

TODAY'S traveller

CORPORATE, BUSINESS, AVIATION, MICE & LEISURE TRAVEL MAGAZINE

SEPTEMBER - OCTOBER 2019 - ₹50

**THE TEA
ENTREPRENEUR:
BALA SARDA**

**DISCOVER
WELLNESS IN
GUJARAT**

**TODAY'S
TRAVELLER
CELEBRATIONS**

**TÊTE-À-TÊTE WITH
PRABHAT VERMA**

The Art of Wellness

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WAY FORWARD TO WELLBEING



In conversation with Hon'ble Shri Prahlad Singh Patel, Minister of State (I/C) for Tourism & Culture, Government of India, who shared his thoughts on the benefits of Yoga, Meditation, and healthy eating habits for maintaining sound health

Speaking exclusively to Today's Traveller, Hon'ble Shri Prahlad Singh Patel, Minister of State (I/C) for Tourism & Culture, Government of India, shared his views on Wellness and Fitness saying, "The 'FIT India Movement' launched by the Hon'ble Prime Minister Shri Narendra Modi is a landmark initiative, both with respect to the country and for the coming generations. I believe this is truly a visionary step and also a mass appeal from the Hon'ble Prime Minister to his fellow countrymen."

The Hon'ble Tourism Minister added, "Staying fit and in control of your body ensure success in every sphere of life. Our tradition is full of ancient wisdom when it comes to the wellness of mind and body like from doing exercises, Yoga, or Meditation. It's a journey that starts from daily walking to acquiring healthy eating habits, for an individual to remain fit and healthy in his life. I thank the Hon'ble Prime Minister for launching this unique and much needed initiative."

Quoting the Hon'ble Prime Minister, the Hon'ble Tourism Minister

said, "Success is related to fitness, success stories of all of our icons from any field of life have a common thread – most of them are fit, have a focus on fitness and are fond of fitness." The Hon'ble Tourism Minister also mentioned how the Hon'ble Prime Minister's initiative aims to involve people from all walks of life in this movement towards Fitness and Wellness.

The Hon'ble Tourism Minister, quoting the Hon'ble Prime Minister, also mentioned, "Fitness has always been an integral part of our culture. But there is indifference towards fitness issues now. Technology has reduced our physical ability and has robbed us of our daily fitness routines and today we are unaware of our traditional practices and lifestyle which could keep us fit. With time, fitness has been relegated a lower priority in our society. Earlier a person used to walk or cycle for a few kilometres, today mobile apps have to tell us how many steps we need to walk. Thus 'Fit India Movement' should become a national priority for every individual."



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The Leela Palaces, Hotels and Resorts

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MALHAUSI MONACO



Monaco Tourism presented the incredible collection by the master storyteller and couturier Rahul Mishra at India Couture Week 2019. Malhausi Monaco, the masterly showcase, revolved entirely around the famous streets of Monte Carlo and celebrated the emotion associated with a joyous human interaction with nature in Malhausi and an inherent walk along the memories of picturesque dwellings in Monaco. Speaking on the occasion, Rajeev Nangia, India Director, Monaco Government Tourist Bureau, said, "It is our pleasure to present the new collection created by Rahul Mishra. The flora and fauna as utilized by Rahul, in his collection and style, are a brilliant reflection of his childhood memories in Malhausi, and the inspiration drawn from his recent visit to the Principality of Monaco."

MOU SIGNED BY DESTINATION CANADA & TAAI



As part of its promotional activity in India, Destination Canada has recently signed an MoU with TAAI in Mumbai to jointly conduct presentation workshops to its members in 7 cities across India. The purpose of this activity is to engage with senior members of travel agents, tour operators, OTAs and event specialists and provide for ideation on new product offerings serving leisure, luxury, MICE and special event segments. Carl Vaz, CEO & Strategy Director, Destination Canada India GSA, said, "This second set of workshops follows on an extremely successful 10 city pan-India session with a team Canada approach. Going forward, Destination Canada, Air Canada and the Canadian High Commission will jointly address TAAI members across 7 cities."

OUTDOORVISIT DEBUTS IN THE AMERICAS, ASIA AND AFRICA



The emerging travel start-up OutdoorVisit is growing out of Europe and reaching new continents with fresh outdoor adventures for travellers. After bringing together hundreds of handpicked activities from all corners of Europe, they are now adding unique adventures in Tanzania, Nepal, Alaska, and Argentina. Speaking on the expansion, Michal Tyl, CEO of OutdoorVisit, said, "As a tribute to our favourite trips outside of Europe, we have selected 4 iconic outdoor destinations: Alaska, Tanzania, Argentina and Nepal, for which we are now adding new amazing adventures and tours." OutdoorVisit is growing fast and more amazing destinations, such as Canada, US National parks, Australia, New Zealand or Japan, are in the pipeline.

EMPLOYEE CELEBRATION WEEK AT NOVOTEL GUWAHATI



Novotel Guwahati recently celebrated employee celebration week. With the 5th Edition, this year's theme of 'Diversity & Inclusion – We are Many. We are One!' the hotel celebrated the employee celebration week with great pomp and ceremony. Accor Group dedicates these three days to celebrate the success, employee relations, and recognise and acknowledge the employees as being the most important asset in their lives. This year's major attraction of the celebration was the inclusion of a street play, with the storyline touching the important topics of Women Empowerment, Educate the girl child, Women and child trafficking and drug abuse. The motive behind organising the play was to create awareness amongst the common people on these topics, which need our attention and concern.

SKAL HOSTS DINNER AT THE SURYAA, NEW DELHI



Recently, the Skal Team hosted Skal dinner in order to honour SKAL Asia President Sanjay Datta, at The Suryaa New Delhi. The evening started with the warm welcome and felicitation of Sanjay Datta by Greesh Bindra, President - SKAL Delhi & VP - Operations, The Suryaa New Delhi, and Sunil Ghadiok, Immediate Past President - SKAL Delhi.

This was followed by the pan-Asian gastro journey of delectable flavours in eye-catching aesthetics at Sampan where the restaurant Executive Chef Ankon Mukherjee laid out favourite spread.



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BEAUTIFUL PLANET DMC TO MARKET SERBIA IN INDIA



National Tourism Organisation of Serbia has appointed Beautiful Planet Destination Marketing to expand its tourism activities in India. As part of the mandate, Beautiful Planet will be responsible for organising roadshows in Mumbai and Delhi and a group media familiarisation visit to Serbia. In September 2017, the Government of the Republic of Serbia adopted the decision on visa exemption for Indian nationals.

Commenting on the same, Huzan Fraser and Beena Menon, Directors, Beautiful Planet Destination Marketing, said, "We are absolutely delighted to be chosen as the India representative for the National Tourism Organisation of Serbia to market this new and exciting destination in the Balkans. We would like to enhance the visibility and image of the destination using the culture, history and diversity, to uniquely position the same in the market."

TOURISM MALAYSIA CONDUCTS VISITMALAYSIA 2020



Tourism Malaysia recently conducted the much anticipated Visit Malaysia 2020 campaign, in a 3-city roadshow covering Amritsar, Mumbai and Hyderabad. A total number of 37 participants from Malaysia comprising a combination of 16 travel agents, 4 product owners, 9 hotels, 3 airlines and 5 others combined together to share the latest development of Malaysian tourism, and also to announce the Visit Malaysia year in 2020. There was a special briefing on VISA, presentation by product owners and lucky draws. The VM2020 roadshow emphasizes India as main potential market for the country.

MANUSHI CHHILLAR EXPLORES SRI LANKA WITH CINNAMON HOTELS AND RESORTS



Recently, Miss World 2017 Manushi Chhillar visited Sri Lanka on an exclusive trip hosted by Cinnamon Hotels and Resorts, in a unique initiative to attract global travellers to the scenic island country of Sri Lanka. In an effort to recover from the decline of tourists due to the recent events, Cinnamon Hotels and Resorts have engaged popular celebrities in promoting tourism to Sri Lanka. The team at Cinnamon Hotels and Resorts recently published a video that went viral which featured Manushi Chhillar. Chhillar has a reach of 5.5 million followers on Instagram and more than 803,600 fans on Facebook. In her words, "I love Sri Lanka because this exotic island has so much to offer and is so close to home. From the rapidly growing entertainment hub in Colombo sponsored by Bellagio to the scenic and culturally rich hills of Kandy to the mythical palaces dating back to 5th century."

ISRAEL TOURISM CONDUCTS A ROADSHOW IN NEW DELHI



Israel Ministry of Tourism (IMOT) recently conducted a roadshow in New Delhi to enhance commercial ties with the Indian travel trade fraternity. The team interacted with over 300 key travel and tour operators, MICE providers, up-market leisure operators and media personnel. The roadshow included interactive B2B sessions, education programmes and workshops to aid trade members in planning itineraries and responding to customer queries. Commenting on the roadshow, Sammy Yahia, Director, Israel Ministry of Tourism – India & Philippines, said, "India currently stands third in Asia among the top source markets for Israel. While keeping the current momentum going, the idea is to aggressively work towards increasing connectivity between India & Israel by introducing new airlines to service the route."

MARRIOTT HOTELS VENTURES IN NEPAL



Kathmandu Marriott Hotel opened in the historic capital city, marking the debut of the flagship brand in Nepal. Designed to expand the mind of modern travellers, the hotel's prime location connects next-gen travellers to attractions throughout the fascinating cultural city. The 214 well-appointed rooms reflect streamlined Marriott Modern design complemented with premium elegance and intuitive technology. With over 7,965sq.ft. of banquet space, the Kathmandu Marriott Hotel has one of the largest meeting spaces in the city with the latest technology for seamless conferencing and meetings.

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(Facilities opening in a phased manner. Above facilities include the adjacent ITC Sonar.)



TIRUN ANNOUNCES SINGAPORE CRUISES



TIRUN Travel marketing, the exclusive India representative of Royal Caribbean International, recently announced the upcoming Singapore cruise season. This year, the international cruise liner has dedicated two of its favourite ships, the Quantum of the Seas and the Voyager of the Seas, anchored at the Singapore bay to offer guests an ultimate vacation experience. To attract the attention of Indian Trade, TIRUN will also be organising roadshows across Kochi, Indore, Raipur, Ahmedabad, Aurangabad, Bangalore, Chennai, Delhi, Pune, Chandigarh, Nagpur, Ludhiana, Kolkata, Hyderabad, Bombay, Jaipur from August till September 2019. Voyager of the Seas will be cruising through the South Pacific waters from 21st October-11th November 2019, on a 3-night and 4-night cruises from Singapore to Malaysia and Thailand. The 18-decked Quantum of the Seas can accommodate 4,900 guests and will sail across Malaysia and Thailand from 21st November 2019 till 26th April 2020.

PRIDE HOTEL NAGPUR UNVEILS A NEW CAFE & LOUNGE BAR



Pride Hotel Nagpur has now unveiled Café Pride and Tangerine Lounge Bar. Café Pride, the all-day dining café, features an exquisite blend of a traditional and international menu in a casual atmosphere. The Café also offers exciting breakfast buffets and the newly made café is simply spectacular. It's also an ideal place to meet your business associates. Tangerine Lounge Bar, with its stunning, lavishly designed interior and Oriental-accented crystal chandelier, is one of the best hangout places to interact and meet in Nagpur. This unique bar offers a luxurious ambience and the exclusive choice of liquors makes it well worth a visit.

TAT CONDUCTS ASEAN-INDIAN FILM FESTIVAL IN MUMBAI



The Tourism Authority of Thailand (TAT), Mumbai, in cooperation with the tourism boards of the ASEAN countries and India, recently inaugurated a three-day-long film festival at the National Museum of Indian Cinema (Film Division). The ASEAN-Indian Film Festival is one of the events being held to commemorate 2019 as the ASEAN-India Year of Tourism Cooperation. In addition to the common history, cultural celebrations and religious connections, interestingly, the ASEAN countries also celebrate their national days in August. Alongside showcasing the common ties among the countries, the objective of this festival is also to highlight the potential Film Tourism in these countries. The festival kick-started with the inaugural address by key dignitaries and representatives from each country, followed by mesmerising cultural performances and screening of Thai movie 'Ramavtar'.

JUMPIN HEIGHTS LAUNCHES BUNGY JUMPING IN GOA



Jumpin Heights has recently opened their second adventure zone in the holiday capital of India – GOA. The project is supported by the Goa Tourism Development Corporation (GTDC). The 55-m bungee jump has been set in North Goa, over the stunning Mayem Lake.

Ex Captain Rahul Nigam, Managing Director and owner of Jumpin Heights, introduced a truly international experience of Bungee Jumping with International Safety Standards. In the last decade, Jumpin Heights Rishikesh has managed to change the face of Adventure Tourism in India. They have been featured as one of the best experiences to be had in South East Asia, have earned certification from Ministry of Tourism, and, according to a survey in 2019, by Ministry of Tourism, have been acknowledged as having played a key role in making Rishikesh the Adventure Capital of India.

HILTON JAIPUR LAUNCHES SAGAI SE SHEHNAI 3.0



Hilton Jaipur recently launched 'Sagai se Shehnae 3.0 – Wedding trends 2019-20, a promotion that offers wedding-ready facilities and services in collaboration with experts in décor, clothing, makeup, rituals and others. To announce the same, the hotel organised and hosted an event of Talk Show and royal wedding fashion show that helps planners and guests make informed and inspiring choices for their prospective pre-and-post bridal ceremonies. The event hosted talk show speakers Vishal Gupta, General Manager at Hilton Jaipur; Dr Jaydeep Mehta – Founder True Events; Kalpana Rajesh – Décor by Krishna Chennai; and Pritesh Sharma – Mapsor Events.



FEEL THE ADRENALIN RUSH IN THE MOST

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landscapes!



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NAYAN SETH has been appointed as the General Manager at Taj Palace, New Delhi. With over two decades of experience, Seth will be responsible for the continued success of the Taj Palace, New Delhi ensuring margin enhancement and overall operational excellence. Seth began his career with the iconic Taj Mahal, New Delhi. He has earlier

worked with The Taj Mahal Palace, Mumbai, and Taj Mahal, New Delhi. Seth has also been the General Manager of Taj Wellington Mews Luxury Residences, Mumbai and the Taj West End, Bengaluru. In his last assignment, he led the fabled Taj Lake Palace, Udaipur.



KANIKA HASRAT has been appointed as the General Manager at Taj City Centre Gurugram. She joins Taj City Centre Gurugram, after her last tenure with Vivanta New Delhi Dwarka as its General Manager where she helped the hotel become a market leader and position itself as the new Vivanta. With an illustrious experience of nearly 25 years, she

has held leadership positions and worked with renowned domestic and international hospitality brands across key cities in India and abroad.



K MOHANCHANDRAN has been appointed as the Area Director – Udaipur & Jodhpur and General Manager of Taj Lake Palace. In his new role, he will be overlooking Taj Lake Palace & Taj Aravali Resort & Spa, Udaipur along with Umaid Bhawan Palace & Taj Hari Mahal, Jodhpur. With close to 30 years of experience in the Hospitality Industry, he has

worked across all hotel functions and in multiple locations with the Taj Group. Prior to this, he was the Area Director – Hyderabad and General Manager at Taj's iconic hotel Taj Krishna in Hyderabad, Taj Wellington Mews in Mumbai, Blue - A Taj Hotel in Sydney, and most recently Taj Bengal Kolkata.



ASHISH KUMAR RAI has been appointed as the General Manager at The Leela Ambience Convention Hotel, Delhi. With more than 20 years of experience in the luxury segment of Hospitality Industry, he holds an impressive track record in managing successful and diverse hotel operations. Earlier, he has served as General Manager at The Taj Umaid Bhawan

Palace Jodhpur, The Leela Mumbai and The Westin Mumbai Garden City. His last assignment was with SUJÁN Group as Vice President.



VARUN CHHIBBER has been appointed as the General Manager at The Leela Ambience Gurugram Hotel & Residences. He joins the team with close to two decades of experience. In his new role, he will oversee the day-to-day operations along with the senior leadership team while creating bespoke experiences.

Earlier, he has worked with various Oberoi properties across locations and also had a stint in Maldives where he worked with Velassaru Universal Resort.



KUSH KAPOOR has been promoted to CEO at Roseate Hotels & Resorts. He will now handle a larger portfolio covering Skate and Segway in addition to the hotel's division. Prior to this, he was earlier the Area General Manager of Roseate Hotels & Resorts. Kapoor started his career with The Trident, Udaipur. With over 17 years of experience in the Hospitality Industry,

he has covered the most iconic hotels during his hospitality career across India, including 'The Taj Group' of hotels and 'The Leela Group' and has many laurels to his feat.



JULIAN AYERS has been appointed as the General Manager at Hyatt Regency Delhi. Ayers brings with him over 20 years of experience to his new role, where he will oversee the day-to-day operations, sales and marketing activities whilst also managing future growth strategies across nine of Hyatt's properties.

He has a wealth of experience from various international management positions held by him in India, Oman, Indonesia, the Caribbean and the UK. Prior to this, he was the General Manager at Alila Jabal Akhtar, Oman and the Regional Vice President at the Alila Hotels and Resorts, Middle East and India.



CHRIS FRANZEN has been appointed as the General Manager for Grand Hyatt Mumbai and Area Vice President for Western India. Prior to this, he worked for six and half years as GM at Grand Hyatt Doha Hotel & Villas in Qatar. He is a hardcore loyalist of the Hyatt group, having worked with the group for over two decades.

He will also be responsible for Operations of all Hyatt hotels in Western India in his role as Area Vice President for West India.



GIRISH SEHGAL has been designated as the General Manager at JW Marriott Pune. A passionate hotelier and an entrepreneur, Sehgal has an extensive international experience of over 23 years across global Hospitality, Healthcare and Service industries. Earlier, he was General Manager at Taj Falaknuma Palace - Hyderabad, Taj Exotica

Resort & Spa – Maldives, and had leadership stints at Four Seasons Hotels & Resorts. In his new role, he will be overseeing all operational and commercial aspects of the hotel and will be responsible for driving the hotel's performance through new and innovative strategies.



SACHIN MYLAVARAM has been appointed as the General Manager at JW Marriott Mussoorie Walnut Grove Resort & Spa. A seasoned hotelier, he brings almost two decades of proficiency in the Hospitality industry. He will spearhead operations at JW Marriott Mussoorie Walnut Grove Resort & Spa, ensuring its growth and expansion

through pioneering strategies. His core expertise lies in performance management and revenue management. He started in 2002 as the Restaurant Manager at the Callaway-Gardens, Preserve, Resort and Community at Pine Mountain, Georgia, USA, followed by the position of Assistant Restaurant Manager at the Renaissance Hotel and Convention Center & Marriott Executive Apartments at Mumbai. Prior to this, he was working as Hotel Manager at The St. Regis Mumbai.



VAIBHAV SAGAR has been appointed as the General Manager at Radisson Hotel Agra. A seasoned sales and marketing professional with a proven track record, Sagar has more than 13 years work experience across Banking and Hospitality sector. He has earlier worked with hotel chains like InterContinental Hotels Group, Hilton Hotels & Resorts, and IHHR

Hospitality. Sagar will be responsible for the team's elicit performance, culminating in fine guest experience and achieving the vision of the hotel.



SUDHIR SINHA has been appointed as the COO, India, at Auromatrix Hotels Pvt Ltd, for the development of G6 Hospitality Inc. Sinha has over three decades of experience in Hospitality Industry. He was earlier President & COO Best Western Hotels India, where he spearheaded development by signing 62 properties for the Chain. Prior to that, he was Vice-President of

Development and Franchise Services at Choice Hotels, where he added 20 new hotels to the chain.



DEMEITER VAUBELL has been appointed as the Group Director of Sales and Marketing at AKARYN Hotel Group. A seasoned international hotelier with more than 25 years of experience, Vaubell has extensive experience driving international sales, partnership marketing and managing customer relations across the Asia

Pacific, Europe, Middle East, UK and the US. She was also a part of hotel pre-opening teams for Six Senses Resorts & Spas in Vietnam and Alila Hotels in Oman. Prior to this, she held the position of Cluster Director of Business Development & Marketing with Accor Hotels. Earlier she has worked for Jumeirah at Etihad Towers, Alila Hotels, Anantara Resorts & Spas, Hyatt Hotels, Hilton Hotels.



NITIN PATHAK has been appointed as the General Manager at Novotel Guwahati GS Road. He brings in almost 18 years of hospitality experience to Novotel's inner circle. Prior to this, Pathak was associated with Citrus Hotels Pvt. Ltd as Regional General Manager –

South Central. He started his career with Taj Group of Hotels in multiple locations and varied capacities. His most recent assignment was with Novotel Pune as General Manager and prior to that with Ibis Gurgaon where he served as the General Manager for 2 years.



