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GLOBAL SPA

2026 WELLNESS
TRENDS TO WATCH

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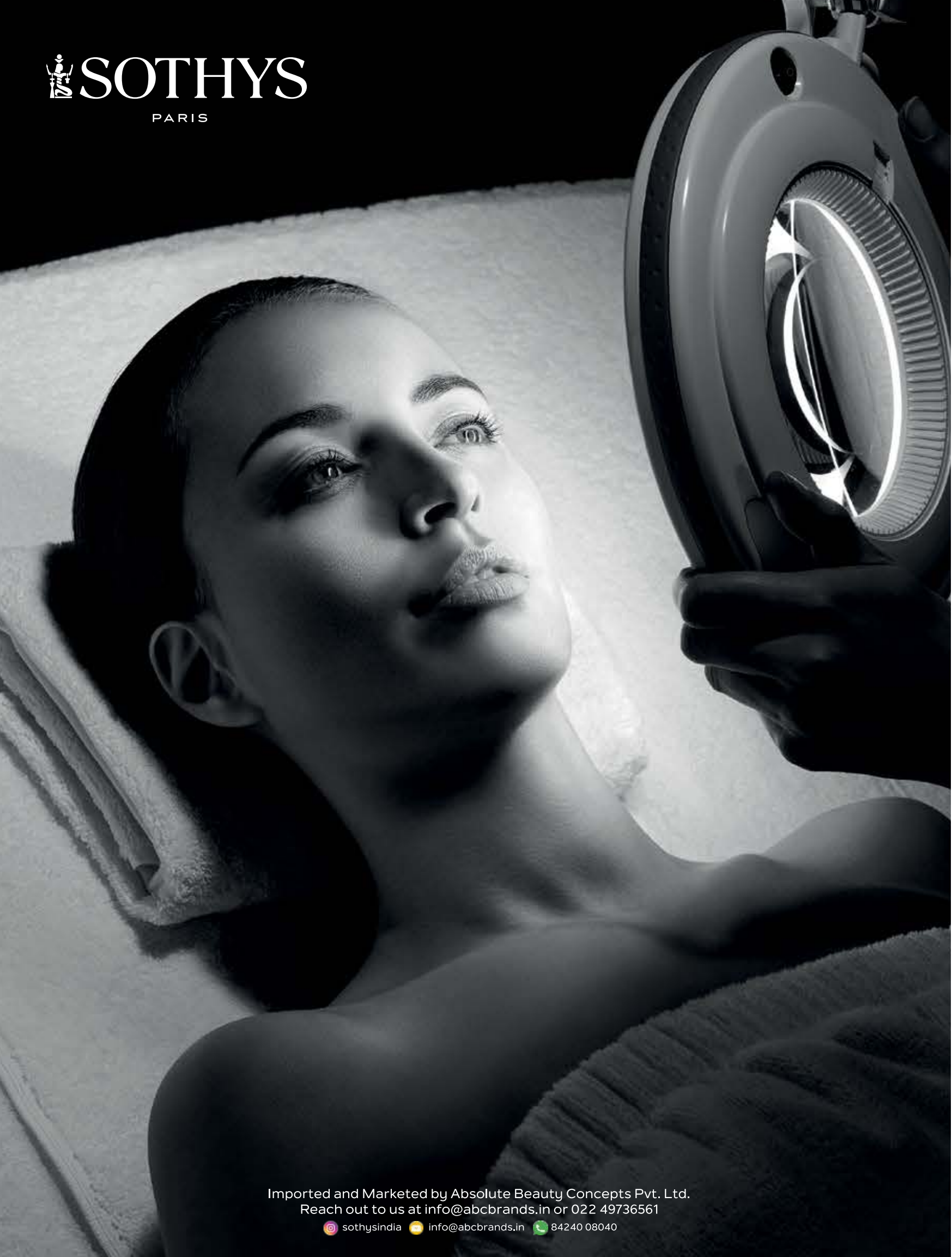
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SMOOTHING OF
WRINKLES
TESTER SCORE

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INCREASE IN
FIRMNESS
CONSUMER PANEL

(1) Self-evaluation after 3 Treatments.

(2) Tester score. Average improvement after 3 Treatments.

(3) Grading of the improvement in skin firmness, evaluated by the people who received the course of treatments. Average calculated using the grade given before the course and after 3 Treatments.



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Wellness here does not begin with a treatment list. It begins with understanding. Your body as it is today. Your constitution, your imbalances, your patterns.

Each journey starts with a consultation that listens closely. Ayurveda, Tibetan medicine (Sowa Rigpa), and Yoga guide the process, interpreted with care and adapted to rhythms that leaves little room for pause.

As the journey unfolds, change becomes noticeable, and everything follows with intent. Therapies are sequenced so each supports the next. Food aligns with what the body is processing. Movement is introduced in ways that feel steady and sustainable. There is structure, but it remains flexible.

