

READERS' TRAVEL AWARDS 2020 WINNERS INSIDE

# Condé Nast Traveller

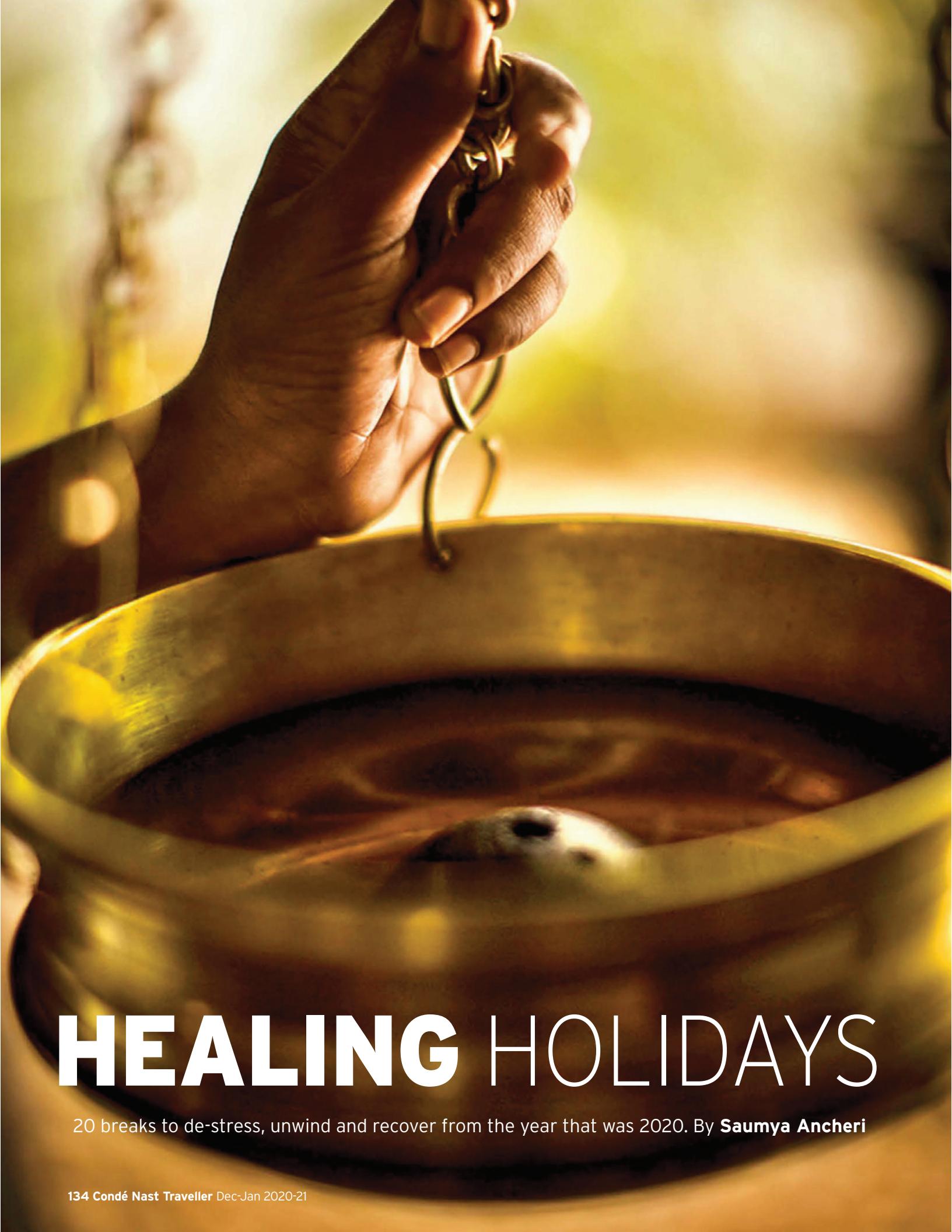
THE LAST WORD IN TRAVEL  
DEC-JAN 2020-21 | ₹150

