RETURNING TO OUR ROOTS

Ancient Indian techniques of wellness are offered at these two centres in south India, which ensure holistic well-being. Neeti Jaychander takes a look

UNDER ONE ROOF

IshalIFE is a premium fitness complex, which also houses a restaurant, boutique and spa. The property is spread over 10,000 sq ft with valet parking. IshalIFE is themed around the ‘Fitness for life’ mantra and is a place where guests can rejuvenate themselves amidst facilities like aroma spa, Ayurvedic spa, jacuzzi and yoga centre. C Murali, CEO, IshalIFE, says, “The centre is a fine blend of art and functionality.” The centre has a swanky unisex Angamardhana fitness studio. It is well-equipped with world-class equipment, and customers can indulge in a specialised fitness routine. The spa at IshalIFE offers a synergic blend of therapeutic and rejuvenation services based on traditional Ayurveda and oriental spa rituals. Different kinds of herbal and international products are used there. Mahamudra, the restaurant at IshalIFE has a superb vegetarian menu, where guests can indulge while satisfying their health-conscious side too! Contact IshalIFE at 044 43635555, www.ishalife.com.

ACE AT AYURVEDA

Krishnendu Ayurveda Spa and Wellness Centre has been in operation since 1998. Today, it offers an essence of Ayurveda for problems like stress, obesity and low immunity. Offering proven relaxation procedures, fitness programmes, authentic rejuvenation and curative programmes with hygiene standards in a fascinating ambiance, it has been rated as best centre for pure Ayurveda treatments and formulations with top accreditation. Krishnendu Ayurvedic Hospital is a one-of-its-kind premier facility nestled in picturesque Chingoli, a quiet village in the Alappuzha district of Kerala. This hospital, established by the late MC Kunjaraman and further developed by Vaidya Kala Nidhi R

Krishnan Vaidyan, is a repository of rich wisdom in Ayurveda and holistic medicines. All medicines utilised at Krishnendu are prepared by strictly adhering to authentic Ayurvedic formulae. The therapies are performed by a respected, professional group of well-experienced therapists. The areas of medical specialisation include internal medicine, arthritis and spine disorder, and rejuvenation.

Krishnendu is an institution with a wealth of knowledge acquired through tradition, while its doctors are trained in modern medical colleges and hospitals. It has also been conferred with the Green Leaf Certification by the Department of Tourism, Government of Kerala. Contact the hospital at 0479 2496337, www.krishnenduaayur.org.
Body and Mind

Complete wellness under one roof—that’s what premium fitness brand ISHA LIFE offers! The Chennai-based centre believes in enabling and enhancing fitness of the body and mind. With skilled and experienced trainers, state-of-the-art equipment and great ambience, you can work out at the Angamardhana fitness studio, detox and rejuvenate at the Shambhavi spa and sample nutritious but delicious offerings at the Mahamudra restaurant.

ANGAMARDHANA
FITNESS STUDIO

A recent survey has shown that nearly 40% of the Indian population will be diabetic in five years. With such alarming statistics in mind, the Angamardhana Fitness Studio began, with holistic wellness as its aim. You could learn and practice Angamardhana yoga, designed by Sathguru Jaggi Vasudev, which aims to energise. Since it follows the ancient methodology of yoga, which can also be used as therapy, it relaxes the mind and rejuvenates the entire body. The fitness studio also has a state-of-the-art gym and visitors are taught by well-trained and specialised trainers. What’s more, the fitness studio is open on all days!

Shambhavi also offers aromatherapy treatments, which stimulate the system towards better health. The day-long special treatments administered in the ‘Sun’ and ‘Moon’ massage rooms provide immediate relief from stress, jet lag and fatigue. The spa also includes a beauty salon which offers a wide range of services from simple grooming and nourishing facials to bridal makeup.

SHAMBHAVI SPA

Head to the soothing Shambhavi Spa at ISHA LIFE, which supports a full-fledged beauty salon and massage centre. A unique combination of contemporary therapies and the sublime wisdom of ancient and time-tested Indian sciences like ayurveda, the spa aims to re-establish an individual’s vital life energies.

MAHAMUDRA RESTAURANT

You are what you eat, the adage goes - and it’s time you started eating healthy! Mahamudra offers health food, without compromising on taste. With pure south Indian vegetarian food on the menu, the specialty of this restaurant is the variety of food made with wheat starting from the wheat thali to wheat bhishelabath and wheat pongal. The food is nutritious, healthy and filling. Regular fare like rice pongal and filter coffee are also served at Mahamudra. The highlight of this restaurant is that the food can be customised according to one’s needs and requirements, while kindling the tastebuds and treating gastronomical senses.

For more details, contact: Isha Life, Old #50, New #117, Luz Church Road, Mylapore, Chennai 600018 Ph: 044-43355355.

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