SUKHBIR SINGH has been appointed as the General Manager at Novotel Pune. An industry veteran with two decades of experience, Singh has previously been a part of brands like ITC Hotel, Oberoi Hotels & Resorts and American Express. His most recent assignment was with Novotel Guwahati where he served as the pre-

opening General Manager for 3 years.



HEMANT GUPTA has been appointed as General Manager at Holiday Inn Express Kolkata Airport. With 17 years of experience in the Hospitality Industry, he has handled many pre-opening assignments for Hyatt Regency Pune, Hyatt Place Hampi, and Hyatt Place Gurgaon. He began his career with The Trident in Jaipur as an F&B Associate. He has

earlier worked with Le Meridien Jaipur and The Leela Kempinski in Kovalam.



BELSON COUTINHO has been appointed as Chief Marketing Officer at VFS Global, and will be responsible for driving the company's global marketing and branding strategy across its vast network of 147 countries spanning 5 continents. Prior to this, Coutinho was Sr Vice President at Jet Airways, heading the airline's global marketing, digital, social media, eCommerce, loyalty & Voice of Guest strategy.



TRIDIB GHOSH has been appointed as Vice President, Sales & Marketing, Orchid Hotels. With over 25 years of experience in the Hospitality industry, he aims at driving revenues, contribute towards brand development and marketing initiatives of Orchid Hotels with his competent nature and exceptional knowledge of sales and

marketing. Prior to this, he has worked as a Vice President - Sales & Marketing with Pride Group of Hotels.



SEEMA KADAM has been designated as Regional Director, India, for Los Angeles Tourism & Convention Board. Over the course of her 25 years in the Indian Travel industry, she has worked with leading Indian travel players like Thomas Cook India, Kuoni Travels India, Finnair Plc, Switzerland Tourism and Tourism Fiji. In her new role, Kadam will

develop and support air service for Los Angeles International Airport (LAX); spearhead strategic travel trade engagement, including the implementation of a robust training programme, using the L.A. Insider Program; and attend key industry trade shows in the region.

FLY EMIRATES TO DUBAI AND ENJOY EXCLUSIVE HOTEL RATES ACROSS THE UAE



Emirates has partnered with world-renowned hotel providers to offer its passengers travelling to and from Dubai attractive summer rates in some of the UAE's most prestigious hotels. Customers who purchase an Emirates ticket and travel from now until September 30, 2019 can enjoy exclusive summer hotel rates in any of the properties within Accor, Armani Hotel Dubai, Emaar Hospitality Group and Marriot during their stay in the UAE.

Visitors can take advantage of up to 30% off best available rates provided by Accor.

AIR INDIA REACHES OUT TO YOUNG TRAVELLERS



Taking a step further to strengthen its bond with young passengers, Air India has rolled out its magic carpet to make the flying time of its long-haul flight a breeze for youngsters. A colourful magazine-cum-workbook for children aged 2-12 will be offered to keep them engaged in creative, fun-filled activities during the flight. Besides, Maharajah mementos and memorabilia will also be handed over to them. The highlight of the initiative is a log-book to be presented to each and every child on the long-haul flights where the Commander of the flight will give his stamp along with a Maharajah insignia.

An innovative idea of Ashwani Lohani, CMD, Air India, this initiative will go a long way in cementing the emotional bond the Maharajah shares with children.

ALLIANCE AIR CONNECTS MYSURU TO HYDERABAD, KOCHI & GOA



UNITED AIRLINES RESUMES ITS SERVICES

With Pakistan recently re-opening its airspace, United Airlines has decided to resume the daily nonstop service between New York/Newark and Delhi and Mumbai on September 6, 2019 (eastbound).

The official statement from the company read, "After reviewing and re-evaluating plans, our network operations and planning teams have determined that we will resume daily nonstop service between New York/Newark and Delhi and Mumbai on September 6, 2019 (eastbound). We are excited to get back to connecting our customers and employees between the US and India in September, and we're looking forward to starting brand new service between San Francisco and Delhi in December."



ETIHAD LAUNCHES LARGER AIRCRAFT ON THREE KEY ASIAN ROUTES

Etihad Airways has upgraded services on three key Asian routes recently, introducing larger aircraft to accommodate growing demand. Flights between Abu Dhabi, and two major Chinese cities, Shanghai and Chengdu, have been upgraded with next-gen Boeing 787 Dreamliners, while the South Korean city of Seoul has been boosted from a Dreamliner to an Airbus A380 'super jumbo'.

Announcing the decision, Robin Kamark, Chief Commercial Officer of Etihad Airways, said, "Asia-Pacific is the fastest growing air transport region in the world, and China is the fastest-growing individual market.



EMIRATES TO LAUNCH SERVICES TO MEXICO CITY



Emirates recently launched a new daily service from Dubai to Mexico City International Airport, via the Spanish city of Barcelona, starting on December 9, 2019. The Mexico City flight will be a linked service with Barcelona, meaning that customers can now travel between the two cities in unprecedented style and comfort. Citizens from Mexico, Spain and the UAE only need their passports to enjoy visa-free travel to each respective country. The new route will be operated with a two-class Emirates Boeing 777-200LR which offers 38 Business Class seats in a 2-2-2 configuration and 264 seats in Economy Class.

AAI HOSTS ANNUAL CONFERENCE OF TOP EXECUTIVES



The second edition of two-day Annual Conference of Top AAI executives was inaugurated recently by Dr Guruprasad Mohapatra, Chairman AAI. The purpose of this annual conference was to apprise the senior leaders of current business scenario and strategies to achieve corporate plan, vision and mission. In his welcome address, Anuj Aggarwal, Member (HR), highlighted the positive changes in Civil Aviation Industry which has projected AAI on a rapid growth trajectory. He also mentioned that AAI has to not only focus on generating a healthy stream of profits, but also contribute towards nation building while furthering its operations.

HAHN AIR INTRODUCES NDC PLATFORM



ETIHAD TO SERVE LONDON HEATHROW WITH ITS FOURTH DAILY SERVICE

Etihad Airways is to boost its services from Abu Dhabi to London Heathrow by adding a fourth year-round daily service between the two capitals, launching on October 27, 2019. The new service introduces a convenient mid-morning departure from Abu Dhabi and a late evening departure from London Heathrow and follows the introduction of additional seasonal services this summer. This new route is tremendously popular with point-to-point business and leisure travellers, and those transiting beyond Etihad's hub, and will provide much needed capacity and optimised timings and easy connections to key destinations across the Middle East, Africa, Asia and Australia.



VISTARA TO FLY DAILY TO DUBAI

Vistara recently added Dubai as the second international destination to its network and opened bookings for daily flights between Mumbai and Dubai. Customers can also take convenient one-stop connections to/from other cities beyond Mumbai, namely Delhi, Bengaluru, Chennai, Goa, Hyderabad and Kolkata, as well as Singapore.

Mr. Leslie Thng, CEO, Vistara, said, "We're delighted to add Dubai to our growing network. With the continuous influx of international trade, business and tourists all year round, especially given the strong economic and cultural ties between India and the UAE, Dubai makes a key addition to our growing network."



The market leader in airline distribution, Hahn Air, recently unveiled its new NDC platform. The company is extending its suite of products for partner airlines and travel agencies with a solution powered by IATA's New Distribution Capability (NDC) standard. To mark the occasion, the German airline and ticketing expert welcomed the first passengers holding NDC-enabled Hahn Air tickets on one of its scheduled flights from Luxembourg to Dusseldorf.

STB WELCOMES INDIAN VISITORS ON VISTARA'S INAUGURAL FLIGHTS



The Singapore Tourism Board (STB) and partners welcomed passengers on board Vistara's inaugural international flights from Delhi and Mumbai with a taste of Singaporean hospitality. The STB, together with tourism partners like Gardens by the Bay, Resorts World Sentosa, Sentosa Development Corporation, Trick Eye Museum Singapore and Wildlife Reserves Singapore, have put together value deals and discounts to popular attractions and experiences in Singapore.

GB Srithar, Regional Director (India, Middle East & South Asia), Singapore Tourism Board, said, 'We are delighted that Vistara starts its international operations to Singapore from New Delhi and Mumbai. These two cities are amongst the key visitorship contributors from India. To welcome passengers taking the inaugural flights to Singapore, we decided to do something special for them with our tourism partners. We are happy that our attractions are offering special deals to enhance guest experiences in our city.'

ETIHAD TO FLY 787 DREAMLINERS TO JAKARTA AND MALDIVES



Etihad Airways recently announced that it will introduce the Boeing 787 Dreamliner on its flights from Abu Dhabi to Jakarta, Indonesia, and will upgrade its daily morning service to Male, Maldives, to the wide-body aircraft on a seasonal basis.

The airline's two daily scheduled services from Abu Dhabi to the Indonesian capital, Jakarta, will be operated on a year-round basis by a two-class Boeing 787-9. Effective 27 October, 2019, the overnight service will transition to a Dreamliner operation and the aircraft will be introduced on the daytime service from December 14, 2019.

AIR CANADA & DESTINATION CANADA ANNOUNCE A TRAVEL TRADE PROMOTION



Arun Pandeya

Carl Vaz

With the announcement of the nonstop Toronto-Delhi flight, Destination Canada recently collaborated with Air Canada for a travel trade promotion. The Toronto-Delhi flights will be operated initially with Boeing 787 Dreamliners. Arun Pandeya, Country Head & General Manager – India Sub-continent, Air Canada, said, 'India is a very important market for Air Canada. Air Canada's Delhi-Toronto flight will start to fly you direct to Toronto nonstop starting 3rd October 2019.' Carl Vaz, CEO & Strategy Director, Destination Canada India GSA, said, 'As part of our Team Canada approach, Destination Canada is proud to partner with Air Canada to promote the re-introduction of the Delhi to Toronto daily service. We are confident that the vast number of retail travel agents and tour operators will help us boost our passenger movement from India.'

BA TO OPEN ANOTHER CABIN CREW BASE IN INDIA

British Airways (BA) is opening another cabin crew base in Hyderabad to offer tailored services for its Indian customers flying to London. All flights to and from India have at least two Indian crew members on board who work alongside British Airways' London-based crew. Customers will now benefit from the best of British service and expertise, with the assurance that there will be Telegu-speaking crew members on every flight serving the Hyderabad-London route. 'Opening an additional base in Hyderabad means we can offer customers the language skills and familiar culture they value for a comfortable journey,' said Moran Birger, Head of Sales for Asia Pacific and Middle East at British Airways.



ETIHAD AIRWAYS CELEBRATES 15 YEARS IN INDIA

Etihad Airways is preparing to celebrate 15 years of service to its largest and busiest market, India. Etihad launched daily flights between Abu Dhabi and Mumbai in September 2004, within the airline's first year of operation. Tony Douglas, Group CEO, Etihad Airways said, 'We serve more destinations in India than any other country in our network, and connect India to the world via Abu Dhabi. Globally, we employ more than 4,800 Indian nationals, almost 25% of our workforce. We contribute strongly to both economies, and last year spent US\$151 million with 480 companies in India. Our commitment is significant, and will continue to grow.'



TODAY'S
traveller

Celebrating



CORPORATE

DIVINE THERAPY

Prabhat Verma, Executive Vice President – Operations, South India, International and Ancillary Businesses, IHCL, reveals how perfecting its mix of luxury and wellness to a fine art, IHCL offers a holistic wellness menu that integrates the market's growing demand for Wellness, Beauty & Grooming

TT BUREAU



In an insightful conversation with Today's Traveller, Prabhat Verma, Executive Vice President – Operations, South India, International and Ancillary Businesses, IHCL, sheds light on IHCL's approach to Wellness, how it has kept abreast with current trends and how it has captured the Wellness market.

Q. What is the philosophy behind the IHCL approach to Wellness (Spa and Salon) in its many offerings across its properties?

Jiva is the only Indian spa brand in the world with unique Indian signature spa therapies and spa experiences. Located at over 60 IHCL hotels in India and international destinations, the ethos of Jiva Spa draws on the rich and ancient wellness heritage of India; the fabled lifestyle and culture of Indian royalty through the centuries; and the healing therapies that embrace Indian spirituality. All products used at Jiva Spas are natural and uniquely developed from Indian herbs, essential oils and special ingredients.

To expand our wellness offerings, we recently introduced our salon brand niu&nau – unisex salons that will present a re-imagined experience with distinctive design and cutting-edge treatments delivered by professional stylists and therapists. The re-imagined salon experience at niu&nau merges expertise with personalisation to create an elevated offering. We look forward to introducing the brand to 10 more locations by the end of 2020.

Q. What are the signature treatments of the Jiva Spa that have won them international acclaim?

Jiva Signature experiences weave ancient Indian wellness philosophies and the natural assets of the region beautifully. These are one-of-a-kind experiences and not available in any other spa in the world. Abhisheka and Vishrama are a few of the signature experiences available across some of the Jiva Spas.

Abhisheka is a purifying ritual that draws from India’s ancient ceremonial cleansing rituals. Here, the healing water from the Ganges along with the 5 purifying nectars is used to create a purifying experience. Vishrama is a relaxing deep muscular massage to melt away your stress. An application of hot compress of therapeutic Indian herbs works on your tired and sore muscles. The invigorating massage is wrapped up with gentle strokes to soothe the muscles as you slip into sheer bliss.

Amongst other signature treatments: Gudda Bath at Taj Madikeri Resort & Spa, Coorg and Mangal Snan at Taj Usha Kiran Palace, Gwalior are most sought after. Mangal Snan is a truly royal affair. It is a saffron-infused royal bath accompanied by live classical music.

Gudda Bath, on the other hand, draws from the local ethos of Coorg where water used for bathing is heated in a Gudda or copper vessel on a wood-fire. After an hour-long traditional massage, a bath with hot water from the Gudda is used to increase peripheral circulation, leaving you refreshed.

We have also witnessed increasing number of men engaging in various spa experiences at Jiva, like Pehlwan Malish, an ancient powerful oil massage.

Q. How do longstanding treatments absorb current therapies to keep abreast of lifestyle needs?

At Jiva, we treat our guests to the time-honoured rituals that reflect the essence of ancient Indian Healing wisdom and culture. Jiva spa therapies are extensively researched and weaved in to fit in with modern practical needs.

For example, a rising number of business travellers are looking to de-stress and rejuvenate themselves by extracting an hour between meetings. Jiva signature experiences like Jagr, a quick 45-min therapy, and Trupti are designed to help erase fatigue and restore well-being. Panchakarma too is a popular therapy for cleansing toxins from the body that de-stresses both mind and body. Each treatment and experience has been carefully selected to initiate physical, mental and spiritual equilibrium.



“ At Jiva, we treat our guests to the time-honoured rituals that reflect the essence of ancient Indian Healing wisdom and culture ”

- Prabhat Verma, Executive Vice President – Operations, South India, International and Ancillary Businesses, IHCL

Q. In what way is IHCL poised to capture the market’s growing demand for Wellness, Beauty and grooming?

Today more than ever, the world is turning towards India, the birthplace of authentic Ayurveda and Mystic Yoga. Also, the trend of combining holidays and spa retreats is on the rise. Spa holidays can be tailor-made to fit individual requirements, right from the stay to the cuisine that is wholesome and nurturing, ensuring that your wellbeing is in expert hands.

At our Taj Bekal Resort & Spa, Kerala, we offer specially designed long-term special needs wellness packages through our multi-day Yoga Retreats and Ayurveda Journeys where a guest goes home with more than a massage – a healthy lifestyle.

With the growing economy and increased disposable incomes, there is a distinct shift in the lifestyle of the ever increasing working population. The re-imagination of the salons at IHCL hotels has been undertaken with a view to unlock the potential of the salons while catering to the evolving needs of our guests. niu&nau brings together technical expertise with the quintessential warmth that IHCL is world renowned for.



BEYOND CLINICAL CARE

In conversation with Rajiv Misra, COO, Delhi NCR, Medeor Hospitals, who extols a patient-centric, value-based care model that leverages on a balanced nutritional diet, Yoga and Ayurveda, for a holistic wellness experience

TT BUREAU



Today's Volatile, Uncertain, Competitive and Ambiguous (VUCA) world has put human health under great stress, from both physical and mental health standpoints. Healthcare institutions across the world are now moving beyond hospital walls and pushing the care forward through holistic health treatments. This is applicable in chronic care as well as in the rehabilitation phase after acute care. Speaking with Today's Traveller, Rajiv Misra, COO, Delhi NCR, Medeor Hospitals, speaks on the motto

of the institution, explaining what 'Beyond Clinical Care' means from the perspective of Medeor Hospitals, and on the various

facets of physical and mental wellness and on the ways in which both can be achieved to experience a state of calm.

Q) What does Beyond Clinical Care mean from a Wellness perspective?

Under the emerging value-based care model, which clearly centres on improving clinical care outcomes, what happens outside of the traditional care setting is becoming more important than ever before. Patient-centred outcome is the cornerstone of today's benchmark.

At integrated health system Kaiser Permanente, some patients are asked to provide the kind of personal information that's usually not expected. Patients are asked if they have concerns about their living situation, have trouble accessing food, or have transportation issues preventing them from getting the care they need. The questions, part of an assessment tool called Your Current Life Situation, also address the general level of stress the patient may be experiencing.

In the US, the Healthcare Industry should move towards the concept of 'bedless hospital,' a model that focusses on delivering more care in the patients' homes and less in a hospital setting.

The goal for health systems and hospitals should be to keep patients away from hospitals and sustain them in the trajectory towards wellness as opposed to only curing illness. A proactive approach towards amalgamation of traditional therapies like Ayurveda and Yoga can also help us in achieving the best state of health, provided we make it and its benefits reach the masses.

Q) How can individuals create a Mental and Physical Wellness balance in their lives?

Though challenging, maintaining balance between the two is possible – by understanding the basics of body and mind, exercising control over your thoughts and dispensing with a sedentary lifestyle. A stress-free life is rewarding if practised daily. Wake up early morning, take a deep breath and say to yourself – 'Yes! Today is my day and I am going to do it.' Explore ways to deal with stress and manage your eating habits as well.

Important tips to maintain your emotional, psychological and social health are by having a balanced diet, regular physical activity and connecting with loved ones. Exercise and sleep will rejuvenate cells and practising Yoga during travel time is both calming and rejuvenating.

Q) What role does Nutrition play in maintaining optimum Health?

Optimum health translates to 'Prevention from the risk of developing certain chronic illnesses, keeping your brain and digestion healthy and boosting your immune system'. A nutritional, balanced diet is crucial to achieving optimum health, well-being and a high quality of life; conversely, under nutrition, over nutrition and malnutrition lead to chronic diseases. Good quality protein comprises low fat or skimmed milk, paneer, eggs and lean meat. High-fibre carbs include whole grain cereals like wheat flour with husk, millets, whole pulses, and sprouts. Fruits with peel and vegetables ensure your daily source



A proactive approach towards amalgamation of traditional therapies like Ayurveda and Yoga can also help us in achieving the best state of health.

— Rajiv Misra, COO, Delhi NCR, Medeor Hospitals

for vitamins and minerals, while heart-friendly oil can be obtained from unsaturated fats like canola, nuts, olive oil, etc. Moderation is the key, so sugar and salt should be used sparingly. Water regulates body temperature, cushions the spinal cord and is essential for the digestive system, so drink sufficient water to keep hydrated. Yogurt, a probiotic, is essential to maintain healthy gut flora.

A healthy dietary pattern should include a high index of whole grains, fruit and vegetables, legumes, dairy and fish in a balanced amount, since a nutrient-rich diet provides the body and mind with the energy it requires. Benefits of nutritional diet on health lead to normal growth and good mental and physical development, immunity boost-up, chronic disease cure, energy balance, reproductive maintenance, nutritional support and help in recovery from multiple illnesses. Eating in small portions, 6 to 7 times a day, will make you feel lighter, happier and healthier. Excess of everything is detrimental, so it's best to avoid it.

Q) What are the facilities provided by Medeor Hospital for preventive healthcare?

A designated preventive healthcare unit at Medeor Hospital includes all Lab and Diagnostic tests, Consultation with a specialist and further treatment if necessary. Supported by a specialist and super specialist from all medical disciplines, the aim is to deliver the highest standard of preventive care. A comprehensive health assessment addresses a wide range of medical investigations.