These are quiet indicators that the system is responding and understanding that your day is not something to manage, but something you move through with ease.

What stays with you is not just the stillness. It is the understanding of how to continue. Because the intention is not to create dependence on a place, but to give you the ability to read your own system, to notice when something feels off balance and respond before the body demands it.

This clarity shapes its approach to longevity. Wellness is not treated as a short-term reset, but as something that can be sustained and carried forward. Not a sudden change, but a gradual return to what works for you. For those arriving from cities where pace is rarely negotiable, this feels less like stepping away and more like recalibrating.

A way to return with clarity, not just rest.

At Six Senses Vana, wellness is not an addition. It becomes part of how you live.



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Dear readers,

There is something deeply renewal about the quiet joy of pausing, restoring, and emerging anew. As GlobalSpa celebrates its anniversary edition, this issue is a tribute to that very sentiment: The joy of rejuvenation.

Within these pages, we take you on journeys from the magical winters of Zurich to the sun-soaked Spain. This special edition also curates a thoughtful compilation of hotels that redefine bliss, properties where wellness is not just an offering, but a way of being. Alongside, we spotlight properties where fitness takes on an inspiring new dimension, with cutting-edge workout experiences set against breathtaking backdrops, making movement as indulgent as it is invigorating.

As we look ahead, our wellness trends for 2026 explore how the world is embracing more mindful, intuitive, and holistic ways of living. Adding a touch of cosmic curiosity, we also delve into what the stars hold for you, with an in-depth astrological guide for the year ahead.

Gracing our cover is the ever-inspiring Vikas Khanna—a chef, author, and humanitarian whose journey is a testament to passion, resilience, and purpose. Shot at the beautiful JW Marriott Goa, the story captures his philosophy of giving, growth, and grounding.

This issue also celebrates moments closer to home. From the culinary brilliance showcased at the PEAKLIFE Gourmet Awards in Goa to the inspiring stories honoured at the PEAKLIFE Women Inspire Awards, we continue to champion excellence, creativity, and the spirit of achievement across industries.

As always, GlobalSpa remains a celebration of the finer things in life: travel, wellness, beauty, and meaningful experiences. But above all, this anniversary issue is a reminder: in a world that moves fast, the greatest luxury is to pause, replenish, and rediscover joy.

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COVER STORY:

A LIFE NOURISHED
BY PURPOSE:

VIKAS KHANNA

Chef, author, and humanitarian Vikas Khanna reflects on food as an act of care rooted in culture, shaped by purpose, and shared with goodness. There is humility in the way he honours process over spectacle, and warmth in how he centres generosity as an essential ingredient. His journey is a reminder that true impact is built not through excess, but through consistency, conscience, and compassion.

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Location: JW Marriott Goa



WELLNESS
IN EVERY
MOMENT

SUSTAINABLY YOURS

A world-class experience with a lighter footprint.
You deserve the finest, and so does the Earth. Stay, dine, and celebrate in a space
where luxury and responsibility go hand in hand.





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Kalpana is a freelance journalist based in Chennai. She has contributed to over 50 publications around the world and travelled to over 75 countries.



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The Right Way to Summers

Wake Above the Heat

In the hills of southern India, summer feels different from the moment you arrive. At **The Tamara Coorg** and **The Tamara Kodai**, set high above the plains, mornings begin with crisp air, sweeping valley views, and the quiet luxury of space. Step onto your private balcony and feel the difference immediately - cooler, cleaner, unhurried.

Dine with the Landscape

Breakfast unfolds outdoors. Coffee lingers longer. In Coorg, plantation-framed views stretch endlessly; in Kodai, mist drifts softly across rolling hills. Lunches are unhurried, evenings golden and slow. Here, dining is not a schedule – it's a setting.



Move Freely, Rest Deeply

Summer in the hills invites you outside. Walk through shaded plantations, explore viewpoints, circle tranquil lakes, or simply sit with the breeze – without planning around the heat. As the day softens, spa and wellness experiences draw on the calm of the surroundings, settling in gently and restoring naturally.

A Season in Balance

There are many ways to experience summer.

At The Tamara Resorts, the season works with you - elevated, effortless, and deeply restorative.

This is the right way to summer.



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IN SPOTLIGHT DESTINATIONS

YOUR HAPPY PLACE

TRAVELLING MAY BE ONE OF THE SIMPLEST PATHS TO HAPPINESS, BUT SOME DESTINATIONS TAKE IT A STEP FURTHER BY WEAVING IT INTO EVERY DAY YOU SPEND THERE. CONSISTENTLY RANKED AMONG THE WORLD'S HAPPIEST PLACES TO LIVE AND VISIT, THESE COUNTRIES HAVE MASTERED THE ART OF JOY AND REJUVENATION.

