



## AWARD-WINNER AUTHENTIC RETREAT

### Vana Malsi Estate

DEHRADUN, INDIA

Off to the healing hills we head for a life-changing holiday – expectations, emotions and sheer time spent getting here all sky high. Oh, but it's worth it. For Vana is different. It's an off-the-scale marvel. The architecture alone is a triumph: polished concrete, shiny mango wood and bamboo nudge up against forests and gardens stuffed with trees heavy with fruit. The sound of flute music and babbling water ripples through the walkways. It's soothing; hypnotic, even. At the helm of it all is the handsome, enlightened founder and MD, Veer Singh, who has furnished his retreat with both cutting-edge details AND spirituality in spades. Everything is bespoke and individualised, from the real-deal yoga to the astonishing treatments that draw on ayurveda, and Tibetan and Chinese medicine overseen by doctors. The food is tailored to both your doshas and desires (clever), which means imaginative and delicious little plates – usually served on a veranda shrouded in a cooling mist – that won't leave you hungry. Days are broken up with tasters of the 'real' India: outings worth the long and twisty roads, joyous Hindu music, chanting and ceremonies by the Ganges. You'll lose your heart to the place and leave with your head in the clouds. **HEADS UP** A clean pair of loose-fitting, white-cotton kurta pyjamas are left in your room every day. Succumb to them. **BOOK IT** Healing Holidays ([healingholidays.co.uk/tatlerspa](http://healingholidays.co.uk/tatlerspa); 020 7529 8551) offers a seven-night Wellness programme from £1,995, full board, including flights, transfers, wellness consultations and daily treatments.

**TATLER EXCLUSIVE** For the most up-to-date offers at Vana Malsi Estate, visit [tatler.com/spaoffers](http://tatler.com/spaoffers).