WONDER WORLD

In an exclusive interview with Today's Traveller, Yrjötapio Kivisaari, CEO - Visit Levi, states that Levi is favoured because it is an all-season destination, is culturally rich and showcases exemplary accommodation in a pristine setting

TT BUREAU



— Yrjötapio Kivisaari, CEO - Visit Levi

People often make their travel plans in accordance with various factors – salubrious weather, comfortable accommodation and what the destination has to offer in terms of culture, accommodation options and unique experiences. It is seldom that one encounters a destination that is intrinsically beautiful and culturally vibrant, one that offers leisure activities year-round, and a warm and hospitable ambience.

Located near the North of Arctic Circle, Levi Lapland is one such destination where life comes easy to you and days and nights pass with Nature as your companion. Levi is the largest ski resort in Finland, boasting a large accommodation capacity, snow activities, and a plethora of breathtaking, magical natural sights to keep you animated.

In an enlightening conversation with Today's Traveller, Yrjötapio Kivisaari, CEO - Visit Levi, talks about the USPs of Levi, the company's promotional ventures to highlight this beautiful destination to Indian travellers, and how you can spend a typical day in Levi where Nature displays its creativity in most astounding ways.

Q. How does Levi promote itself as a preferred tourism destination?

We are promoting Levi through workshops, sales calls, agent networking, training programmes, travel trade shows etc. to increase awareness among travellers, which, in turn, will help us in increasing guest scores for this alluring destination. We are also very visible through our social media platforms – Facebook, Instagram, Pinterest etc. We also organise Fam Tours for media and travel agents to highlight the destination. Our very popular website www.levi.fi/en/ gets 10 million hits monthly, showcasing various highlights of Levi for business and leisure tourists alike.

Q. What are the USPs of Levi as a tourist destination?

Though Finland is a much sought-after destination for a seasoned traveller, our strategy for highlighting Levi will be as an all-season destination – be it for the Midnight Sun in summer, the Northern Lights in winter or the vibrant colours of autumn. Also, it is important for tourists to appreciate the Sami people (the indigenous people of the Arctic Region), and their lifestyle, the reindeer herders and also about Sustainable Tourism. Levi has all kinds of beautiful accommodation – be it apartments, cabins, igloos, hotel rooms or spa hotel. The accommodation itself is a major USP – being centrally located, with the buzz of a vibrant city comprising restaurants and pubs, yet within the precincts of a forest and therefore close to Nature.

Q. Describe a typical day in Levi

A typical day in Levi comprises a leisurely breakfast in your accommodation, visiting reindeer and husky farms, stepping out for a hike in one of the several fells around, lighting a bonfire and enjoying a picnic lunch or hiring a sturdy electric bike and zipping away into the forests, picking up superfood like cloudberries, blueberries (bilberries), lingonberries, cranberries and mushrooms; breathing the purest air in beautiful surroundings. And, in the evening, after dinner, hunting for the Northern Lights! Levi needs to be explored fully in order to discover all its hidden gems. There are good walking tracks all around and an activity park that's worth a visit.



IHCL AND LES ROCHEs TO IDENTIFY TOP TALENT



The IHCL and Swiss institution Les Roches Global Hospitality Education have together launched a dedicated initiative, titled “The next General Manager of India” aimed at young hospitality professionals, that will award one full scholarship to study at Les Roches’ MBA in Global Hospitality Management programme in Switzerland, followed by a fast track development programme at an IHCL hotel. Additionally, Les Roches will offer 50% scholarships to five runners up. Shortlisted applicants who meet the programme’s admission requirements will submit a business case and compete at a final selection event in Mumbai.

Speaking on the occasion, Puneet Chhatwal, Managing Director and Chief Executive Officer, IHCL, said, “IHCL as custodian of Indian hospitality has played a responsible part in nurturing talent in the industry. The partnership with Les Roches is one such significant step in creating global leaders of tomorrow.”

BLS INTERNATIONAL SHINES AT AWARDS CEREMONY



BLS International has been awarded at India’s Most Trusted Companies Award 2019 as ‘India’s Most Trusted Visa Outsourcing Services Company’ for its excellence in visa process outsourcing and allied services. The award was given in the presence of over 200 people at the Hyatt Regency, Delhi, including leaders from different businesses and service categories.

Shikhar Aggarwal, Joint Managing Director of BLS International, quoted on the win, “It’s an honour and privilege to be recognised as India’s Most Trusted Company, as it strengthens our belief that the brand is on the right path, ensuring consumer satisfaction, results and trust.”

AMATRA LAUNCHES LUXURY PROPERTIES IN UTTARAKHAND



Amatra Hotels and Resorts has recently launched two properties in Haridwar and Mussoorie. The new entrant in the luxury hospitality segment is also looking to have 3,000 rooms and inventory of over 45 hotels in the next 3 years across strategic locations in India. In 2019, it plans to add five hotels to increase its total tally to 7 hotels.

Situated at the highest point in Mussoorie, the 40-room Amatra Dunsvirik Court provides a breathtaking 360-degree view of the Himalayas. Amatra by the Ganges, the only high-end resort by the banks of the majestic Ganges, in Haridwar, is well-renowned as the go-to destination for best-in-class luxury stays. Both the properties are ideal for destination weddings, honeymoons, exclusive parties, high-level conferences and film shoots.

ALOFT LAUNCHES ALOFT KATHMANDU THAMEL



Aloft Hotels recently announced the opening of Aloft Kathmandu Thamel. The hotel would be managed by Shanti Hospitality Management Services (SHMS), India’s most trusted hospitality management company. As the first Aloft in Nepal, Aloft Kathmandu Thamel joins the family of 161 Alofts operating across 20 countries and territories around the world.

The hotel will have 167 keys and one full-fledged fine dining restaurant along with a 24*7 all-day dining restaurant. Located at just 6km from the Kathmandu International Airport, the hotel features a rejuvenating spa, an official banquet facility for conferences and other gatherings, along with a temperature-controlled swimming pool.

TAT ANNOUNCES FIVE NEW NATIONAL PARKS IN THAILAND



The Tourism Authority of Thailand (TAT) recently added five new national parks around the country during 2016 to 2019 since the start of the reign of His Majesty King Maha Vajiralongkorn Bodindradebayavarangkun (King Rama X). This is also in accordance with Thailand’s 20-Year National Strategic Plan, which targets increasing the forest area to 55% of the entire country by 2037.

During the reign of King Rama X (2016 to present), Thailand has already added five new national parks: Namtok Chet Sao Noi National Park, Khun Sathan National Park, Mae Takhrui National Park, Than Sadet-Ko Phangan National Park, and Doi Chong National Park. Another 22 national parks are in the process of being established. These include 11 land national parks and 11 marine national parks.

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Himachal



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ABUNDANT BLESSINGS
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PARK REGIS - Goa

PIVOTAL PARTNERSHIP

Offering a mélange of properties, StayWell Holdings and Prince Hotels Inc. manage a diverse portfolio, ranging from luxury to lifestyle to midscale brands across the continents

TT BUREAU

One of the largest hotel management groups in Asia Pacific, StayWell Holdings and its parent company, Prince Hotels Inc., offer a diverse portfolio of properties across a combined network of 75 open and operating hotels worldwide. Prince Hotels & Resorts and StayWell's combined brand offerings include – The Prince, Grand Prince Hotel, Policy, Park Regis, Prince Hotel, Leisure Inn Plus, Prince Smart Inn, and Leisure Inn. Each brand offers guests with quality experiences, ranging from luxury to lifestyle through to midscale brand. In conversation with Today's Traveller, Rohit Vig, Regional Managing Director (India) & Director Development, StayWell Hospitality Group, shares some invaluable sights on the brand's competitive advantage and his own take on a healthy work-life balance.

What are the USPs of StayWell Hospitality Group?

Prince Hotels & Resorts and StayWell have set a strategic goal to deliver 250 hotels (150 Prince and 100 StayWell hotels) in medium to long term. The expansion of both company brands will take place across Australia, New Zealand, Southeast Asia, Asia, Japan, Taiwan, Oceania, the Middle East, Europe, and the United States.

Prince Hotels operate a combined network of 50 hotels, 31 golf courses and 9 ski resorts. StayWell has an existing network of 24 open and operating hotels and a further 14 hotels that are committed and opening over the next few years. In addition, StayWell has two key strategic partners – Manhattan Hotel Group in China (19 hotels) and Cristal Group in the Middle East (11 hotels). Staywell Group has been in India for over six years, with a regional team operating out of Gurugram. The Group

opened Park Regis, in Jaipur, in 2013, and already has six operational hotels in India. It is operating its brands Park Regis and Leisure Inn in the country and is currently in quest of a niche location to set up its premium brand.

Within StayWell's framework of management services, a series of unique proprietary applications have been designed to optimise occupancy and financial return for properties within its portfolio.

The hotel group operates across all segments of hotels in the mid to the luxury bracket with emphasis on F&B and Banqueting across the portfolio to cater to weddings, mices conferences and large events.

What are the different markets that you are currently targeting?

Our strategy is to build our presence in all the key markets, since we now have a wide variety of brands within our group, following the acquisition of Prince Group. Accordingly, the gateway cities, like Mumbai, Delhi (NCR), Kolkata, Chennai and Bengaluru, will be our key target markets. The Group is also looking to add hotels in emerging secondary and tertiary cities as the opportunity arises. We are committed to India and looking forward to introducing a full range of brands from the merged entity.

Tell us what draws you to this industry and how do you maintain a work-life balance?

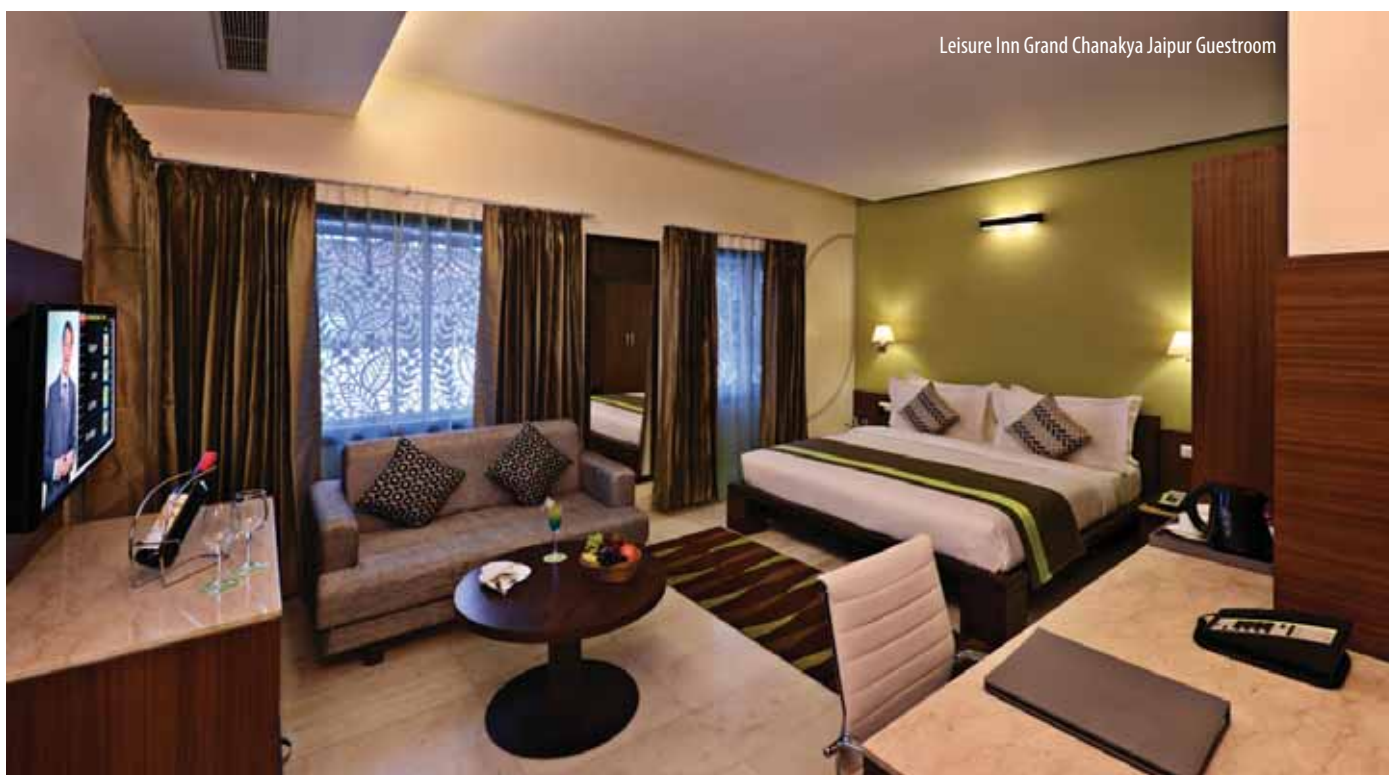
For me, maintaining a work-life balance is very important and I think it's really essential to take time off from work. I go for a six-mile run every morning to



Rohit Vig, Regional Managing Director (India) & Director Development, StayWell Hospitality Group

de-stress myself. I love to play basketball and snooker and love competing in games. I maintain equilibrium in my life by fostering strong relationships with my family and spend quality time with them after work, on the weekends, or even on breaks.

Planning outings with the family and spending time with them are the best stress busters for me – I take two vacations a year with my family to create incredible memories. I also love to cook twice a week, and my favourite is Southeast Asian cuisine.



Leisure Inn Grand Chanakya Jaipur Guestroom



ULTIMATE LUXURY SUMMIT: DESTINATION CANADA

Today's Traveller, in association with Destination Canada, recently hosted a Luxury Summit at Le Meridien, New Delhi, to highlight newer and richer luxury experiences in Sports, Outdoors, Spa and Wellness holidays

TT BUREAU

In today's fast-paced world, luxury translates into spending quality time on activities that give pleasure and joy.... activities that provide best in-class experiences. With the objective of discovering the best in Sports, Outdoors, Spa and Wellness holidays, Today's Traveller conceptualised a Luxury Summit with a special focus on Canada. The idea was to discover a healthier body and mind through travel and new luxury experiences centring around what Canada has to offer.

The purpose of the Luxury Summit was two-fold. The first was to examine luxury trends in Sports and Outdoors — from Dog-sledding to Northern Lights and Angling to Rail and Road journeys. The second was Spa and Wellness Tourism. In addition,

the Luxury Summit highlighted newer experiences like Cruising and enjoying Natural Springs in the Rockies.

Industry experts in the Two Panel Discussions spoke on these subjects with the authority that comes from several years of experience in their respective fields. They also addressed several relevant queries related to Spa & Wellness and Sports & Fitness.

The first Panel Discussion focussed on Sports and Fitness Tourism (from Dog-sledding to Northern lights and Angling to Rail and Road Journeys). Among the Panellists were Ranjit Vig (Managing Director, CAAIR Travels); Romil Pant (SVP & National Head - Leisure Travel Outbound & Domestic, Thomas Cook); Naveen Kundu (CEO & Managing Director, Mercury - Ebix Cash);

Jagdeep Bhagat (Managing Director, Vee Bee Tours & Travels and Executive Board Member, NIMA); and Rajan Sehgal (Member Managing Committee – TAAI and President - India Golf Tourism Association).

The second Panel Discussion focussed on Spa and Wellness Tourism, with a spotlight on Cruise Holidays and enjoying the Natural Springs in the Rockies. Among the Panellists were Arun Varma (CEO, Allways Marketing and Travel Services); Kumud Sirohi (Director, Star Vacations); Rajan Verma (General Manager, JK Lakshmi Cement); Rajesh Sethi (Managing Director, Carnations Travel); Capt. Rajesh Sharma (Managing Director, Cushman and Wakefield) and Carl Vaz (CEO and Strategic Director, Destination Canada).





THE TEA ENTREPRENEUR

In conversation with Bala Sarada, Founder, Vahdam Teas, Darjeeling, who speaks about the scope of Tea Tourism in India and about the various initiatives that ensure better returns for the tea planters

TT BUREAU

Darjeeling has always been known to travellers for its beautiful old-world charm, the historic toy train and its British heritage. However, what remain under-explored are the town's vast stretches of tea gardens, meandering through Darjeeling like colours splattered on a canvas. It's something of a unique experience, an enlivening one, to wake up in the beautiful plantation bungalows amidst the constant fold of Nature in its full glory. Today's Traveller recently caught up with Bala Sarada, Founder, Vahdam Teas, Darjeeling, who spoke at length on various steps for increasing Tea Tourism in India and how his company ensures better lives for tea planters.

Q. What are your earliest memories of travelling and exploring the world?

My earliest memories of holidays are travelling to tea estates in Darjeeling and staying at the Manager's bungalow, waking up to the fresh aroma of tea leaves around and mist in the air.

Q. How do you see Tea Tourism evolve over the years in Darjeeling and what steps do you suggest so that more visitors come to the area for this purpose?

In the British era, Darjeeling was one of the favourite summer retreats for the officers. With a quaint colonial charm and endless green stretches of lush tea plantations, Darjeeling has a great reputation of being a fantastic tourist destination.

In the last few decades, an increasing number of tea estates have opened their palatial manager bungalows as homestays. It is undoubtedly a prized experience waking up in a picturesque, sprawling tea plantation. You can start your day with the finest and freshest cup of tea, take a walk through the garden and learn more about the art of plucking tea leaves and how it is processed further. Nowadays, estates have also started to add varied experiences like nature trails, horse riding, a local visit, a cultural evening, amongst other things.

India is blessed with some fascinating tea gardens and the only suggestion I can offer is that the Tea Board and our Tourism Department at the Centre can put in more efforts to promote and speak of Tea Tourism in a new light. Let's promote and advertise Tea Tourism the way we promote our monuments, our history, our food! The state governments can also invest in more subsidised accommodation for tourists as not everyone can afford a luxury stay in the tea estates. In addition to this, we need more options for connectivity with dedicated buses, advanced open deck cable cars for fascinating aerial views, dedicated rail tours to plantations etc.

Q. Which are the top 5 tea estates in Darjeeling that are known for Tea Tourism and Why?

Glenburn Tea Estate: This is a personal favourite with the elevation ranging from 800ft. to 32,000ft. The plantation is blessed with two lively rivers and a forest as well. The views are breathtaking

and the bungalow offers a luxury stay! Will and Faye, the hosts, are well-known for their warm hospitality. Makaibari Tea Estate & Homestay: Run and managed by the genius of a man, Rajah Banerjee, Makaibari Tea Estate has a prized reputation in heritage teas and also offers a very comfortable, mid-range accommodation in stone cottages with a friendly staff at your service. These are two absolute favourites, but you can also enjoy a great stay at Goomtee Tea Estate & Retreat, Selim Hill Tea Estate & Retreat, and Ging Tea House in Darjeeling.

Q. What prompted you to start Vahdam Teas? Tell us a bit about the legacy you have inherited.

I am the 4th generation Tea entrepreneur in my family and have a legacy of more than 80 years in the Indian Tea Industry. With my forefathers being pioneers in the Indian Tea Industry, my family has been in the business of bulk tea export.

Whilst being in college, I had established two successful ventures. But after graduation, I wanted to give some serious thought on what I wanted to do in my life. This led me to spend a few months in solitude at my family's residence in Darjeeling. Having been surrounded by the fascinating 'World of Tea' since a young age, I spent some time in my family's bulk export business. This gave me the prized opportunity to learn more about our Tea Industry, the art of cultivating tea, and the nitty-gritty of the supply chain. While doing so, I found some major loopholes in our traditional supply chain of tea.

One of the major loopholes that I came across was – the absence of a home-grown brand, resulting in no real value addition back here in India. Since the Indian Tea Industry is forced to depend on major exports to foreign brands, they do not hesitate to shift to inferior quality teas from elsewhere as and when farmers back here demand a deserving price. This is done to earn price points and hefty profits, leaving meagre wages and an uncertain future for the tea planters here in India.

This is where Vahdam Teas brings the difference to the lives of the tea planters. In Vahdam's supply chain, there is no involvement of unnecessary middlemen and it makes garden-fresh tea available to the customers in the least possible time. Not only does this help in retaining profits in the region where these divine teas are grown and nurtured by the planters, but also strengthens the industry itself.

Q. Tell us about the TEAch Me initiative of Vahdam teas and the idea behind this endeavour.

At a micro-level, we wanted to work on two core areas – 'Education' and 'Health'. Under our first social initiative, TEAch Me, 1 per cent of our revenue is directed towards funding the education of our tea planters' children. Under the first chapter of this initiative, we have covered 64 children at a small tea estate in Darjeeling. TEAch Me is designed with a proper structure of monitoring the impact of the programme and to empower the children with allied vocational courses on reproductive health,

hygiene, family planning, banking etc. We are in the midst of replicating the initiative across a few other tea estates in India too.

