



A yoga workshop at the Walden
Manshap Garden City

At the Hilton Shillim Estate Retreat and Spa, visitors may choose to begin their day with an hour-long session of yoga in the property's yoga pavilion built in one corner of the estate. Under the benign rays of the early morning sun and surrounded by the calls of langurs and peacocks, the session is a magical wake-up exercise for the senses. It becomes more than just a workout session and by the end of it, it is possible for everyone present to truly understand the meaning of wellness—a feeling of peace in the mind combined with vitality in the body.

The Hilton Shillim is one of the many properties that have integrated wellness into the holiday experience they offer their patrons. The retreat, nestled in the Sahyadri range, is more an experience than a destination—a fact that the staff is proud about. Early morning walkers here will be able to catch a glimpse of deer and rabbit herds. Its location is largely responsible for Hilton's rising popularity among the weary urban dwellers of the nearby cities of Mumbai and Lonavla. Similarly, another wellness retreat, Swaswara in Gokarna, is set in forested tracts close to the sea—a natural location for attaining the nirvana-like quality of a perfect holiday.

Wellness holidays

It is not as if the concept of 'wellness getaways' is new in India. For years, hospitality institutions like Ananda in the Himalays and various other ayurvedic retreats in popular tourist destinations like Kerala and Goa have been offering similar options. But, till recently, they managed to attract only foreign tourists. The more prudent and money-conscious Indian visitors have been chary of therapeutic getaways. For them, a holiday was more about fun in the sun and indulging in sundowners. As Andreas Kraemer, general manager of the Hilton Shillim, says, "India has many wellness traditions. Until recently, visitors from

As more Indians look to vacations to rejuvenate and revitalise themselves, wellness retreats across the country offer more than just a healing touch.