massage sessions. A crunchy salad at 11 am (the cauliflower one is a hit) leads into a light, tasty lunch – think jowar roti with beetroot curry or palak khichdi. The rest of the day includes wellness therapies, meditation and a light dinner, with a soothing health drink delivered to your room (mine was turmeric tea on the patio!). Lights go out by 9 pm. Highlights? Art therapy games and a brilliant wellness library whenever you are free.

THE WELLNESS QUOTIENT

The therapies, lasting 40–90 minutes, are intense, detailed, and handled by skilled professionals. They work best when paired with rest, light stretches, walks, and a nutrient-rich diet – you'll feel lighter and fresher within a day of checking in, with the food playing a key role. Packages range from a six-to-nine-day mini detox to a 21-day lifestyle management plan. From stress relief to metabolic correction and disease management, Trē offers tailored programs featuring over 100 therapies – from classic full-body massages to unique options like Bamboo Therapy and Salt Glow. ■ MANJU

Price: Rs 12,000 onwards, including stay, food and therapies

Survey No. 121A, Kolkunda, Mominpet (Take the Sadashivpet turn from Hyderabad, 75 kms from Jubilee Hills Checkpost)
Tel: *87126 23060*

5 THINGS TO REMEMBER

- Live demos of healthy, therapeutic cooking in the evenings
- Guests are encouraged to unplug and soak in the calm
- Suites with private outdoor showers, pool and jacuzzi coming up soon
- They also have supportive therapies like acupuncture and physiotherapy, making it an intergrative wellness space
- Only herbal tea is served on the campus