Q. Give us some details about Vahdam?

Vahdam Teas are shipped to over 90+ countries across the globe and have shipped over 100 million+ cups. The key markets for us are India, the USA and Europe. All our teas are procured directly from plantations and tea planters within hours of harvest, they are packaged garden fresh at our state-of-the-art tea facility in Delhi, and then shipped directly to our own fulfilment centres in various parts of the world. Also, along with a 'Date of Packaging', most of our teas come with a 'Date of Picking/Harvest' which is a true indicator of a tea's origin and freshness. There is a big difference between when your tea is Harvested and when it is Packaged.

In the next few years, we plan to work aggressively towards expanding our reach across all major global markets. At present, our major revenue markets are the USA, the UK, Europe and India. Currently, the brand has two global fulfilment centres in the USA. In future, we plan to direct our efforts, finances and marketing strategies towards acquiring more global infrastructure to better structure our logistics, which can significantly bring down shipping costs whilst providing a better customer experience.

In addition to this, we will also be working towards our current plans of refining our customer acquisition, expanding the realm of our social outreach programme while also moving towards other verticals like 'Health' for our future initiatives. We are also currently working towards introducing new product variants with our focus on wellness blends. It is safe to say that in the next 3 years, we envision to be one of the top-selling tea brands in the industry.



IN SERVICE OF THE NATION

With its nonpareil confluence of art, entertainment and gastronomy, and the who's who of Delhi in attendance, the second edition of the 115 Years Charity Gala was truly an extraordinary evening with a noble cause

TT BUREAU



Shillong Chamber Choir

Taj Palace, New Delhi, recently hosted the second edition of 115 Years Charity Gala in support of the Taj Public Service Welfare Trust. The event commemorated the momentous anniversary of India's first luxury hospitality address, The Taj Mahal Palace, Mumbai, the iconic flagship hotel of The Indian Hotels Company Limited (IHCL), and carried forward the spirit of philanthropy – the cornerstone of the revered 150-year TATA legacy, with a fundraising auction of 25 prized artworks from the DAG collection, the proceeds of which were donated to the Trust.

In his welcome address at the extraordinary evening, Puneet Chhatwal, Managing Director and CEO, IHCL, thanked the members of the audience for their patronage and generosity towards the cause and highlighted the values and legacy of IHCL and the TATA Group.

With its unparalleled confluence of art, entertainment and gastronomy, the glittering evening had the who's who in attendance, including Shriji Arvind Singh Mewar; Prince Lakshyaraj Singh Mewar and Nivritti Kumari Mewar; Lokendra Singh Rathore; Sunil Sethi, Chairman, FDCI; Rakshanda Jalil; Paresh Maity, Artist; Vijit Singh; Manoj Adlakha, MD, American Express; HE Nadir Patel, Canadian High Commissioner; HE Alexandre Ziegler, Ambassador of France; and Rakesh Bakshi, RRB Group.

Art from the Heart, a no-reserve, no buyers' premium live auction of a selection of 25 noteworthy art pieces from the DAG collection, conducted by renowned auctioneer Hugh Edmeades was the highlight of the soirée, the proceeds of which were donated to the Trust. The 25 works by masters of modern Indian art included those by MF Husain, Amrita Sher-Gil, SH Raza, Jamini Roy, FN Souza, KH Ara, Sunil Das, GR Santosh, J Sultan Ali,

Natvar Bhavsar, Sakti Burman, Avinash Chandra, Krishna Reddy, PT Reddy, Anupam Sud, Bimal Dasgupta, Shanti Dave, Laxman Pai, Madhvi Parekh, Sohan Qadri, Shobha Broota and P Khemraj.

Speaking on this momentous occasion, Gaurav Pokhariyal, Senior Vice President – Operations, and Senior Vice President – Operations NCR, Uttar Pradesh, Uttarakhand, Jaipur and



High Edmeades, Auctioneer



Eminent Guests



Eminent Guests



Eminent Guests



Puneet Chhatwal, Rakshanda Jalil, Prince Lakshyaraj Mewar, Nivritti Mewar



Eminent Guests



Eminent Guests

Ajmer, said, "For over a hundred years, the iconic Taj dome has anchored the skyline of Mumbai, and today it continues to stand tall as an epitome of timeless luxury. We are immensely proud to be a part of this milestone celebration and are excited to carry



Eminent Guests



Samrat Datta, General Manager



Eminent Guests



Chetan Seth and HE Nadir Patel, Canadian High Commissioner



Eminent Guests

forward our revered legacy of philanthropy with the second edition of the 115 Years Charity Gala at Taj Palace, New Delhi.”

The commemorative five-course sit-down dinner experience, curated by Executive Chef Rajesh Wadhwa, featured artistically plated contemporary Indian cuisine. The menu included Balchao prawns, triphala seabass, kokum saar, Ananas,

Tellicherry mezhagu soup, Taar gosht, Pampore flower gravy, Bharwan guchhi, spiced paneer carpaccio, and Chena, rabri and jalebi daana for dessert. Each dish was meticulously prepared with indigenous artisanal ingredients – Pampore saffron, prized Kashmiri morels, Tellicherry peppers from the Malabar Coast, prawns from the Mormugao Bay, Chamba walnuts, ghee from the farms at the Gir foothills in Kathiawar – making the menu a befitting tribute to the illustrious culinary landscape of India. Shillong Chamber Choir’s eclectic performance concluded the evening on a high-decibel note.

The 115-year anniversary celebrations continued with special celebratory menus at 17 restaurants of IHCL across the city - Taj Mahal, New Delhi; Taj Palace, New Delhi; Taj City Centre, Gurugram; Ambassador New Delhi – IHCL Sele Qtions; Vivanta New Delhi Dwarka; Vivanta Surajkund NCR; and The Gateway Resort Damdama Lake Gurugram.



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A WORLD OF POSSIBILITIES

Today's Traveller celebrated its 22nd anniversary and 13th Annual Today's Traveller Awards and the Cover Launch of the Coffee Table Book, 2019, at a glittering ceremony at Hotel Taj Palace, New Delhi

TT BUREAU

It was that time of the year again, when Today's Traveller celebrated industry leaders, super achievers and stars from Aviation, Hospitality, Technology, Travel and Tourism industries. After long and interesting sessions of brainstorming, preparation and crisis management, the team at Today's Traveller with an expansive list of thought leaders was able to put together a grand show celebrating the spirit of achievement in various realms.

With the dawn of another year, Today's Traveller celebrated its 22nd anniversary and 13th Annual Today's Traveller Awards and the Cover Launch of the Coffee Table Book, 2019, at Hotel Taj Palace, New Delhi, on July 29, 2019.



Defying the serpentine traffic snarls at Delhi roads, dignitaries and celebrities came together in a common spirit of fellowship and camaraderie. The event flowed smoothly, starting with the Welcome Address, followed by the Today's Traveller Summit and Today's Traveller Awards 2019.

A name to reckon with in the Media and Publishing Industry, Today's Traveller Awards is a platform to recognise the best in the Travel and Hospitality Industry. The theme for this year's Coffee Table Book is – Inspire. Keeping in consonance with the theme of the Today's Traveller Coffee Table Book 2019 – Inspire – the event managed to motivate those assembled to continue with their journey of excellence and innovation and touching lives in myriad ways.

The signature event kick-started on the evening of July 29, 2019, at Durbar Ballroom, Hotel Taj Palace, New Delhi, with the arrival of Shri Prahlad Singh Patel, Hon'ble Minister of State (I/C) for Tourism & Culture, Government of India, as the Chief Guest, and Shri Mansukh Mandaviya, Hon'ble Minister of State for Shipping (I/C), and Minister of State for Chemicals



and Fertilizers, as Guest of Honour, who very kindly consented to felicitate the remarkable achievers and icons from the Tourism and Hospitality Industry with the Today's Traveller Awards 2019 and to launch the Cover of the Coffee Table Book 2019 – Inspire.

The theme for the Coffee Table Book – Inspire, reflects on the thought-provoking idea that inspiration is the first step towards development and dwells on the hallmark achievements of leaders and entrepreneurs across Corporate, Travel, Tourism, Entertainment and Hospitality worlds.

The annual Today's Traveller Summit & Awards have been well-supported over the years by international organisations and Indian associations. The event endeavours to analyse trends, forecast future developments, come up with viable solutions and, of course, help businesses thrive. It showcases the true potential of India in all its avatars.

TODAY'S TRAVELLER SUMMIT BREAKS NEW GROUND

Commemorating the 22-year-journey of Today's Traveller, the publication hosted its third Today's Traveller Summit – with a Keynote Address followed by three panel discussions comprising industry experts and eminent leaders from the realms of Technology, Aviation and Cruise industries.

KEYNOTE ADDRESS

Dean Douglas, President and CEO, Syniverse, delivered the keynote address at The Today's Traveller Summit on "The Future of Global Connectivity". In his thought-provoking address, he touched upon how Telecom sector has touched human lives in recent years, and has changed everything about the way people interact and do business.

It's not just about connectivity but also about how the industry provides customers with personalised digital services that touches all aspects of human life – from data to banking. Embracing new technological innovations, such as Internet of Things (IoT) and Artificial Intelligence (AI), is the way forward for the Telecom sector.



PANEL DISCUSSION: REDEFINING INDIAN AVIATION



The Opening Panel, Redefining Indian Aviation, moderated by Pran Dasan, Director Commercial Operations, South East Asia, flydubai, discussed “The future of Indian Aviation and how the sector is poised to be radically different from what we have seen so far. The potential exists, the willingness exists so what else do we need to complete the resurgence of Indian Aviation and put it firmly on a path of growth.” Among the eminent Panellists were dignitaries like Meenakshi Malik, Director – Commercial, Air India; Wolfgang Prock-Schauer, President & Chief Operating Officer, Indigo Airlines; Kapil Kaul, Chief Executive Officer, CAPA; and Suresh Nair, General Manager - India, Sri Lanka, Bangladesh and Nepal, Air Asia.



PANEL DISCUSSION: TECHNOLOGY AS AN ENABLER



The focus of discussions, at the Technology as an Enabler Panel Discussion, was, as Moderator, Himanshu Goel, Managing Director - India, Middle East and Africa, Syniverse, pointed out, “To stimulate the attendees around the improved digital experience, enhanced data security & bringing innovation to leverage each other’s business for collective growth.”

The broad parameter of discussions covered issues like: Changing Digital needs of travellers; Data security issues being faced by Hospitality / Aviation industry; How can digital technology help improve travellers’ experience – e.g. keyless entry, seamless Wi-Fi, minimize documentation needs for check-in; How can hospitality industry help reduce silent roamers (silent

roamers are one who keep their phones on but don't actively consume telecom services while roaming); How can technology help improve experience of customers/travellers attending MICE; and How can technology help elevate safety concerns of inbound travellers to India.

Among the Panellists were leaders like John T. McRae, Group Vice President and General Manager Operations, EMEA and Asia, Syniverse; Sandeep Dwivedi, Chief Operating Officer, Interglobe Technology Quotient; Ashish Kumar, Managing Partner, Agnitio Consulting LLP; Ashwani Sharma, Aviation - Consultant,



EdgeVarsity Learning Systems; Vaibhav Singh, VP Global Chains and Unit Management, MakeMyTrip.

PANEL DISCUSSION: FUTURE OF CRUISE TOURISM



The Future of Cruise Tourism Panel Discussion discussed the development of Cruise Tourism as an important element in the growth of India overall as it provides for substantial social-economic development of other ancillary trades and services.

The Panel was moderated by Rajiv Duggal, Strategic Advisor, Jalesh Cruises Pvt Ltd, who said, "Based on the reports from global consultant, Bermello Ajamil & Partners, Inc. (B&A), there are incredible multi-fold potential opportunities for all stakeholders in Cruise Tourism in India."

As per the said report, the opening of cruise market in India would boost the employment generation by 250,000, increase cruise tourists from 1.8 lakhs to 40 lakhs and cruise ships visiting India from 158 to 955 in next 5 years. Further, the economic revenue has a potential to enhance from existing Rs. 712 crore to Rs.



35,500 crore by 2022. The Panellists included luminaries like Sanjay Bhatia, IAS, Chairman, Mumbai Port Trust; Vinod Zutshi, IAS (Retd.), Former Secretary, Ministry of Tourism, Govt. of India; Jurgen Bailom - President & CEO, Jalesh Cruises Pvt Ltd; Ratna Chadha, Chief Executive Officer, TIRUN Travel Marketing; and Nalini Gupta, Managing Director, Lotus Destinations.

OUR PARTNERS

The 13th Annual Today's Traveller Awards event was partnered and supported by Indian Ports Association as Cruise Tourism Session Partner; Syniverse as Silver Partner; Tourism Finance Corporation of India Ltd as Investment Partner; Bodoland Tourism as Cultural Partner; Air India as Airline Partner; Cygnett Hotels and Resorts as Focus Brand Partner; Medeor Hospital as Healthcare Partner; and Taj Palace New Delhi as Hospitality Partner.

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TODAY'S TRAVELLER TEAM CELEBRATING AFTER THE SUCCESSFUL COMPLETION OF THE EVENT

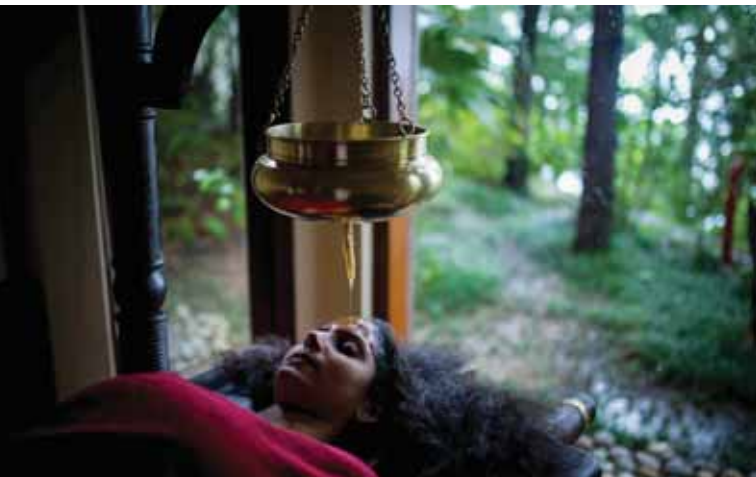
TODAY'S
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Celebrating 22nd
YEARS



Art of Wellness



DISCOVER WELLNESS IN GUJARAT





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A Few Words...



SHRI JENU DEVAN, IAS

Commissioner of Tourism & Managing Director of TCGL

When it comes to Wellness and Eco-Tourism, Gujarat is considered a top-notch destination, being blessed abundantly by Nature in its various avatars. A niche tourism product, Wellness Tourism provides India with a distinctive edge when it comes to traditional wellness practices. The world looks with a keen eye towards traditional Indian wellness practices for rejuvenation of mind and body. The presence of a few NABH-approved wellness centres in the state, and many more in the offing, has provided a boost to Wellness Tourism in Gujarat. A wealth of medicinal plants and herbs makes Gujarat a leading Wellness hub in the country. Over the past few years, the state has witnessed a tremendous growth in this sector with tourists visiting wellness centres, Ayurvedic centres, and spa facilities for the ultimate escape to rejuvenate mind, body and soul. Gujarat Tourism offers numerous health-focussed resorts, spa centres, Ayurvedic hospitals etc. for health and spa holidays.

Wellness and Eco-Tourism go hand in hand – Gujarat Tourism is cognisant of this factor and is thus promoting and conserving heritage and nature sites, ensuring cleanliness, provision of necessary amenities and improving infrastructure, which has resulted in an exponential growth of Eco-Tourism in the State.

A prime example is The Statue of Unity, which is an upcoming wellness destination in the State. The statue's scenic location on the banks of Narmada River, coupled with its proximity to Satpura and Vindhyaachal Mountains, Zarwani Waterfall, and the nearby wildlife sanctuaries, unlocks a huge potential for Wellness Tourism, Meditation and Yoga in the region.

In 2018, Gujarat received around 4.5 crore travellers, an increase by 17 per cent from the past two years. The government is undertaking several collaborative efforts between the forest and tourism departments in a bid to realise the State's potential for Eco-Tourism.



WELLNESS TOURISM IN GUJARAT

WHO defines wellness as a state of complete physical, mental and social well-being and not merely the absence of disease. According to surveys, people seem to have become more proactive than they used to be when it comes to health matters. Accordingly, there has been an unprecedented increase in the pursuit of wellness, with a proliferation of wellness centres, holistic retreats, spas and spiritual pilgrimages. Millennial travellers are leading the change by making health-promoting diet and lifestyle choices a priority in their quest towards greater self-awareness and contentment.



GUJARAT: AN ATTRACTIVE WELLNESS DESTINATION

The vibrant state of Gujarat has earned the reputation of being a hub for Wellness Tourism, being best equipped with infrastructure, in terms of hospitals, treatment centres, and attractive tourist places. Gujarat's scenic beauty is a significant factor in attracting medical tourists to the State. The splendid valleys, national parks and sanctuaries, wildlife, gardens, parks and lakes are a tremendous draw. While selecting a location for treatment, tourist attraction is an important consideration as a soothing ambience provides the much needed succour for healing.

The focus on Medical Tourism in Gujarat has made it a potential growth sector, with Ahmedabad being one of the most sought after medical tourism destinations in India. Apart from world-class facilities, hospitals offer pick-up and drop services and ambulance services as well. Patients can avail the 108 Service, which is the highly appreciated 'Medical at Doorstep' Service.

WHY GUJARAT?

There are several reasons why Gujarat has earned the distinction of being the most valued place for medical treatment in the country. Unmatched infrastructure in super specialty hospitals, affordable costs and exemplary facilities are some of the major contributors that make Gujarat the most favourable place for medical tourism.

- » Top quality healthcare facilities are available at cheaper rates than elsewhere.
- » Gujarat doctors and surgeons are reputed worldwide for their talent, dedication and experience.
- » Since the pharmaceutical industry has the competitive edge and produces medicines at a low cost, the prices of medicines are comparatively low.
- » The availability of alternative therapies, like Ayurveda, Unnani and Homeopathy in the treatment of chronic illnesses.
- » Naturopathy and Yoga centres that attract patients from overseas.
- » Government policies promote Medical Tourism, for example, the relaxation of medical visas.
- » Service facilitators, as in the 108 Ambulance service, that provides medical services to customers at their doorstep.



INDIA AND THE WELLNESS CONNECT

Home to Ayurveda and Yoga, India has a myriad wellness traditions and practices that have been in existence for centuries. The Government has laid special emphasis on showcasing the country's spiritual and wellness traditions, globally. Recently, a slew of sophisticated healing centres, ashrams, medical and wellness spa/resort facilities have given Wellness Tourism an impetus.



STATUE OF UNITY

The Statue of Unity (SoU) is a picturesque location and also a favoured destination for Wellness and Eco-Tourism. Located on Narmada River at the Sadhu Bet isle, in Kevadia, it is the world's most imposing monument, dedicated to India's first Deputy Prime Minister and Home Minister, Sardar Vallabhbhai Patel. The statue's location is its strongest point. The picturesque surroundings of the Satpura and Vindhya Hills along with the mighty Narmada River provide a perfect view to the statue.

The colossal 182-metre-high statue was inaugurated on the 143rd birth Anniversary of Patel, on October 31, 2018 and recently drew 34,000 visitors in a single day, besides making it to Time magazine's List of 100 Greatest Places 2019. The nearest airport, at 91km, is in Vadodara. The State Government recently opened a new luxurious nature retreat, Tent City Narmada, just 10 minutes away from the monument. Setup along the idyllic Panchmuli Lake, the resort is surrounded by meadows, water cascades, thick forest areas, and abundant wildlife. A major attraction for tourists is to spot crocodiles at the Sardar Sarovar Dam while also taking short treks to explore nearby Eco-Tourism sites for experiencing mental wellness with profundity.

DISCOVER WELLNESS IN APPEALING LANDSCAPES

It is often seen people like visiting natural eco-friendly habitats to discover mental peace amidst the silence and solitude of wildlife sanctuaries, national parks etc. Mental wellness is another aspect of Wellness Tourism which is a much sought-after experience by today's travellers. It has more to do with people seeking mental rejuvenation than physical wellness treatments for beautification purposes. Over the years, the State Government has tirelessly worked towards developing many Eco-Tourism zones and campsites for people interested in seeking mental wellness amidst Nature. Some of the interesting destinations nearby Statue of Unity providing a getaway for mental wellness are:

KHALVANI ECO-TOURISM CAMPSITE

Located near the Sardar Sarovar Dam, Khalvani Eco-Tourism is surrounded by lush foliage and fauna, and the holy waters of Narmada River, making it an ideal hotspot for wellness tourists. Accommodation is available in tent and tree houses. Bird Watching, Breakfast with Butterflies, Dining in a Gazebo, Tree Walks, Fish Pedicure, and Cycling on the forest tracks are some refreshing activities offered at this campsite.

