



A thatched roof villa at the Indus Valley Ayurvedic Centre at Mysore

### Indus Valley at Mysore, Karnataka

Ayurveda is serious business at Indus Valley Ayurvedic Centre (IVAC) in Mysore where the 5,000-year-old health regimen, finds expression in its purest form. Set in a dream location against the backdrop of the Chamundi Hills with the charming historic city of Mysore within arm's reach, the spa has a Zen-like simplicity. Use of natural materials like thatch for the roof of the villas, rich earth floors and a striking vernacular style, IVAC is the embodiment of ayurveda.

Here, they will allow you to opt for an a la carte massage treatment only if you insist. However, a minimum stay of seven days is recommended if a lasting change is to be wrought. The spa goer is encouraged to correct an unhealthy lifestyle with the help of an ancient course of therapy that includes following a strict diet, natural herbal remedies, exercise and meditation. One must make an effort to banish all manner of needling thought (living in luxurious rooms help here) and during the treatment, tea, coffee and smoking are to be avoided. Forget French fries, lobsters and non-vegetarian fare, for in this sylvan resort one's diet is strictly non-spicy vegetarian ayurvedic.

Everybody, we were told, gets the body he or she deserves. We entrusted our over-indulged bodies and mental well-being to the young therapists at IVAC which was



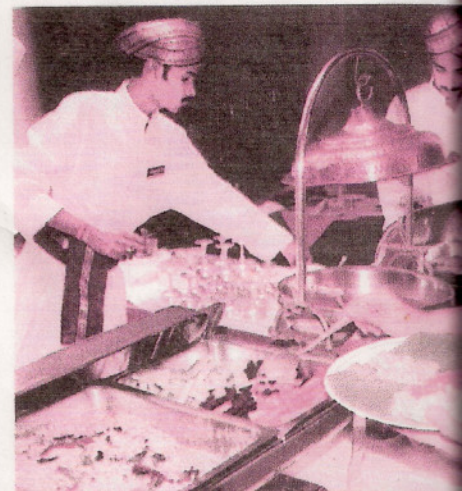
Zen-like simplicity in the massage room

adjudged one of the top hundred spas in the world by *Harpers* magazine, UK.

After a chat with and an examination by an ayurvedic doctor, who also checked our pulse to detect if anything was amiss, we headed for the peaceful treatment rooms. Here we opted for Patra Pinda Sweda, a rejuvenating therapy, which removes aches and pains, and is great for circulation, improves skin tone and

generates a feeling of well being. Magical hands spun their enchantment over our supine bodies which we surrendered to our therapist who had by then acquired almost divine dimensions. Our bodies were then pummelled, scrubbed and exfoliated.

The massage was the answer to every under-exercised and over-toxed person's dream. But there was more! The full body rub down was followed by the kneading and pressing of warm poultices (a mixture of rice and herbs) on our bodies by four therapists working as one. Indeed, they synchronised their movements so beautifully that it felt like ballet dancers tiptoeing on our bodies.



Diet is strictly non-spicy vegetarian ayurvedic

Article in 'Hi Blitz Kingfisher Airlines Mag'

