

NEW PROGRAMME

Soukya BANGALORE, INDIA

The rooms are rustic, the decor is a bit faded and the spa is no frills, but Soukya is a gem and has serious cred – even the Duchess of Cornwall has checked in. Dr Issac Mathai is one of India's most knowledgeable holistic-health experts, and treated celebrities such as Sting and Tina Turner in London before opening this outpost. Soukya's memory-boosting programme uses daily shirodhara – a form of ayurvedic therapy that involves pouring warm oil over the forehead – followed by a vigorous massage that apparently stimulates brain function. After a lie down in a comfy but spartan bungalow (ask for one with an outdoor shower to enjoy ablutions amid flowers and birdsong), there's a vegetarian lunch – excellent soups followed by mild curries. Then it's time for treatments like reflexology and for medicated oils to be dripped into the eyes, ears and nose to stir up that intellect. **HEADS UP** Start your Indian trip at the Leela Palace, Bangalore – its spa will provide all the pampering you won't find at Soukya. **BOOK IT** Healing Holidays (healingholidays.co.uk/tatlerspa; 020 7529 8551) offers a seven-night programme from £4,000, full board, including flights, transfers and treatments. **TATLER EXCLUSIVE** For the most up-to-date offers at Soukya, visit tatler.com/spaoffers. ▷