ZARVANI ECO-TOURISM CAMPSITE

Travellers can enjoy day picnics or treks in the wooded environs of Zarvani Eco-Tourism Campsite, with the help of the Forest Department. Chauta Waterfall, Eco-Trekking Trail, Bird Watching, Cultural Programme, Agriculture Visit, Star Gazing, Tribal Food, etc. are some exciting activities to engage in at this campsite. Night Trekking is an exciting adrenaline-pumping activity for Nature enthusiasts, Wildlife lovers and Birdwatchers. Other sightseeing areas nearby include the Zarvani Waterfalls, Shoolpaneshwar Temple and Gheer Khadi.



There are many other notable Eco-Tourism campsites in the Narmada region, where visitors can be one with Nature and feel relaxed and rejuvenated, including Vishal Khadi, 20km from Rajpipla; Sagai Malsamot, in Dediapada Wildlife Sanctuary; Kunbar, in Narmada district; Devmogra, in Sagbara Taluka of Narmada district and Junaraj, 16km from Rajpipla.



BEST WELLNESS RETREATS IN CENTRAL GUJARAT

Relax, Rejuvenate and Revive are three mantras of wellness that are best experienced in Gujarat. A favoured destination for Panchakarma treatment, Gujarat has seen an increasing footfall of wellness tourists over the years. Many wellness centres, health resorts and spas have come up in Gujarat, providing a range of holistic wellness treatments, combining a unique blend of traditional and modern therapies, to experience wellness in its truest of forms.

INDU AYURVEDA HOSPITAL, VADODARA

Accredited from NABH, Indu Ayurveda Hospital is an exclusive Ayurvedic Hospital in Gujarat.

Equipped with a wellness centre, the centre offers traditional Ayurvedic Panchakarma and Ayurvedic traditional spa to treat wellness-related ailments.

Diseases treated are – Skin Disorders, Asthma & Bronchitis, Auto-Immune Diseases, Thyroid Disorders etc. Patients are clinically examined and diagnosed by a panel of Ayurvedic experts.

MADHUBAN SPA & NATUROPATHY, ANAND

Madhuban Spa & Naturopathy provides a blend of contemporary and traditional therapies to treat wellness-related disorders.

Spread over 10,000sq.ft. and set amidst the tranquil landscaped environs, the centre offers mindful, effective skin care and body-care therapies of the highest quality, administered by a carefully selected team of experienced practitioners skilled in providing relaxation and rejuvenation.

It is amongst the first wellness centres in India to offer Oxygen and Ozone Therapy.

AUM HEALTH RESORT, VADODARA

The state-of-the-art Aum Health Resort is a residential treatment centre spread over a 17-acre area, close to Ajwa Lake, and provides Ayurvedic treatments, Homeopathy, Naturopathy, Physiotherapy, Yoga



and Meditation etc. A dedicated team of experts treats every patient holistically, taking into consideration their lifestyle and dietary habits.

The resort also provides top-notch accommodation, coupled with high levels of service, food and recreational facilities.

VATRIKA LOTUSPOND NATUROPATHY CENTRE & RETREAT, KHEDA

A true manifestation of tranquillity, recuperation and peace, this wellness and naturopathy centre is located amidst a 100-acre green patch. The centre endeavours to provide wellness therapies with 3-Star services and facilities. The centre also provides accommodation and is catered by a dedicated team of therapists and Naturopathic doctors.

NISARGOPACHAR KENDRA, VADODARA

Spread across acres of lush green foliage, Nisargopachar Kendra provides nature cure and alternate therapies with scientific and holistic approach to cure wellness-related ailments.

The serene surroundings make the centre highly conducive for taking a wellness break to attain a rejuvenating health. The treatment programmes at the centre include body detoxification, stress management techniques, Yoga, Naturopathy, Hydrotherapy, Mud Therapy, Shirodhara, Physiotherapy, Acupressure and Acupuncture, and Reflexology, contributing towards a healthy body and mind.

The centre has a dedicated team of well-trained Naturopaths and specialists to administer these wellness treatments.

BEST NATURE RETREATS IN SAURASHTRA

VED GARBH VIHAR, JAMNAGAR

The ancient science of Ayurveda contains the elixir of healthy life. Based on the concept of maintaining balance between mind and body, Ayurveda contains the answer to many of our ailments. Although Western bio-medicine has dominated the Wellness Industry for sometime now, a few enthusiastic supporters of Ayurveda are making the practice one again popular among many Indians. Wellness centres, resorts and even Western-styled spas are today providing Ayurvedic massages and treatments. Ved Garbh Vihar is one such wellness resort in Gujarat. It provides a range of wellness services against a backdrop of idyllic village life. Located near Jamnagar airport, Ved Garbh Vihar is the brainchild of a team of Ayurved alumni doctors of Gujarat Ayurved University and wellness passionate project engineers.

The team works under the guidance of world-renowned Ayurvedacharya and speaker Dr Hitesh Jani, who is an authority on this ancient science. He uses his knowledge to promote Ayurveda among today's youth by conducting various seminars and workshops. Further, he not only cures diseases but also provides preventive health solutions. His Ved Garbh Vihar is the perfect place to enjoy a couple of days of tranquillity and rejuvenation on your way to Dwarka. Ved Garbh Vihar has 5 rooms, in both AC and non-AC options, Western-styled toilets, gaushala for Gir cows, a hawanshala for prayers, a natural pond and cow grazing area. The wellness centre is in talks with the State Government to promote Medical Tourism in Gujarat.

ĀTMANEEM NATURE CURE, JAMNAGAR/RAJKOT HIGHWAY

An advanced integrated holistic health care centre, ātmaneeem

nature cure showcases a comprehensive approach to the system of healing, based on the ancient Vedic science associated with international holistic therapy. Advantages of modern science and technologies combine with holistic medical science, to improve efficacy and provide result-oriented solutions. Therapies include Therapeutic Massage, Chromotherapy, Hydrotherapy, Acupuncture & Reflexology and Herbal Therapy.

DUDHESHWAR NATURAL HEALTH RESORT, RAJKOT

Dudheshwar Natural Health Resort is promoted by tech entrepreneur Nilesh Kachhadia. Located in Valley View, near the Rajkot – Ahmedabad Highway, it is lush, with magnificent views. The facility has been designed in consultation with renowned Naturopath Dr Jay Sanghvi and his team, at Swas Healthcare. It has well-appointed rooms, a spacious therapy section, health restaurant, and other facilities. Treatments include Mud Therapy, Bitter Tonic Therapy, Physiotherapy, Meditation and Prayer, among many others.

AMRUT AYU-CARE AND PANCHAKARMA HOSPITAL, BHAVNAGAR

Located on the main road, in the heart of Bhavnagar city, Amrut Ayu-Care & Panchakarma Hospital is a wellness centre for all the diseases of mind and body. It offers the best of Ayurvedic medicines and Panchakarma treatments, including Panchakarma – Vamana, Virechana, Basti, Nasya & Raktamokshana, Shirodhara, Shirobasti, Netra Tarpana, Shastika, Steam bath, Karna Purana and Beauty Treatment, among others. The hospital boasts a well-trained staff who are well attuned to Ayurvedic and Naturopathy treatments.



SOUTH GUJARAT: AN UPCOMING WELLNESS HUB

Ecotourism involves travelling to relatively undisturbed natural areas where one can immerse oneself in Nature – enjoying the scenery and its wild plants and animals, as well as any existing cultural aspects. It involves interaction with the natural environment and understanding it. South Gujarat is endowed with many such options, where the natural resources have a promising potential for the establishment of wellness centres.

MAHAL ECO CAMP SITE

The Mahal Eco Campsite boasts rivers and bamboo glides, with excellent walking and trekking options. It is located on the banks of the Purna River, in the middle of the Purna Wildlife Sanctuary and is a part of the Dang Forest Division North. It is surrounded by a vast and rich forest, laced with the Purna and Gira Rivers. For an eco-tourist wanting to enjoy avian life in the moist deciduous forest mixed with bamboo, this is the best place to visit. It is also near the Girmal Falls, which offer breathtaking views.



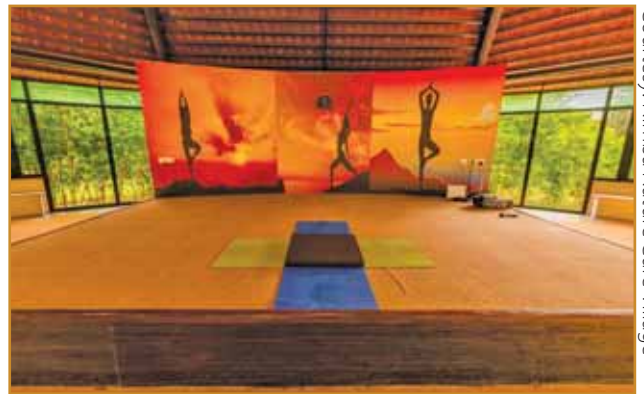
PADAMDUNGARI

Padamdungari is a campsite located at about 30km from Vyara town, and 8km from Unai village. It is situated amongst the Sahyadri ranges, by the River Ambika. Treks, trails, winding up and down the hillocks, sunset activity, observation towers, relaxing woodlands, and medicinal groves are popular attractions in Padamdungari. The scenic site has deep, dense forests, genetic diversity, rocky, undulating and enriched landscapes. The fauna consists of big cats, lesser canines, herbivores, birds, reptiles, aquatic animals. The campsite comprises tourist huts, a Reception-cum-Interpretation centre and other facilities, utilities, nature trails, good approach roads and capacity buildings for local people. Activities like tubing, rafting, floating etc, on River Ambika are also available.

BEST WELLNESS RETREATS IN NORTH GUJARAT

NIMBA, MEHSANA

Nimba Nature Cure Village is one of the best yoga and meditation centres in India offering holistic rejuvenation for the mind, body and soul. At Nimba, you can treat the five elements, or 'Panch Mahabhoota,' and bring them back to normalcy. Rest in a comfortable wellness centre accommodation, avail organic nutrition and allow your body to heal itself. The best physiotherapy centre in Gujarat, it boasts the latest equipment, like ultrasound machine and quadriceps table.



Courtesy: Nimba Nature Cure Village

MAHAPRAGYA NATUROPATHY AND YOGA INSTITUTE, GANDHINAGAR

Its mission is to promote Nature Cure and Yoga for enhancing the quality of life by following a regimen of regular exercise, proper eating habits and effecting lifestyle modifications. Therapies include Mud Therapy, Diet Therapy, Acupressure, Fasting and Hydrotherapy. Diseases like obesity, diabetes, skin diseases, hypertension, etc., are all treated through Naturopathy.



WELLNESS TOURISM IN KUTCH

The Kutch region of Gujarat, especially the Great Rann of Kutch, is known for its breathtaking natural beauty, and boasts plentiful options when it comes to wellness treatments. From traditional Ayurvedic massages to Naturopathic treatments, from herbal remedies to Panchakarma practices, there is no dearth of choices for those seeking to uplift their minds and spirit.

Ayushman Bharat Wellness Centre



AYUSHMAN BHARAT WELLNESS CENTRE IN KUTCH

Government of India launched a healthcare initiative - Ayushman Bharat scheme, in September 2018, which announced the creation of 1,50,000 health and wellness centres across India. Accordingly, health and wellness centres were established in Kutch and parts of Gujarat, which delivers a range of services to address primary healthcare needs of the people.

V BY VINCCA RESORT & SPA

Located on the Anjar-Bhuj Highway, this hotel-cum-spa comes with well-appointed rooms, delicious, diet-conscious meals and an excellent spa, where you can enjoy relaxing treatments at affordable prices.

GANGA SPA

One of the most luxurious spas in the region is Ganga Spa. Traditional Ayurvedic therapies, facial scrubs and body polish, along with a range of specialty massages by trained professionals, make guests feel relaxed and rejuvenated.

NAVJIVAN NATURE CURE CENTRE, BHUJ

Located on the Bhuj-Mandvi Road, near Punadi

Patiya village, this Naturopathic healing centre offers its treatments and therapies based on Mahatma Gandhi's ideas of 'Nature Cure'. Located amidst scenic surroundings, the centre provides holistic Ayurvedic and herbal remedies to heal from within. Some of the other special treatments include Panchakarma, Acupuncture, Meditation and Yoga, Ayurvedic massages, Vibro massage, Shirodhara, Nasyam, Hydrotherapy, Reflexology, and one of the latest therapies – Horticultural therapy. The centre has many green pockets created by a 40-hectare organic farmland for cultivating fruits, vegetables, and medicinal plants.



TRENDING WELLNESS ACTIVITIES & ECO-TOURISM DESTINATIONS IN GUJARAT

ECO-TOURISM

Eco-Tourism has also received a tremendous push in recent years. The Government has roped in locals and activists to conserve forested areas, promote bio-diversity parks that are rich in flora and fauna. The Government has also started conducted tours of Gir and opened accommodations at Velavadar and Saputara. Eco-tourism camps have also been established in Jambughoda.



PROMOTION OF AYURVEDA

Promoting the age-old practices of Ayurveda, Panchkarma and Rasayana Chikitsa is big on the agenda of the Government. The hotels, spas and resorts have come up with a number of innovative treatments and massages to attract clients seeking therapeutic treatments. According to a Government official there is wide scope for Ayurvedic treatments in the State. The existing natural resources of the State are perfect for wellness centres and the protected forest sites will be used for building these wellness centres. The Government will further grade Ayurvedic practitioners so that they can treat patients, while the AYUSH department has been roped in to provide the technical knowhow and logistical support. Interestingly, Gujarat Ayurved University in Jamnagar was the first university devoted to Ayurvedic studies and research, established after Independence, in 1967.



Encouraged by the outstanding response to its tourism campaign, promoted by Bollywood icon Amitabh Bachchan, the Gujarat Government has taken a number of initiatives to increase tourism in the State.

Gujarat is fast catching up as a premium destination for Wellness and Eco-Tourism. The State has some of the most ecologically sensitive bio-diversity parks, reserve forests and national parks of the country. Moreover, it has traditionally been the hub of Ayurvedic treatments in the country. The Government now plans to open as many as 10 centres of wellness with a corpus of Rs 5 crore in the next few years. Additionally, the state is also trying hard to boost its Eco-Tourism by promoting conducted tours, building infrastructure and opening up new accommodation.



TOURISM CORPORATION OF GUJARAT LTD.

Udyog Bhavan, Block No.-16, 4th Floor, Sector - II, Gandhinagar - 382011

Phone: 91-79-23222523 / 23220002, Fax: 91-79-23238908

Website: www.gujarattourism.com

AWAKENING BODY & SOUL

Healing Holidays at SwaSwara, a CGH Earth Experience

TT BUREAU

WELCOME TO YOUR INNER-SELF

SwaSwara is where you listen to your inner voice as you go on a path of self-discovery. A retreat to press pause, purge out the grind and reset back to your best self. It is where the curative power of Ayurveda comes together with the calming strength of Yoga and the therapeutic effect of art – for a wholesome experience that rejuvenates the body, nurtures the mind and satiates the soul.

ONE WITH THE ELEMENTS

SwaSwara is located on Gokarna's Om Beach – the serene coastline named after the first sound of creation, 'Om'. Where the improvised beats of waves crashing on the sand harmonise with the meditative hum of birdsong, providing a background score for an experience that brings you closer to your inner rhythm. Crafted in hues of the earth and designed to organically blend with its environs; its form celebrates simplicity and purity while coexisting with the land and the culture. SwaSwara taps into the energy of Mother Nature to rejuvenate the self. Your time here is designed to be transformative. All the offerings here draw from the age-old wisdom we like to call the 'Indian consciousness.'

SWA WELL-BEING (3 NIGHTS ONWARDS)

This programme is about rejuvenating the SwaSwara way – by slowing down so that you can listen to your 'Swa Swara', or inner song. It comprises of various mind and body techniques based on Ayurveda, Yoga, and Meditation to combat the daily rigours of modern life. The programme includes activities such as nature trails,

pottery and art sessions, Karma Yoga and interactive cooking. It also includes consultations with Ayurveda doctors, group and private yoga sessions and lifestyle guidance by our experienced Ayurveda and Yoga team.

AYURVEDA REJUVENATION (7 AND 10 NIGHTS)

This programme uses traditional Ayurvedic principles to de-stress and revitalise from inside out. It includes Ayurveda-inspired meals and the diet is pure vegetarian. Based on the doctor's analysis of guests' body constitution, they are prescribed a pure Sattvic, dosha-specific diet to supplement the therapeutic Ayurveda massages.

AYURVEDA DETOX AND PANCHAKARMA (14 NIGHTS ONWARDS)

An intense, detox programme that starts with a detailed consultation with our Ayurveda doctor to analyse the patient's 'prakruti'. It is followed by 'Snehapana' – an Ayurvedic detox procedure involving medicated ghee, and 'Virechana' – wherein toxins are purged. The procedure ends with therapeutic Ayurveda massages. One is put on a strict, personalised, vegetarian diet prescribed by the doctor, based on their doshas.



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IN PURSUIT OF HAPPINESS

Rooted in Ayurveda, Yoga and Vedanta, Ananda in the Himalayas offers the ultimate escape from stress, into the realm of peace and tranquillity

TT BUREAU

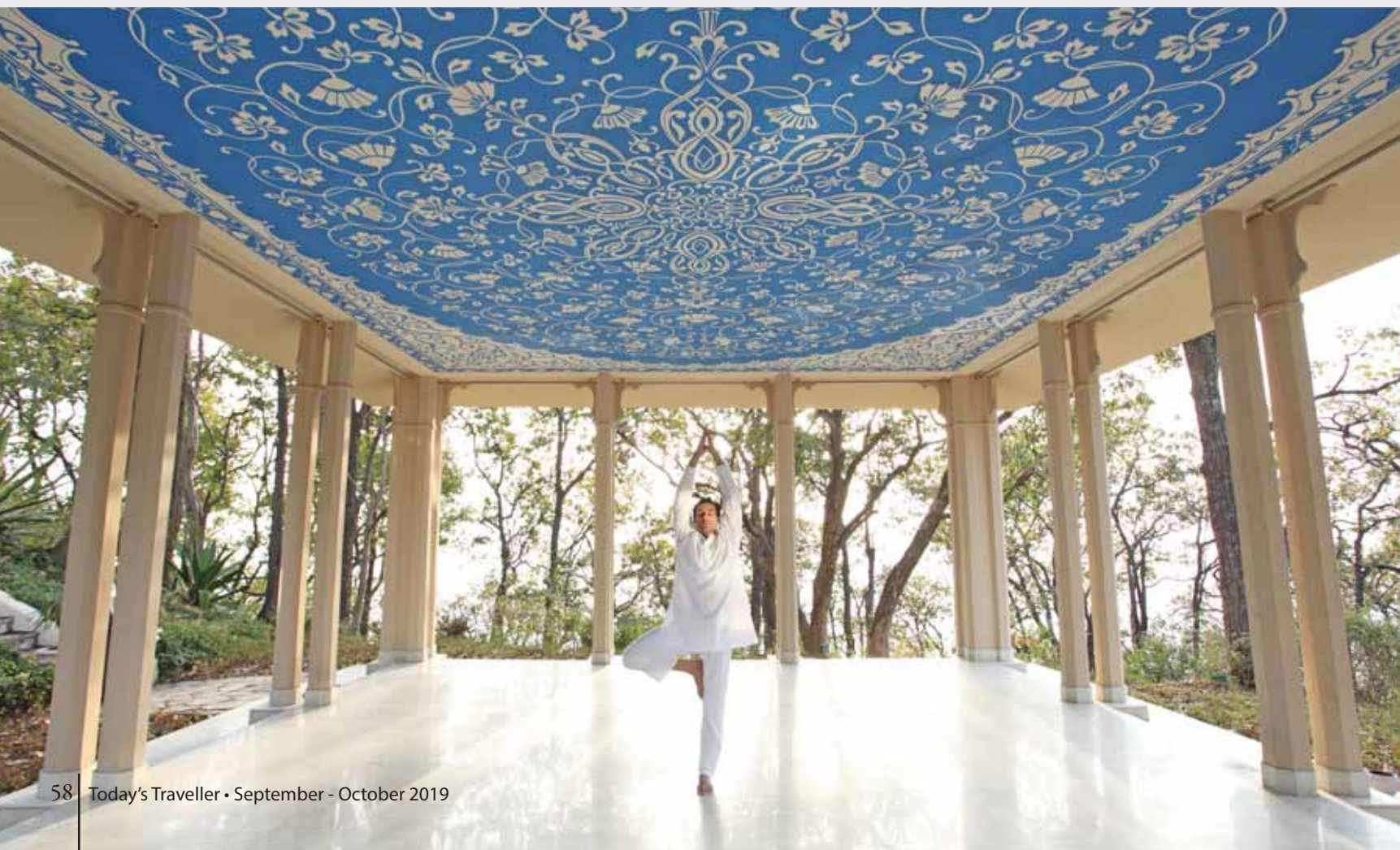
We all strive for serenity in our daily lives – that elusive state of calm that seems to elude most of us. People with a tranquil bent of mind are better equipped to enjoy life – even a week away from stress could make you ready to combat life's challenges, be it mental or physical. Ananda in the Himalayas teaches you how to invest into balancing yourself from within by following a simple, Ayurveda-inspired lifestyle. The resort's immersive wellness programmes are formulated especially for those who procrastinate on self-care.

