



Luxurious tented accommodation at Orange County in Coorg

Orange County at Coorg, Karnataka
 Orange County in the district of Coorg or Kodagu is set in plantation country—a land of coffee, cardamom and pepper... and ayurveda. Dotted with luxurious tented accommodation, pool villas and cottages built in the 16th century Tudor style, the resort's Ayurvedic Rejuvenation Centre is housed in a traditional style Kodava house complete with a courtyard and exquisite wood carvings. In this dream environment where starry, sultry nights were the norm, dedication to the body



Pepper plantation in Coorg

rasayana chikitsa, a programme of massage and medication which strengthens the immune system; shirodhara or the oil dri relaxation treatment and swedakarma, herbal steam treatment that promotes the movement of impurities into the intestinal tract from which they are easily expelled by the body.

We opted for pinda sweda which involved a synchronised medicated oil treatment by two therapists who elevated the massage to a sublime plane.



A natural spa facial



Rejuvenating post oil massage showe

perfect seemed perfectly natural.

Though the spa at Orange County is run by the Mysore based Indus Valley Ayurvedic Centre where the focus is on long stay therapy, here they let you rifle through the menu of treatments like