INDIAN EDITION



**250+  
TRIPS  
YOU CAN  
TAKE NOW**

If you are getting back out there, make it count



# HEALING HOLIDAYS

20 breaks to de-stress, unwind and recover from the year that was 2020. By **Saumya Ancheri**

## DESTINATION SPA

### ANANDA IN THE HIMALAYAS

#### UTTARAKHAND

Surrounded by sal forest, Ananda in the Himalayas is located on a 100-acre estate overlooking Rishikesh. It integrates Ayurveda, hatha yoga and Vedanta with international wellness experiences, fitness and organic cuisine. Unwind with a spa treatment such as the restorative Tibetan Ku Nye massage with Himalayan salt poultices or pick sessions in alternative healing like reiki and chakra-balancing with Himalayan crystals. *Doubles from ₹26,000; minimum two-night stay; [anandaspa.com](http://anandaspa.com)*

### ANANTARA AL JABAL AL AKHDAR RESORT OMAN

Rooms come with canyon views and villas feature private pools at Anantara Al Jabal Al Akhdar Resort, a two-hour drive from Muscat. The spa has a hammam suite and therapies include the Rose Rescue Ritual, which uses Al Jabal Al Akhdar's damask roses in a foot cleanse and a hydrating facial. After a day of clifftop yoga, a village hike, mountain biking or a cooking class, choose the in-villa Slumber Guru ritual with an aromatic bath and massage. *Doubles from OMR126/₹24,100; [anantara.com](http://anantara.com)*

### FOUR SEASONS RESORT

#### MALDIVES AT LANDAA GIRAAVARU

Swim with manta rays in the Baa Atoll UNESCO Biosphere Reserve and gently turn inwards with Ayurveda and yoga. Treatments use medicinal plants from the garden, and all restaurant menus include an Ayurvedic food-labelling system. Guests can enjoy an AntiGravity yoga class, join the resident yogi in the seawater pool, or pick a personalised course to help alleviate an ailment or lifestyle disease. The three-acre Spa and Ayurvedic Retreat emphasises natural healing. Ten open-air treatment pavilions are set up in a garden or on stilts over a lagoon. The robust therapy menu extends from facials and sleep-inducing spa rituals to acupuncture and chakra cleansing. *Doubles from USD2,000/₹1,47,200; [fourseasons.com](http://fourseasons.com)*

### HOSHINOYA KARUIZAWA JAPAN

Luxury chain Hoshinoya began here, as a mountainside ryokan at Hoshino Hot Spring that was dug over a century ago by Kunitsugu Hoshino. Soak in the mineral-rich waters in the cedar-lined indoor baths or the rock-set outdoor baths, immersed in views of the changing landscape as

cherry blossoms give way to the rich reds of fall and snowy winter. Guest pavilions curve in sync with the hillside and river. The restaurant Kasuke draws on local culinary styles for its preparations of fish, game and vegetables. Tour neighbouring Karuizawa Wild Bird Sanctuary, go horseriding on Mount Asama or indulge in spa therapies from shiatsu to a hot-stone treatment with volcanic rock from the mountain. *Doubles from USD425/₹31,320; [hoshinoya.com](http://hoshinoya.com)*

### ITC MUGHAL RESORT

#### & SPA AGRA

Neighbour to the Taj Mahal, the ITC Mughal Resort & Spa offers a taste of courtly life. The 233-key hotel spreads across 23 acres, with a bar and restaurants that offer flavours from the Northwest Frontier and beyond. The wellness facilities, which extend over 9,200sqm with pools, a gym and spa, are embellished with Mughal landscaping and architectural elements such as channels of running water and stone latticework. Kaya Kalp - The Royal Spa has an infrared bath and a Jacuzzi, and over 40 indulgent therapies including foot and head massages for absolute relaxation. *Doubles from ₹5,299; [itchotels.in](http://itchotels.in)*