Said Oprah Winfrey, "Going to Ananda is more like a pilgrimage than a visit." An apt description for this soulful retreat,

located on a 100-acre Maharaja's Palace Estate, surrounded by stately sal forests and overlooking the spiritual town of Rishikesh and the Ganges river valley.

One of the best luxury wellness retreats in the world, Ananda integrates traditional Ayurveda, Yoga and Vedanta with international wellness experiences, fitness and healthy organic cuisine to restore balance and harmonise energy.

Ananda's signature all-inclusive packages are programmes which are tailor-made for individual health goals. Ananda's Wellness programmes follow a holistic approach towards achieving the best results in a safe, nurturing atmosphere, expertly guided by its team of expert Ayurvedic doctors, skilled





therapists, nutritionists, Yogis and spa cuisine chefs. Dedicated years of research on the part of Ayurvedic, Yogic and International Wellness experts have enabled a unique integrated focus on the core physical and mental aspects which have the most impact. The results are award-winning programmes which work to create a sustainable journey towards a healthier, enriched lifestyle.

Guests can choose a programme for 7, 14, or 21 days, where they will be immersed in the process of balancing their circadian rhythms and improving on the health of mind, body and spirit. Ananda offers a slew of options to choose from, once guests have decided what they would like to focus on – whether it is detoxing and de-stressing or rejuvenating using traditional therapies, or improving fitness levels by challenging themselves.

If you're looking to disconnect from the rigours of urban life and wish to pamper yourself with a traditional therapy or international treatment, Ananda is your go-to destination. Ensnared within a cocoon of dense sal trees, blue skies and panoramic views of the Ganges and the valley around would reduce stress levels immediately. The combination of traditional massages, such as Abhayanga and Shirodhara, Aromatherapy, facials, head massages, eye rejuvenation, etc, are guaranteed to release tension from your mind and body, preparing you for deeper Yogic kriyas and practices.

The nourishment that one receives over time is holistic. The Stress Management Programmes focus on a healthy lifestyle, which aims at minimising stress, creating positive changes and promoting synergy in your life. The team at Ananda believes in de-stressing you from the outside in. The massages and therapies physically release tension knots in the body. Thereafter, group Yoga and fitness sessions help stretch your muscles to ease out the effects of daily tensions. Once the body is relaxed you can get



into Meditation, where you will be schooled into techniques that can be carried back and practised at home. Finally, Vedanta sessions will help you gain a wiser perspective on life. The basic premise behind these lessons is that you can apply what you have learnt to solve stressful situations at work and in your daily life.

Ananda's Wellness programmes are aimed to make you feel more centred and in control. Not only will you be more insightful regarding your body's needs, nutrition and your mind, but you will be more energised and ready to take on any work issues. It's all made convenient for you – with direct flights now available from eight cities in India, getting to the airport is the only effort you'll have to make. For more information visit www.anandaspa.com



KAYA KALP: RELAX, REJUVENATE, REBALANCE

Kaya Kalp - The Royal Spa, ITC Mughal

The Kaya Kalp Spa by ITC Hotels showcases the country's ancient wellness sciences through indigenous spa therapies to promote overall wellbeing

TT BUREAU

The concept of luxury in hotels is being redefined to include aspects that dwell on Nature, space, discreet service and wellness. The luxury consumer, particularly the business traveller, also seeks a quiet ambience, away from the digital world of ubiquitous connectivity. Health and wellness have been incorporated in luxury hotels to cover every aspect of the guest experience.

Promoting wellness as a lifestyle is becoming a fundamental mission for the Hospitality Industry and therefore spas are being perceived as an essential commodity in luxury hotels. ITC Hotels, India's premier chain of luxury hotels, which is synonymous with Indian hospitality, understands the needs of today's experiential traveller. The brand has pioneered the concept of 'Responsible Luxury,' drawing on the strengths of ITC Group's exemplary sustainability practices.

Using Ayurveda as a wellness regime, ITC Hotels has introduced the Kaya Kalp Spa at all the ITC Luxury Collection Hotels. Derived from Ayurveda, Kaya Kalpa is an ancient system of bodily rejuvenation that is said to reverse the natural ageing process. 'Kaya' translates from Sanskrit to mean 'body' and 'Kalpa' means 'transformation.' As a process that is believed to transform the entire body, Kaya Kalpa is said to help open the



Kaya Kalp - The Royal Spa, ITC Grand Goa

mind and spirit in order to experience and connect with the Divine and cultivate inner peace.

Kaya Kalp Spas are class apart for those who seek to combine luxury with an exclusive and enriching experience that uplifts the mind, body and soul. Showcasing indigenous and well-known therapies from across the world, they deliver a memorable spa experience. Kaya Kalp Spas are housed in all 14 luxury hotels by ITC, the most recent one being at ITC Royal Bengal in Kolkata



Kaya Kalp - The Spa, ITC Gardenia

KAYA KALP – THE SPA

Step into Kaya Kalp for an unforgettable spa journey where you will be ensured of reaping the best benefits of tranquillity and relaxation. A dedicated team of experts will assist you in the selection of a treatment that is most suitable for your needs and desires. From the moment your spa journey begins and until it ends, every comfort and expectation will not only be tended to, but anticipated, with unrivalled personal care.

EXOTIC POMEGRANATE JOURNEY

Revive your body and discover your soul with Kaya Kalp's exotic exfoliation ritual that invigorates and revitalises your senses. Resonating in the spas' décor and therapies, the Exotic Pomegranate Journey is a unique combination of natural fruits such as pomegranate and lime, mixed with organic brown sugar, that allow the body to be gently exfoliated. The ritual is cleansing and a great de-stresser.

KAYA KALP MASSAGE

This powerful aroma therapeutic massage incorporates dynamic blends of essential oils. The signature Kaya Kalp massage is designed to relax the entire body, focussed on relieving muscular tension while combining wonderful soothing strokes for the ultimate massage

INDIAN FOOT MASSAGE

This therapy transports you to a state of pure relaxation, with a lavish foot massage using healing creams and ancient techniques that include stimulating pressure points that will leave you in a state of pure bliss.

PASSAGE TO INDIA

Relax, Rebalance, Rejuvenate, and Re-energise as Kaya Kalp takes you on a journey via 'Passage to India'. Drift away on a quest for solitude, where indigenous herbs and spices are lavishly applied to your body by highly skilled Ayurvedic therapists. A guided meditation technique allows the mind to de-stress and

connect with the inner self. The traditional Abhyanga Massage is a delightful way to relax the body and allow the mind to drift. Performed by two therapists using the long stroke technique, it uses a traditional blend of oils to awaken the inner wisdom.

The Shirodhara Therapy involves the flow of warm medicated oil being poured continuously on the forehead, which helps to connect and rejuvenate the energy systems within the body. The treatment also helps to improve blood supply and promotes unblocking of nerve impulses to help relieve mental tension.

It comes as no surprise that recognising its unique, indigenous roots and philosophies that blend with contemporary international best practices, Kaya Kalp has been acknowledged by Tatler and Conde Nast Traveller as the 'Best City Spa in the World'.



Kaya Kalp - The Royal Spa, ITC Kohenur



Kaya Kalp - The Royal Spa, ITC Grand Chola

NIRVANA AMIDST LUXURY



Relaxation Area

Jiva Spa, Taj Palace, New Delhi, is an exemplary contemporary Indian luxury spa experience that combines timeless wellness concepts with modern therapeutic wisdom

TT BUREAU

Accommodations can make all the difference in your choice of the perfect getaway and choosing the ideal hotel can substantially change what you take away from each journey. Taj Palace, New Delhi, spread over six acres of lush gardens in the Capital's tony Diplomatic Enclave, is an exemplar of a destination that has long been coveted by celebrities, heads of state and corporates for its timeless elegance, unmatched hospitality and a slew of acclaimed culinary and wellness experiences.

The hotel's *pièce de résistance* is the Jiva Spa – the nomenclature itself references a regimen that is one with the infinite. Spread over 13,000sq.ft, Jiva Spa showcases many treatment rooms, a Yoga studio, vitality pools, a well-appointed fitness centre and a salon, all of which dispense wellness that is rooted in Indian healing traditions and offer the luxury and comforts of a modern spa experience.

Today, the perception of a spa has shifted from that of an exclusive, luxury experience to a wellness-oriented experience in order to facilitate a healthier, more vibrant life for guests. Jiva Spa takes the health and wellness trend to another level

by unfolding a holistic path of life that opens out channels to nurture one's life force. Jiva's carefully recreated treatments draw from the rich and ancient wellness heritage of India and the healing therapies that embrace Indian spirituality.

A dedicated team of experts administer the spa experiences and rituals in single spa suites, a couple spa suite, a relaxation area, Yoga studio, extensive wet areas, a halo-therapy room, a unisex salon and a gymnasium. Jiva's design fundamental follows the Vastushastra, that is commensurate with harmony, balance of energy and organic finishes.



Couple Treatment Room

The spa therapy area is spread over 3600sq. ft, including five therapy rooms and a relaxation lounge with heated loungers. The spa treatments comprise products made from aromatherapy oils and special ingredients, native to India. The 100% natural range of JIVA products are made from Indian herbs and essential oils, while the signature experiences are borrowed from royal traditions and ancient Indian healing remedies.

Vishramā is a deep, muscular two-hour massage for profound relaxation, that uses a hot compress of therapeutic Indian herbs.

Sushupti offers a two-hour treatment for deep relaxation and glowing skin. An aromatic footbath uses a natural blend of 22 herbs, green gram flour, honey and fresh cream. A soothing scalp massage, followed by a warm bath of nourishing raw milk, enhanced with rose essence and rose petals, washes away traces of the wrap. A face massage completes the ritual, leaving you languid and pampered.

Vishuddhi is a detoxifying experience that stimulates the circulation of blood, lymph and energy, followed by a traditional Indian herb wrap and a full body lymphatic drainage massage.

Soma is a unique couple therapy offering, involving two therapists who perform a candle-lit, Indian Aromatherapy Massage using evocative oils – followed by a rose petal bath and some exclusive time alone with a bottle of champagne.

Halotherapy or Salt Therapy, involves relaxing in a salt room, which activates a healing process at the cellular level in the body, helping the body restore itself naturally and effectively. The therapy helps ease breath, improves skin texture and stabilises mood and sleep patterns. Vellana is an energising 60-minute experience that rolls



Yoga Studio

the 'velan,' or rolling pin, over the entire body, touching on various muscles and pressure points, instantly releasing tension and improving blood circulation.

Other facilities include a steam room, an ice rub area, an experiential shower, chilled and normal showers, restrooms and vitality pools. The salon, a unisex facility, is spread over 1987sq.ft. and includes a facial room, a section for hair, a pedicure and manicure room and an exclusive VIP Salon Suite.

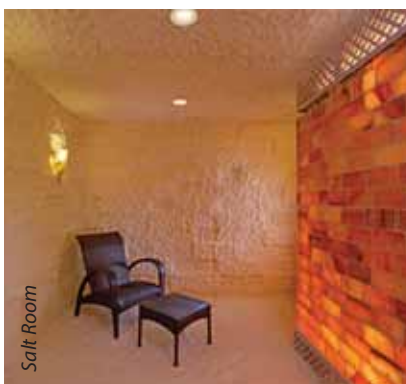
The fitness area is spread over 1700sq.ft, comprising the gymnasium and studio room. The gymnasium has avant garde equipment, while the studio section is dedicated for Yoga, aerobics and general stretching.



Salon Suite



Fitness Centre



Salt Room



Snowflake Section



Vitality Pool

Wellness Served Royal Style

With captivating views of Lake Pichola and the Aravallis, ESPA Spa of The Leela Palace Udaipur is a distinctive Wellness destination that offers the choicest selection of therapies and treatments

TT BUREAU

Imagine a spa housed in a modern palace located on the banks of the pristine Lake Pichola and surrounded by the majestic Aravalli Mountains, where you not only reconnect with your mind, body and soul, but also savour a taste of royal living. Welcome to the award-winning ESPA Spa, India's only luxury tented spa, which spreads across 10,000sq.ft. and provides holistic wellness treatments with organic products, developed from plant extracts and essential oils.



OF SPA AND SPIRITUALITY

The hotel has curated three wellness programmes, known as Spa and Spiritual Journeys, in three, five and seven-day options. Designed to heal the body and rejuvenate the mind, the programmes combine the ancient wisdom of Ayurveda, along with cutting-edge modern Wellness therapies.

Guests can indulge in spa and massage sessions in the luxurious tents, Yoga and Meditation classes in the lush guava orchards and daily guided tours to the nearby temples of Eklingji, Nagda, Nathdwara, Jagdish Mandir, Ranakpur and the fort of Kumbhalgarh. Guests can also avail daily consultations with the Spa Journey Advisor and the Chef of Spa Cuisine, who will customise their itinerary and meals to suit individual tastes.

Private sessions with the hotel's in-house astrologer provides a peek into the future and an end-of-the-day boat cruise on Lake Pichola could end with a relaxing 'me-time' in one of the hotel's luxurious rooms or suites, which boast exquisite interiors and impeccable avant-garde facilities.

Authentic Rajasthani delicacies, enjoyed with traditional song-and-dance routine, make sure that you immerse yourself fully in the local culture, while the hotel's farm-to-table concept ensures that you partake of fresh and organic food.

TRANQUIL SURROUNDINGS

All spa treatments are offered at two locations in the property –The Lake Spa and The Haveli Spa. The Lake Spa includes five single treatment tents and seven couple tents, complete with secluded gardens and plunge pools.

Those who opt for the Lake Spa can enjoy air-conditioned tents that exude traditional opulence from every corner. From rich upholstered beds and sofas to crystal chandeliers, from bespoke furnishings to stunning lakeside views, the tents are custom-made to offer a taste of sumptuous living. The Haveli Spa, on the other hand, is located in an age-old Haveli, which has been converted into a luxurious abode of Wellness.

TREATMENTS AND THERAPIES

The spa offers a staggering choice of therapies and wellness

treatments in opulent surroundings that are sure to uplift your spirits. From exotic treatments, such as Hot Stone Total Body Care, to traditional therapies like Abhyanga and Shirodhara, the spa will leave you spoilt for choice. The ESPA Signature four-hour Royal Knights and Royal Princesses of Rajasthan Ceremonies is a truly once-in-a-lifetime experience that should not be missed.

All ESPA treatments are conducted in the privacy of the spa tents. Those who wish to enjoy the spa journey with their loved ones should opt for the Couples and Palaces Suites that come with private swimming pools and separate lounge areas with breathtaking views of the distant mountains. The Aroma Steam rooms, featuring amethyst crystals and anthracite glass tiles, offer a calming prelude to the treatment experience. Wellness is further ensured through calming Yoga and Meditation sessions that are conducted in the lush gardens of the property.

BEAUTY PRODUCTS

All the products used by the spa come from their award-winning ESPA range, which blends the traditional knowledge system with cutting-edge European technology. It has a range of products such as revitalising seaweeds, cleansing muds, anti-stress oils and skin care items, all of which ensure glowing skin and luxuriant hair.





SENSORIAL BLISS

Heaven on Earth Wellness leverages its unique Indian and international techniques to deliver holistic wellness experiences across its 45 spas in India, Maldives, and Singapore

TT BUREAU



Often long queues at check-in counters and security-check delays develop a sense of weariness in travellers. Recognising the dire need of today's travellers to de-stress during or after their travels, Heaven on Earth (HoE) Wellness gets you holistically covered, with its range of specialised therapies and treatments to satiate your cravings for relaxation whether it is at an airport or your checked-in hotel. Tailored to suit your wellness needs, the carefully crafted spa treatments ensure you have the best spa time relaxing amidst comfortable ambience and peaceful atmosphere at their fabulous airport spas, hotel spas or day spas.

Run by Bhavna Vohra, MD & Co-Founder and Prabhu Srinivasan, Co-Founder, HoE Wellness, the company is spread across 3 countries - India, Maldives and Singapore. With its unique approach to wellness, HoE Wellness provides a melange of various wellness and grooming services-spa, meditation, health, fitness, nutrition, hair, beauty, skin care etc. All to create a state of balance between mental and physical wellbeing. Fuelled by a great team of experienced spa professionals, adept at making your spa evenings come alive, HoE Wellness has created a niche for itself in the Wellness Industry. The highly focussed spa professionals work with the sole purpose of enhancing the wellness quotient of their guests in all aspects.

HoE Wellness has three different brands under the umbrella of Serena Spa - Serena Spa, Aristo Spa and Spa Express, with each having its own USPs, to cater to different set of guests. Serena Spa is premium wellness concept catering to 5 Star hotels, resorts and full-service day spas with all end-to-end wellness experiences. It caters to 10 resorts in Maldives and 9 hotels in India and 1 in Singapore. Aristo Spa is an urban wellness sanctuary for business hotels, independent day spas as well as hospitals with objective-driven wellness solutions. It is present in 10 hotels in India and 1 in Maldives. Spa Express is the brand which caters to quick service spas at venues like airports, malls, hospitals, events, corporate settings etc. It is present across 11 airport spas in India,

1 in Singapore and 1 in Maldives. Starting off with Mumbai Airport, one of its first airport spa which now has expanded to five spas across the domestic and international terminals and lounges along with Delhi T1D, Lucknow, Goa and Cochin in India, Changi Airport Terminal 2 in Singapore and Male airport in Maldives; the airport spa business for HoE provides heaven on earth experiences to over 2000+ passengers on a daily basis.

In the hotel sector, some of its clientele include the likes of Marriott, Renaissance, Four Points by Sheraton, Double Tree by Hilton, Radisson Blu Plaza, Hyatt Place etc. HoE Wellness, recently expanded its services to an international cruise liner Jalesh cruises with a spa spread across ten thousand square feet sailing through Singapore - Mumbai - Dubai.

Heaven on Earth Wellness brings to guests the best mix of Indian and international treatments and techniques that are best suited for the guests' complete relaxation. Signature treatments like the Marma therapy, Red Rice Treatment, Rich Coffee and Orange Scrub, Activated Charcoal Treatment, Cucumber and Aloe Wrap are few of the favourites of guests across spas, countries and nationalities.

HoE Wellness is always working to create and innovate wellness experiences for their guests that rejuvenate and relax the body, mind and soul. HoE Wellness is soon looking at rebranding their operations under one umbrella brand, Serena Spa by Heaven on Earth Wellness, with the three brands selling their respective USPs: Serena Spa Luxe, Serena Spa Urban, Serena Spa Xpress.

For more information: www.HoEWellness.com | info@hoein.com

NATURAL INTERVENTION

The mission of Kerala's Prakriti Shakti is to connect you with your innate healer through Naturopathy's healing rituals, amidst serene and splendid surroundings

TT BUREAU

One of the great miracles of the human body and the human spirit is the ability to heal and connecting with Nature helps you reconnect with your innate healer. In ancient wellness practices, Ayurveda and Naturopathy are given special recognition when it comes to healing from within.

Located in lush green rolling hills of Panchalimedu, Prakriti Shakti – the Clinic of Natural Medicine by CGH Earth, is where you can take a meditative pause from the mindless and stressful lifestyle of modern times to experience the healing art of Naturopathy. The journey towards good health involves mental, physical and spiritual awakening.

Reset the clock on your health and learn how to nourish your body in pristine climes, away from the clutter and hysteria of urban life. Feel inspired to take on this transformative journey under the supervision of a team of experts and a Naturopathy medical team at the clinic, with a slew of wellness programmes designed to re-establish the lost equilibrium of your mind, body and soul.

