

SPA TIME IN KARNATAKA

Today, as the word 'spa' becomes hip, and the biggest names head for the nearest spa in search of relaxation, health, beauty and fitness, Bangalore leads India in the sheer variety of health resorts it offers— from ayurvedic therapies to Thai and Swedish massages. This is our guide to some great wellness holiday resorts in and around Bangalore. **BY ANIL MULCHANDANI**



INDUS VALLEY AYURVEDIC CENTRE (IVAC)

When the visionary Dr. Talavane Krishna, MBBS and FFARCS (UK), who has practised medicine in the UK, USA and Canada for over 25 years decided to give it all up to start the Indus Valley Ayurvedic Centre (IVAC), his vision was clear—to integrate ancient wisdom with modern concepts. And that is exactly what you get at IVAC facility in Mysore—first of all, peace, tranquility and calm overtake all your

senses. Its location is breathtaking. Near Mysore amidst the Chamundi Hills and overlooking the famous Lalitha Mahal Palace. The greenery and beauty of the setting, makes you feel far removed from the madness, problems and stress of daily living. And that is just the beginning.

A unique Ayurveda clinic and spa resort, IVAC offers traditional therapeutic and beauty treatments, designed and manned by a highly experienced panel of doctors who have taught Ayurveda in Germany, UK, USA and Japan



and India. Spread out over 25 acres of tree-lined walkways and flowering shrubs it was established in 1999, and has been listed by *Harpers magazine* as one of the world's 100 finest spas, rating it on par with a standard of facility and tranquility sought after the world over. It is also the first ISO 9001-2000 certified Ayurvedic rejuvenation health care centre in the world.

The centre is a one-stop shop for all your wellness requirements. Treatments at IVAC range from the regular *Abhyanga* (whole body oil massage) and the popular *Shirodhara* (a continuous stream of oil poured over the forehead), to more advanced massage therapies such as *Sarvangadhara*, where five therapists massage and drip warm oil on the lucky client for no less than two hours. *Panchakarma*, a detoxification treatment that takes a week or more (time period varies with body constitution), is also offered for those who wish to rid their bodies and minds of toxins.

At the core of all treatments and practices at IVAC is Ayurveda, the Vedic system of health care developed in India over 5000 years ago, a philosophy to cure illness the natural way, typically, problems like stress, obesity, depression, hypertension, cardiovascular dis-

eases and diabetes which are a deadly reality today. This ancient science is health, and not disease-specific and takes into account the patient's entire being - body, mind and soul.

At IVAC, the time-tested tradition of herbs is combined with a daily intake of yoga and Ayurveda in a perfect setting for peace. Ayurveda revives and rejuvenates the body, making the body ready to truly embrace wellness; yoga helps it achieve a natural state of being. Both these are complementary in bringing a balance and stability to the patterns of metabolism.

The Setting

IVAC, the New Age Ayurvedic resort—is set perfectly in Mysore's peaceful environment. The city has an old-world allure, enhanced by its broad shady avenues, well laid out gardens and grand structures. The centre has a clear focus on rejuvenation and cure, which is in perfect accord with the surroundings where the air is fresh, pure and invigorating.

The project plan of IVAC is entirely based on Vaastu, which gives the healing process a whole new dimension. Vaastu finds its source in the five elements, which originate from a single source,