The special Yogasala, amidst lush greenery, is a crucial part of life in Prakriti Shakti. Yoga sessions under doctors' guidance, plus personalised Yoga therapies take place here. Naturopathy treatments like Hydrotherapy, Mud Therapy, Heliotherapy, and Energy Medicine



techniques such as Acupressure and Acupuncture are carried out in expansive, well-equipped treatment areas.

All therapies are complemented by a wholesome diet regimen that includes customised health foods administered in Naturopathic style, with most of it comprising raw food. The diet is administered into your daily regimen based on your health condition and body requirements.

Diseases and Health Conditions Treated

1. Diabetes
2. Hypertension
3. High Cholesterol
4. Weight Management
5. Obesity
6. Stress-induced Disorders
7. Respiratory Diseases
8. Neurological Disorders
9. Musculoskeletal and Joint Disorders
10. Hormonal and Metabolic Disorders
11. Cardiovascular Disorders and Others



Your salubrious sojourn in the green foliage of Prakriti Shakti becomes a consummating wellness experience as you're touched by therapeutic power of Nature in its various healing avatars. The clinic comes well-equipped with a healing centre, Yogasala, Library, Interactive Kitchen, and 19 Cottages in 3 distinct styles, a swimming pool and lot of verdant green spaces to enjoy heavenly mornings or scenic evenings overlooking the wilderness of verdant hillocks.

PRAKRITI SHAKTI
CLINIC OF NATURAL MEDICINE by CGH EARTH

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Facebook: www.facebook.com/prakritishakti



JOURNEY OF THE SENSES

Indulge in a riveting experience of Aromatherapy session at Radisson Blu Pune Hinjawadi to reinvigorate your senses and feel refreshed

TT BUREAU

Stress and long-working hours are synonymous with modern-day lifestyle, and with wellness being the topmost concern in the millennial age, hotels are continuously innovating their wellness offerings and moving up the ante when it comes to providing you with that perfect moment of rejuvenation to restore the lost equilibrium. Taking rejuvenation breaks or wellness trips becomes a vital part of such a lifestyle, not only to revitalise your mind but also to give boost to your body. Spa holidays are considered the best getaways when you're in search of some 'me time' in a luxurious setting whisking away your time in quietude.

A SENSORIAL EXPERIENCE

If you happen to visit the cool and friendly city of Pune for a leisure or business trip, do take out time for an indulging Aromatherapy massage session at Radisson Blu Pune Hinjawadi. Aromatherapy is an alternative therapeutic technique that combines the natural therapeutic properties of the essential oils and the healing power of massage therapy.

The Ultimate Aromatherapy Experience Massage (60/90 min) is one of the signature treatments at Nilaya Spa, Radisson Blu Pune Hinjawadi, involving the use of specialised massage oil blends specially created for your awakening your senses. The therapist at the Nilaya Spa carefully selects a blended oil after determining your needs. This 'aroma journey' features a series of essential oil inhalations throughout the service to gradually draw both the mind and body from a state of relaxation to awakening. The inhaled aroma from these essential oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin and travel through bloodstream thus promoting the whole-body healing, pain



relief, mood enhancement and increased cognitive function. Aromatherapy is the ideal add on to your spa sessions and will lead to outshine all other spa experiences.

The hotel also uses the benefits of Aromatherapy to enhance its spa space. The hotel has also incorporated Aromatherapy into its reception area as well as men's and women's facilities through sprays and diffusers. In treatment rooms at Nilaya Spa, the oil to diffuse is selected based upon the desired effect of the service. For example, Mogra is used for relaxation and to give clients a feeling of euphoria and peace so they can enjoy the present moment.

Aromatherapy has a world of benefits. It promotes overall health and is said to manage pain; improves sleep quality; and reduces stress, agitation, and anxiety. Several essential oils used in Aromatherapy have been suggested to have anti-microbial effects, preservative effects, anti-stress effects, anti-depressive effects, anti-inflammatory effects, relaxation effects, and immune-enhancing effects.

SELECTION OF AROMA OILS AVAILABLE AT NILAYA SPA AT RADISSON PUNE HINJAWADI:

- i. Energising Massage Oil:** Patchouli, Lime Spearmint
- ii. Rejuvenating Massage Oil:** Patchouli, Rose, Vetivert, Lavender
- iii. Relaxing Massage Oil:** Bergamot, Cedarwod, Geranium Clary Sage

VINO GRAPE MARMALADE FACIAL

One of the important anti-ageing treatments at Nilaya Spa is VINO Grape Marmalade Facial. The treatment includes – cleansing, exfoliation, deep facial massage, steam, Mask, and hydration.

This hydrating, antioxidant, anti-ageing facial will vanish the little signs of fine lines from sight. Wine has a high content of oligomere procyanidine (OPC), which gives the skin



comprehensive protection from free radicals. It also locks in the skin's moisture very effectively. This advance facial re-hydrates the skin and restores balance to lacklustre skin, removes dark patches and blotchiness caused by sun damage. Your skin will look beautiful, radiant and feel like a rose petal.

DURATION OF THE TREATMENT – 60 MINUTES

BENEFITS OF THE TREATMENT

- ◆ Fights ageing process by restoring the collagen balance and elasticity of your skin
- ◆ Lightens your skin, age spots, fine lines and wrinkles
- ◆ Re-hydrates the skin and restores balance to lacklustre skin
- ◆ Removes dark patches and blotchiness caused by sun damage



HEAL WITH NATUROPATHY



It is reasonable to assume if Nature can engineer your DNA, it knows a thing or two about healing you

TT BUREAU

It is a given that a change of lifestyle that helps you detox and restore your inner balance is perhaps the best solution to your wellness woes. Implementing this change becomes easier when you take a spiritual and health overhaul in the pristine climes of Nimba Nature Cure Village, away from the polluted cacophony of city life. Located in Mehsana, Gujarat, Nimba Nature Cure is Western India's largest Naturopathy centre helping you slacken on your day off and rejuvenate from within, with its exclusive range of special therapies or focussed disorder therapies, Naturopathy treatments, Ayurvedic treatments, Yoga, Meditation and Physiotherapy. A lifestyle makeover that helps you detox and restore your inner balance is, perhaps, the best vacation that you'll ever take for a complete restoration of mind, body and soul.

Exuding a resort-like infrastructure, Nimba nestles in a lush ambience surrounded by green landscapes, herbal gardens and organic farms. Nimba has successfully revolutionised the way Wellness Tourism is perceived in the country, with its exclusive, specialised and holistic range of treatments. The round-the-clock wellness routine – 'Dincharya,' is one such treatment, which focusses on holistic rejuvenation. It involves an integrated 24*7 approach to personalised healing requirements under the expert monitoring of Naturopathy doctors and is modelled on the principles of the Vedic healing concept.

The effort at Nimba Nature Cure is geared towards harmonising body and mind by enhancing and regularising your daily routine – like inculcating healthy eating habits, daily exercising, practising Yoga Asanas and doing Meditation for relieving mental stress. Many disorders like asthma, back pain, depression, obesity, arthritis, etc., can be treated through the natural healing processes of Naturopathy, aiding in relieving the body of unwanted stress and thus restoring the lost equilibrium. During the past few years of its existence, many people have been successfully treated for various kinds of addictions, hypertension, diabetes, obesity, psoriasis, among others. This multi-dimensional wellness resort has earned a reputation for being one

of the 10 best Naturopathy resorts in India, known for its innovative wellness programmes, service excellence and great hospitality.

Celebrity Speak

"Nimba Nature Cure is a place where you can learn 'How to adopt a natural healthy lifestyle' that will make our body function at its best with the help of Nature. This is also a first step towards saying 'Good Bye' to medicines and their side-effects. This does not mean that a person should start seeking life secrets after suffering from it. Often, unawareness leads to several mistakes. After understanding and listening to my own body, I felt rejuvenated. I am overwhelmed! I have lots of things which I've experienced at Nimba. By discovering Nimba, I discovered Life. And, I proudly call myself a true Nimba lover!"



– Anurag Kashyap, Actor and Film Director



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THE WELLNESS HUB

Novotel Guwahati leverages on its deliverables, which include a holistic wellness approach that translates into a top-notch spa, healthy food options, avant-garde fitness studio and rooftop pool

TT BUREAU

With travellers changing their perception about health, the Hospitality Industry, too, is seeing a major trend towards holistic wellness. Realising this need, Novotel Guwahati proffers a six-dimensional approach to wellness – emotional, occupational, physical, social, intellectual, and spiritual, which it translates through its well-equipped gymnasium, the infinity swimming pool and relaxing spa treatment at the lavish Wellness corner.

Novotel Guwahati GS Road ensures you have a promising day as you hit its well-equipped modern gym. A Gym & Fitness studio offers new fitness formats, while every workout session is structurally balanced, with a warm up, a balanced full body workout and a cool down.

With a credo that believes in ‘Live more – Do more’ and prioritises self-care, Unora Spa rejuvenates and de-stresses with its lush ambience, effective massages and an exhaustive range of treatments and therapies. Guests can choose from a wide range of Indian or Oriental massages, luxury beauty therapies and Beauty Elixirs, like the Vanilla and Nutmeg Smoothie. Wellness packages for couples, including ‘Celebrate Togetherness,’ salutes the spirit of love. The Spa comprises 3 single spa suites, a couple therapy suite, inclusive of steam and

shower rooms, plus comfortable spa beds. The Spa prides itself on drawing from nature for its service rituals.

The hotel’s piece de resistance is its popular rooftop outdoor pool. After a hectic day, a swim refreshes and energises, and is the best way to keep fit.

If you’re a health freak, Novotel Guwahati has a slew of healthy food options. You can choose from a selection of health food options, featuring a range of salads, soups, desserts, to pamper your taste buds, yet remain in full control of your dietary habits. Some of the delectable food items on the menu include Cured Beet and Wilted Spinach Salad, Low Fat Noir Cake with Sugar-Free Mango Crème Brulee. Additionally, the hotel Chefs keep a rigorous check on hygiene, freshness and ingredients to maintain the nutritional value of food.



PEDALLING THE NILGIRIS

If you wish to engage more deeply with your destination, take a cycling Tour of Nilgiris this December for a challenging lifetime travel experience

TT BUREAU



Every year, in the month of December, cycling enthusiasts from India and abroad take a life-altering road journey through the undulating roads and challenging terrains, covering over 1,000km and touching the three southern states of Karnataka, Kerala and Tamil Nadu, over the course of more than a week. In its 12th edition, Tour Of Nilgiris (TFN) is India's premiere and largest cycling tour and gives you ample opportunity to explore the beautiful Southern countryside and to test your physical and mental strength, endurance levels and self-discipline.

This expedition takes the cycling community on an 8-day trip, meandering through the dense evergreen forests of Wayanad and mist-covered tea plantations in Kerala, coffee estates and waterfalls in Coorg and the demanding yet endlessly engaging climbs through the alluring Nilgiri Mountains in Ooty. There's nothing like a cycling trip to enhance your experience in terms of fraternising with the locals and gaining an insight into their culture; besides, riders from across the world will be your travel companions – time enough to mould new friendships and build a camaraderie with fellow peddlers.

This year's edition promises to keep your spirits high with the right amount of adrenaline kick. The ride is all about rediscovering yourself and appreciating nature in all its hues. On the way towards the hilly tracts of the Southern mountains, riders will discover a myriad and diverse variety of flora and fauna that represent a rich and unparalleled biodiversity. The picturesque views of valleys painted in shades of blue and

green energise the cyclists and keep them motivated to reach their destination.

From December 8-15, 2019, TFN promises memorable treats to the riders. The tour will start from the City of Palaces, Mysore, then pass through Hassan, to Karnataka's highest peak in Chikmaguluru and thence to the coffee country of Coorg, to wildlife sanctuaries across Wayanad, Mudumalai, Bandipur and up into the Nilgiris biosphere.

If you yearn to discover South India's charming locales, make fitness your creed and let it translate into a cycling tour, make new friends across the world and discover your inner sanctum, sign up and live up to TFN's motto – 'Breathe, Sweat and Cherish.'

— Contributor: Jaideep Singh



WHY? TO GET A STEP AHEAD OF DISEASE.

Today's lifestyle puts your body through a lot. Lack of sleep, irregular food, and stress. Although seemingly small, each of these opens a doorway to disease.

The only way to avoid that is by being one step ahead of it.

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ODE TO GRANDEUR

Regal and luxurious, ITC Royal Bengal, is a fitting tribute to the warmth and hospitality of the City of Joy and its aristocratic lineage

TT BUREAU

Luxury is often defined as a state of great comfort that comes from the finer things in life. Hotels are an embodiment of this spirit of luxury. From plush rooms to fine dining, from opulent banquet halls to decadent spa treatments, hotels woo their guests with luxurious services and state-of-the-art facilities. This is particularly true for ITC Royal Bengal – the newest addition to ITC properties in India.

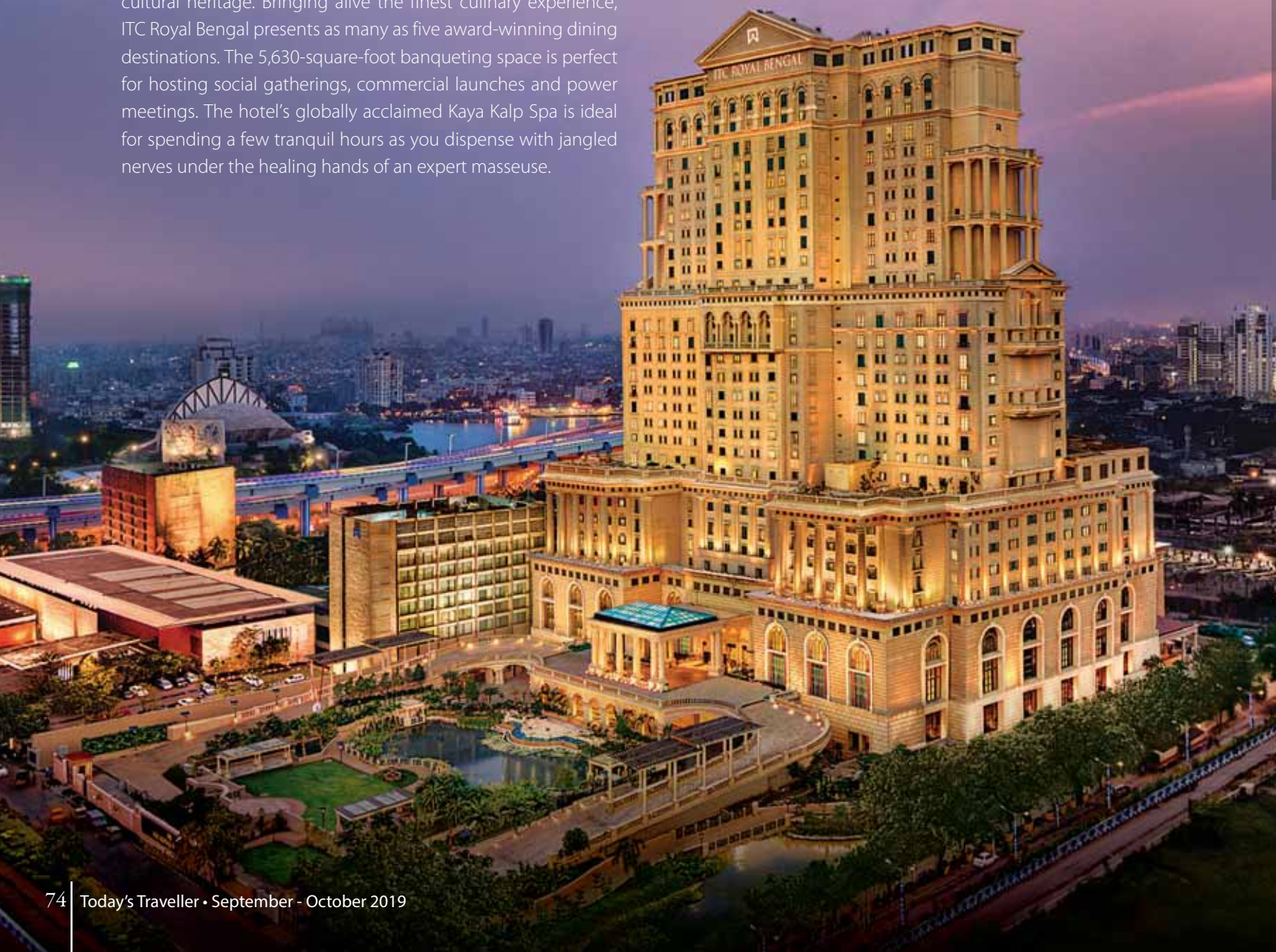
Situated in Kolkata, the City of Joy, ITC Royal Bengal is a massive edifice that exudes luxury, decadence and sophistication. Housing 456 rooms and suites, including 82 serviced apartments, this hotel is an ode to the city's rich cultural heritage. Bringing alive the finest culinary experience, ITC Royal Bengal presents as many as five award-winning dining destinations. The 5,630-square-foot banqueting space is perfect for hosting social gatherings, commercial launches and power meetings. The hotel's globally acclaimed Kaya Kalp Spa is ideal for spending a few tranquil hours as you dispense with jangled nerves under the healing hands of an expert masseuse.

LOCATION

Located at the heart of the business district of Kolkata, the hotel is a 40-minute drive from Netaji Subhash Chandra Bose International Airport. The IT hub of Salt Lake is also nearby and so is Rajarhat – the new satellite town of the city.

LUXURY LIVING

Taking inspiration from the aristocratic homes of the country, the rooms in ITC Royal Bengal are a feast for the eyes. The hotel showcases 456 rooms and suites with 82 fully-serviced apartments, which come in four categories: The spacious



527-square-foot Towers Exclusive rooms exude warmth and tranquillity; ITC One comprises 730-square-foot rooms, which overlook a vast expanse of wetlands and are equipped with avant garde services and facilities. The 82 serviced apartments come in two categories— 1 and 2 bedroom apartments, and feature the quintessential ITC hospitality. The Presidential and Grand Presidential suites boast the finest Italian marble, timber floors, highly decorative high ceilings, state-of-the-art gym and elegantly designed furniture.

FINE DINING

Gourmands rejoice! ITC brings you the best of indigenous and international cuisines at five award-winning dining destinations that provide both lavish buffet spreads and cosy a-la-carte options. The Grand Market Pavilion is inspired by the New Market and street food culture of Kolkata. With live counters and lavish buffet spreads, this multi-cuisine destination is sure to satisfy even the most demanding of all food lovers. Royal Vega is a treat for the vegetarians, while Ottimo Cucina Italiana is a tribute to hearty Italian cuisine. The Darjeeling Lounge, featuring elements from the Northeast, serves the finest brews complemented with tasty finger foods and quick bites. The stylish Brass Room serves Tapas-inspired delicacies with the hotel's signature collection of absinthe.

POWER MEETINGS, DREAM WEDDINGS

With sophisticated state-of-the-art facilities and amenities, ITC Royal Bengal features superlative and unparalleled 5,630 square metres of banqueting space. The unique pillar-less

Grand Ballroom is the ideal place for holding meetings, social gatherings, business summits, etc. Expansive spaces, multiple breakout rooms, sprawling lawns, a dedicated arrival lobby, reception-cum-pre-function areas are some of the highlights of the banqueting facilities provided by ITC.

ITC Royal Bengal also hosts dream weddings. The hotel's dedicated team takes care of all guests' needs – from the décor to the theme to food selection. Customised menus for the families of the couple, a dedicated bridal room attached to the ballroom, access to VIP lounges, exclusive entry and exit points for guests and ample hassle-free parking space make for memorable weddings.

WELLNESS QUOTIENT

No discussion on luxury can be complete without a note on the hotel's award-winning spa. The spa features exclusive wellness treatments, ensuring that you feel rejuvenated. Dive into the swimming pool, located at the 40th floor of the hotel, that gives a panoramic view of the city, or visit the gym, that features state-of-the-art equipment.



The Art of Wellness

We travel for Wellness not to escape life, but for life not to escape us



Source: Prakritishakti Clinic of natural medicine

KAMAL GILL

To awaken with heightened senses to bird song and the wind rustling leaves is an altogether different dimension to experience living. What a delight to wake up to another world and re-centre yourself!

I remember a heritage hotel reminiscent of a Mughal palace and a redolent lifestyle, which sported a large swing – jhula bed of yesteryears – in a verandah that had been converted into a sunroom with a glass ceiling and huge mesh floor-to-ceiling doors facing a wide garden. It was as good as sleeping outdoors – with the night sounds and sky above.

When I visited the resort, some years later, it had been demolished and was an expansive, fully enclosed Luxury Suite. I believe the pendulum has come full circle. Wellness is now a need that is being sought consciously or unconsciously, on every front.

NOTHING BETTER THAN NATURE

An immersion in Nature – be it a beach resort, a forest getaway, a hill station, outdoor activity – is the first preference when planning a short break, a holiday or a corporate incentive.

Taking the back-to-nature movement forward in full force, is the ancient practice of forest-bathing, which is an immersion-in-nature process involving walking at a slow pace through a woodland to 'absorb or bathe' in its peace and beauty.

Forest Therapy is a self-care movement, led by the abundance of benefits received in reconnecting with Nature. Research published in the Journal of Environmental Psychology states, "Natural environments turn out to be particularly rich in the characteristics necessary for restorative experiences. Being exposed to restorative environments such as a forest, lake or beach restores mental energy. Natural beauty inspires feelings of awe, which gives a secondary brain boost." It is not surprising



Source: Scorpion

bungee jumping or canopy trapezing are much sought-after holiday activities. Sport and outdoor activities are the wellspring of travel these days. Anything works, so long as it is close to Nature.

Similarly, a research by Frontiers in Psychology has a paper by Human Health Laboratory, University of Illinois, US, which reports: "Time spent in and around tree-lined streets, gardens, parks, forested and agricultural lands is consistently linked to long-term health outcomes. The less green a person's surroundings, the higher their risk of morbidity and mortality."

"The range of specific health outcomes tied to nature is startling, including depression and anxiety disorder, diabetes mellitus, attention deficit/hyperactivity disorder (ADHD), various infectious diseases, cancer, healing from surgery, obesity, birth outcomes, cardiovascular disease, musculoskeletal complaints, migraines, respiratory disease and others, reviewed below. Finally, neighbourhood greenness has been consistently tied to life expectancy and all-cause mortality."

HOW NATURE WELLNESS WORKS

The Frontiers in Psychology research paper explains, "Many plants give off phytoncides – antimicrobial volatile organic compounds — which reduce blood pressure, alter autonomic activity and boost immune functioning. The air in forested and mountainous areas and near moving water, contains high concentrations of negative air ions, which reduce depression,



among other effects. These environments also contain mycobacterium vaccae, a micro-organism that appears to boost immune functioning."

Nature promotes relaxation and parasympathetic activity, which improves sleep, boosts immune function and counters the adverse effects of stress on energy metabolism, insulin secretion and inflammatory pathways. The Report stresses that forest walks on consecutive days increased the number and activity of anti-cancer NK cells by 50 and 56%, respectively,





Source: CofHealth



Source: Iava



Source: SwaSwara, Om Beach



Source: MIGA

and activity remained significantly boosted even a month after returning to urban life – 23% higher than before the walks. Moreover, extended time in a forest decreased inflammatory cytokines implicated in chronic disease by roughly one-half.

Similarly, researchers at the University of Essex found that just five minutes of physical exercise in a green space lifted spirits and self-confidence. Finally, as a society, we need to evolve and acknowledge that mental health and physical health are co-related.

WELLNESS CENTRES AND THERAPIES

With Wellness at the core of physical functionality and fitness, clarity of thinking and high productivity, not to speak of confidence boosting beauty and body profiling, a wealth of outstanding Health and Wellness retreats are available for individuals to re-centre and discover themselves. Retreats, Wellness Centres, Spa and Salons offer treatments to relax, rejuvenate, detox and energise the body, mind and soul. India's

finest Wellness offerings cover workplace wellness plans, specialty spas and therapies, hot thermal/mineral springs, fitness gyms and a variety of nutritional food.

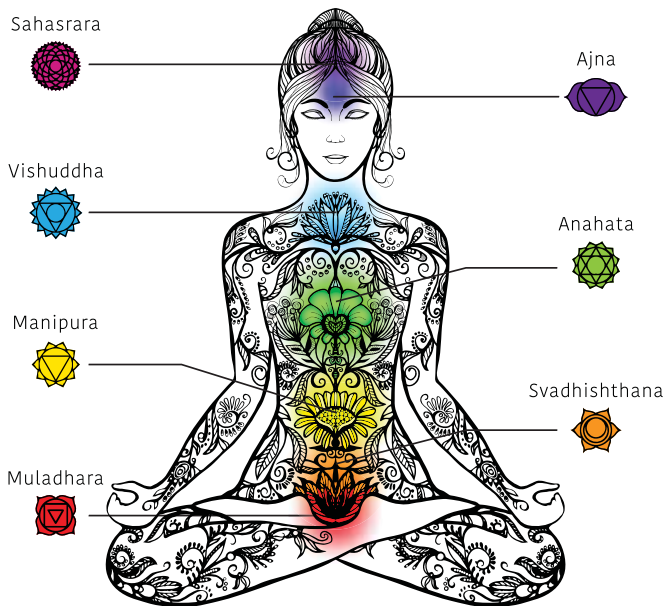
From offering treatments based on the time-tested principles of Ayurveda and Yoga, Meditation, Acupuncture, Naturopathy and Panchakarmato therapies aimed at restoring inner balance through herbal massages, detoxification processes, Sattvic meals and holistic healing, Health and Wellness retreats are flourishing across India.

RESTORATIVE EXPERIENCES

Essentially, Wellness is an inside-outside effort, not an outside-inside effort, although one must admit the outside impacts the inside as much, if not more.

Hannah Bronfman, entrepreneur and a beauty, health and Wellness enthusiast in her book, 'Do What Feels Good' keeps it easy: " It comes down to one simple equation: Do more of the things that feel good and less of the things that don't.

The 7 Chakras of the Human Body



Chakra Balancing for peace, happiness and health is an important part of Yoga practice.

Source: Freepik.com

From eating delicious foods to breaking a sweat to pampering your skin to taking a minute to unwind, self-care rituals should be designed with health and happiness in mind. Because everybody deserves to feel good." Energy levels, lifestyle and social amplification dictate each individual's perspective. What works for one doesn't apply to another in creating wellbeing.

Therefore, while restorative experiences recharge mind and body, for each individual the rejuvenation is different. Like a piano, each note is different and we should select our own path in Wellness from the opportunities around us. A swim, a bath, a sauna, standing in the rain, singing in the bath shower: each is a water-driven restoration experience and they all work!

WELLNESS THROUGH THE AGES

Since ancient times, people have used travel as a means for rejuvenation and healing. Romans travelled to baths, hot springs, and seaside resorts for treatments, healthier climates, purification and spiritual rituals. For centuries, pilgrims from around the world have visited the Dead Sea for its therapeutic properties, while Chinese, Japanese, and Koreans have travelled to hot springs for relaxation and community. Russia's first resort spa was constructed in Karelia, nearly 300 years ago, in the era of Peter the Great.

Source: Global Wellness Institute



Source: Global Wellness Institute

Photo Courtesy: Camousteie Marañi



Similarly, outdoor or indoor exercise of any kind, including simple walking or household chores – all work. So, too, diet. In moderation all diets are useful, be it simple control over eating to being smart in cooking healthy food to fashionable fads. Regardless of what regime is on offer, intelligent selection to individual needs and adoption of what feels good for you, in moderation... all have the potential of creating Wellness for the individual.

STATISTICALLY SPEAKING

According to the Global Wellness Economy Monitor, 2017 saw India rank 7th in the very best 20 Wellness Tourism Markets, and 10th on the list of top 20 Spa Markets in the global world, while ranking 3rd in both top 10 Wellness Tourism Markets and top 10 Spa Markets in Asia Pacific.

Indians made 56 million Wellness-related trips, both international and domestic, in 2017 (a rise of 45% over 2015), including expenditures worth US\$16.3 billion.

Interestingly, India ranked 2nd with regard to leading growth markets for Wellness Tourism, depicting the average annual growth rate of 20.3% from 2015 to 2017, adding just a little over 17 million Wellness trips in exactly the same period. Furthermore, the Spa Market in India had a total of 5,990 facilities, which together generated a revenue of US\$2.1 billion in 2017.

GWI estimates Wellness Tourism as a \$639 billion global market in 2017, growing more than twice as fast as general tourism. GWI projects that Wellness Tourism will grow at an average annual rate of 7.5% through 2022, considerably faster than the 6.4% annual growth forecasted for overall global tourism. Global wellness tourism expenditures will reach over \$919 billion in 2022, representing 18% of the global tourism market. Correspondingly, Wellness Tourism trips will grow by 8.1% annually to 1.2 billion trips in 2022.



AUTHENTIC WELLNESS TOURISM DESTINATIONS

A small, but growing number of destinations are developing a truly authentic and place-based Wellness Tourism product and brand – from the state of Kerala, India, which branded itself as the “Land of Ayurveda” over two decades ago, to neighbouring countries such as Sri Lanka, Nepal and Bhutan, each promoting Wellness Tourism experiences that link Wellness with Yoga, Ayurveda, Meditation, Spirituality, Pilgrimage, indigenous medicine, faith healing, and happiness. Other examples include Costa Rica’s new “Wellness Pura Vida” tourism campaign and Beverly Hills’ (U.S.) “City of Wealth” tourism campaign to redefine luxury as less about materialism and more about health, purpose and happiness.

Source: Global Wellness Institute



TRENDS IN THE WELLNESS MARKET

EXPERIENCE THE UNEXPECTED

Carl Vaz, CEO and Strategic Director, Destination Canada

Wellness is not just about spas. It’s also about Wellness of the mind. Canada offers many such experiences, such as meeting up with the First Nations people of Canada. I visited a place called Kamloops, in BC, on the western seaport, and as part of that visit, I spent time with an Attraction Specialist, along with some First Nations people.

They took me on a canoe in the middle of a lake and talked about the mountain tops and the lessons they’ve learnt from their leaders and elders. These lessons were not documented, but spread from one generation to another by word of mouth. I found the experience an eye-opener. It was just not a regular leisure attraction, but had to do with Wellness of the mind.

There are many such experiences that one could build into an itinerary. The Rockies house many open-air spas. But,

if you can marry a cruising experience at the Great Lakes or Thousand Island Lakes coupled with an overnight or two-night stay in Nature Parks, then it becomes a very interesting Wellness experience.

Apart from trying the Fairmont spa or hot springs in Banff, one can engage in many other therapies, such as engaging in tours with the First Nations people in Yukon and Northern Territories. Taking a Wellness therapy in Nunavut, amidst Nature, has a calming effect on mind, body and soul.

EXPERIENTIAL JOURNEYS

Ranjit Vig, Managing Director, CAAIR Travels

We curate plenty of activities centred round spending family time together, which makes for a rewarding experience. We believe that travelling through the countryside for the first time with your family is profoundly

uplifting. Millennial travellers favour experiential activities like bungee jumping, skydiving, dog sledding, discovering the underwater world, chasing the polar bear and so on, to establish a connect with Nature."

THE GREAT CONNECT WITH NATURE

Capt. Rajesh Sharma, Managing Director,
Cushman and Wakefield

Today, Fitness and Wellness are combined, as millennials are conscious of their food and eating habits. The basic travel requirements sought by young travellers are trekking, hiking, walking and so on, where in they can enjoy Nature.

WELLNESS IN THE HIMALAYAS

Mahesh Natarajan, Vice President – Marketing,
IHHR Hospitality Pvt Ltd

Ananda in the Himalayas is a Wellness retreat that has a high degree of expertise in every field, with Wellness experts who have decades of experience and specialisation. The ability to diagnose issues, customise treatments and to do so while ensuring that the guest feels nurtured, needs seasoned expertise – this is where Ananda stands out from other Wellness retreats or spa centres. It's important to understand that Wellness is a progressive journey that is based on trust and ability to deliver.

Today, awareness pertaining to health and Wellness has grown exponentially. A significant change is the shift towards mental health as well. And, Yoga and Meditation plays a big role here – this is where our expertise of offering holistic wellness

comes into play. We focus not just in helping people detox their bodies, but also their minds. What we do is authentic, rooted and produces tangible results, equipping people to apply what they have learnt into their daily lives.

STIMULATING ODYSSEYS

Rajan Verma, General Manager, JK Lakshmi Cement

Recently, we arranged a five-day trip to Istanbul, where our corporates enjoyed the wonderful experience of a complete day in a Turkish spa. They loved the idea of natural spas with natural hot springs. Experiences like these go down well with our dealers. We have also taken an incentive to Iceland's hot springs in cold weather. We also look at a mix of activities like wilderness, spa, hot springs, adventures, as well as fishing in Yukon.

THE WELLNESS MANTRA

Naveen Kundu, CEO & Managing Director,
Mercury - Ebix Cash

Today's business and leisure travellers are looking at experiencing and enjoying global events along with other itineraries. For example, the Dog Sledding activity in Canada could be tapped across both luxury and corporate segments. You could take an entire group to Canada, where you can sip a cocktail on the top of a mountain, do a nice dinner on the surface of a frozen lake, feast like a royal in a castle, climb the Rocky Mountains, go for cycling trips on scenic routes or participate in marathons. Our Fitness and Yoga expert recently took people for a Yoga session on top of a mountain, which was a very re-energising and revitalising experience.

Photo Courtesy: Iariss Sabair photography



Photo Courtesy: The Body Holiday - Caribbean



Photo Courtesy: MTPA



SHOP TILL YOU DROP!

This season head to Thailand for unique shopping experiences as Tourism Authority of Thailand launches the 'Give Me 5' shopping campaign to woo shopaholics to its shores

TT BUREAU



With each passing year, more and more travellers visit the Land of Smiles – Thailand. Keeping this in view along with the recent travel patterns of Indians and Asians, the Tourism Authority of Thailand (TAT) has launched a new shopping campaign, 'Give Me 5', to entice an additional 200,000 visitors from India and six ASEAN countries during the off-peak season of July-September.

Famous for its white sandy beaches, rejuvenating luxury spas, historic temples, world-class hotels, mouth-watering food options, exciting Thai festivals, and other architecturally rich



monuments of interest, Thailand is also a renowned shopping destination for shopaholics from around the world. It's a given that nothing brings more joy than buying things that you can only get in the country that you are visiting.

In this regard, Thailand has everything to offer from traditional Thai products, antiques, silk products, and incredible ornaments. An ideal way of discovering this shopper's paradise is to visit along with your friends and family, to discover a superfluity of products in a range of discounts and offers. When visiting Thailand, it is actually advisable to carry a huge, empty suitcase to take away some blissful shopping memories back home.

The 'Give Me 5' campaign is aimed at families, women and incentive groups from 19 cities in India, Indonesia, Lao PDR, Vietnam, Myanmar, Malaysia and Cambodia, which are served by TAT's campaign partner airlines – Thai Airways International and Thai Smile Airways.

Visitors travelling on the partner airlines on any of their flights between now and September 30, 2019, are eligible to receive discounts of 5-50% on a broad range of products and services along with many other privileges at the campaign's partner retail shopping outlets, The Mall Group, Central Group and the Ratchaprasong Business District Association in Bangkok.

To overcome the baggage weight restrictions, the partner airlines are giving the shoppers an extra allowance of 5kg per person on the return sector to their home cities.

Yuthasak Supasorn, Governor, TAT, said, 'The "Give Me 5" tactical campaign is being launched in countries which have their school holidays and a number of long weekends during these off-peak months. It is expected to generate an estimated 200,000 visitors and 6.2 billion Baht in additional revenue.' He added, 'We are delighted to have received strong cooperative support from our national carriers and members of the Ratchaprasong Square Trade Association (RSTA) for this campaign.'

The countries chosen for the campaign generated a total of more than 10 million arrivals and 337 billion Baht in tourism earnings in 2018. All are growing strongly this year, compensating

for what is expected to be a temporary slowdown in arrivals from China.

The 19 cities included in the campaign are all located within four-to-five-hours flying time to Thailand. They are:

- Cambodia:** Phnom Penh and Siem Reap
- India:** New Delhi, Mumbai, Kolkata, Bengaluru, Hyderabad, Chennai, Lucknow, and Jaipur
- Indonesia:** Jakarta and Denpasar-Bali
- Lao:** Vientiane and Luang Prabang
- Malaysia:** Kuala Lumpur and Penang
- Myanmar:** Yangon
- Vietnam:** Ho Chi Minh City and Hanoi

The retail outlets included in the campaign are all the 13 Bangkok malls and shopping centres of the Central Group including Central World, Central Embassy and Zen, all the outlets of The Mall Group including The Emporium, The EmQuatier and Siam Paragon, and exclusive upmarket outlets of the Ratchaprasong Business District Association – such as, the Gaysorn Village, Erawan Bangkok and Tabtim Dreams.

In addition, many other smaller independent retail outlets ranging from watches and fashion as well as restaurants are included.

The Governor further added, 'The range of products and services included in the discount offers is truly staggering. Visitors will also enjoy good accessibility as all the shopping areas are accessible by Skytrain stations and pedestrian walks.'

The shopping discounts will complement the off-peak season special offers already featured by numerous Bangkok hotels and credit cards, thus enhancing the overall value-for-money factor. The campaign is being prominently marketed by TAT via online and offline media, and its overseas offices.

SOUL PLEASURE

Inculcate wellness habits of Yoga and Meditation in your daily routine to experience holistic health to relish life in its true colours

TARINI NIRULA

Q: How would you define wellness in today's day and age?

A: Wellness today can be defined as holistic health. When one experiences a state of overall well-being – physically, emotionally, mentally and spiritually, accepting the many ups and downs of life – that joyous and fulfilling feeling is one of wellness.

Q: Why is wellness – mental and physical – important?

A: The kind of demanding lifestyle that people lead today, with the challenges at work, relationships, health and so on can result in daily mood swings and chaotic thoughts. This directly impacts a person's way of being and can manifest physically, mentally or emotionally. Rather than hitting rock bottom, when one realises how important it is to feel good internally to lead a life that we really enjoy for what it is, taking steps to welcome wellness into our lives becomes an automatic priority. Mental and physical wellness is very closely related. You can enjoy long-lasting benefits and a far better quality of life when both are in balance. A healthy mind leads to a healthy body and vice versa.

Q: How can the urban Indian achieve wellness in his/her life?

A: Achieving wellness is possible when you try and make it a part of your daily life. I have personally experienced and continue to feel the many holistic benefits of Yoga, which is now integral to my well being. Given the busy lifestyle most urban Indians lead, it is always advisable to start making daily but incremental changes, baby steps as they say, towards achieving wellness. The first step is to make up your mind, a mental attitude of – 'Yes, I am ready to experience absolute wellness and enjoy all aspects of my life as I am meant to!' This is followed by figuring out what kind of a wellness routine can work for you. The last and most fulfilling step is when you start to implement this and begin to love and appreciate all aspects of your life.

Q: How does Yoga and Meditation contribute to the wellness of people?

A: Yoga is an ancient Indian practice, which has many fascinating facets to it. Meditation is a part of Yoga. If you stop to ask yourself – where do all the challenges I face in life come from? The most obvious answer might be – from the people around me, the situation or the environment. When you start to practice Yoga, which includes Meditation, there is a subtle but very powerful internal shift that begins to take place. Perspectives start to change. Awareness heightens. You begin to see people for who they truly are, peaceful and happy beings going through their own journey. The physical practice of Yoga Asanas revitalises the body and balances the



energies, making it flexible and strong. This allows you to focus on deeper Meditation and breathing practices. When you begin to feel more at peace from within after Meditation, there is an energy which radiates to the people around you. The global Yoga market is expected to grow by an additional \$81 billion during 2019–2025. That is a clear indicator for what the world needs today – each person to feel bliss, peace and radiant health from within.

Q: Share some tips that can be implemented in everyday life to achieve wellness

A: Being a Yoga teacher and through what I have experienced, I can share 3 tips that will work well for anyone, anywhere in the world. Firstly, simply sitting in silence for 3–5 minutes as soon as you wake up and before you sleep. You can either focus on 3 things you are grateful for, or simply observe your thoughts. We do not try to block out the thoughts, but rather, let them flow in and out, unattached.

Secondly, a form of physical exercise, which makes you feel good, for at least 20–30 minutes every day. Yoga is ideal as it focuses on correct breathing and postures, physical and mental.

Thirdly, doing one activity every day that brings joy to your heart. It could be as simple as sitting and enjoying a cup of tea mindfully sans the phone, reading a few pages of a good book, complimenting someone you meet, buying yourself flowers, or relishing a piece of dark chocolate! Being kind to yourself first and enjoying life with an unbiased attitude is an important element of Yoga.

— Tarini Nirula is a Design Entrepreneur, Yoga Teacher, Wellness advocate, and Founder of Tarini Nirula Accessories & YogaTara (RYT - 500 International Yoga Alliance). For further details, please get in touch on yogatara@tarininirula.in Instagram @TariniYogaTara



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