A U S T R A L I A

When in Australia, live like the Aussies — is the easiest way to find the answer to their happiness. Early mornings start at the beach, go where locals head out for a swim, or surf sessions at ocean pools such as Bondi Icebergs in Sydney, Bronte Baths, or Merewether Ocean Baths in Newcastle. In Western Australia, Cottesloe and City Beach are sunrise favourites, followed by a flat white at a neighbourhood café. Australians are also masters of the weekend escape. Short road trips are a national ritual, with coastal and countryside favourites like Byron Bay, Noosa, Jervis Bay, the Blue Mountains, Margaret River, and the Mornington Peninsula. Sport is woven into the national psyche. Attend backyard cricket matches, play beach volleyball or gather at pubs for AFL, rugby, or cricket matches.



B H U T A N

The Himalayan Kingdom has unlocked the secret to happiness by balancing its traditions, spirituality, and modern life. While there is plenty to see and do in Bhutan, the rich culture is what sets a distinction. Hike to the iconic Tiger's Nest Monastery, explore stunning Dzongs (fortresses) like Punakha Dzong and Tashichho Dzong. Time your visit with one of Bhutan's vibrant Tshechu festivals to witness masked dances, colourful costumes, and centuries-old rituals. For a taste of everyday Bhutanese culture, try your hand at archery, the national sport. Beyond its cultural riches, Bhutan's landscapes are equally spellbinding. Enjoy scenic drives over the Dochu La Pass, or trek through the serene Phobjikha Valley, home to sweeping meadows and the endangered black-necked cranes. To slow down, end your days the Bhutanese way—soaking in traditional hot stone baths known as mechu, believed to ease tired muscles and promote overall wellbeing.



FINLAND

Finland's status as the world's happiest country is closely linked to how its people spend their time outdoors and unwind. A key experience is the Finnish sauna. With more than three million saunas nationwide, you can experience everything from traditional wood-fired saunas to smoke saunas by lakes, paired with a refreshing cold plunge or sea swim. Head to one of the great public saunas located in Helsinki and Tampere. You can even find a Finnish sauna on a ferry, like Viking Line and Tallink-Silja, in a ski gondola, and even on a ferris wheel in Helsinki! Beyond saunas, Finland offers clean air, low noise pollution, and vast forest trails. In Lapland, the Northern Lights add a sense of wonder during winter months. Additionally, The Everyman's Rights allows people to enjoy nature responsibly and pick berries, collect mushrooms or fish, giving rise to multiple foraging tours and fresh and healthy food.





A U S T R I A

Austria offers slowing down, immersing yourself in culture, and spending time in nature. Start in Vienna and spend an afternoon practising Kaffeehauskultur at historic cafés. Order a melange, choose a slice of cake, and stay as long as you like. In the evening, attend a classical concert at the Vienna State Opera or Musikverein, where music is part of daily life. Explore the Salzkammergut lake region, one of Austria's most restorative landscapes. Swim in lakes such as Wolfgangsee or Attersee, take a boat ride across Hallstätter See, and walk through lakeside towns like St. Wolfgang and Hallstatt. These slow, water-based experiences are central to Austrian wellbeing. Spend time in the Alps, especially in Tyrol or Vorarlberg. In summer, hike alpine trails, ride cable cars to panoramic viewpoints, and eat at mountain huts. In winter, ski at Kitzbühel or St. Anton.

ICELAND

Life in Iceland is simple and revolves around being surrounded by nature. In Reykjavík, the capital city, it is very easy to get to a national park or open spaces where you can hike, walk by the river, coast or lakes. Just outside the city, you can also hike Mount Esja, a favourite local escape offering panoramic views over Reykjavík and Faxaflói Bay. Additionally, the world-renowned Iceland Airwaves music festival and the impressive museums showcasing Iceland's history and heritage, culture also play a key role. Every house has geothermal heating and the abundance of hot water is the reason for the leisure of soaking in local baths known as sundlaug — which is a must try. Visit community pools such as Laugardalslaug or Vesturbæjarlaug or head to the Blue Lagoon or Sky Lagoon, where you are greeted with striking volcanic landscapes. Walking along black-sand beaches, visiting waterfalls like Gullfoss and Seljalandsfoss also significantly contribute to the happiness factor.





F I J I

Fiji Tourism's tagline, "Where happiness comes naturally," rings true from the moment you arrive in the island nation. From the cheerful greetings of "Bula!" to the vibrant cultural dances and breathtaking natural landscapes, Fiji radiates happiness at every turn. One of the most meaningful ways to experience Fiji is through its spirit of Loloma—a deep sense of care for the land, ocean, and community. You are encouraged to take part in Loloma Hour, a simple yet impactful initiative that invites you to spend an hour doing sustainable activities like planting coral, learning traditional crafts, or helping protect Fiji's wildlife. Like the locals, you can also head to mud pools in Sabeto (Nadi) and Savusavu or hike national parks like the Sigatoka Sand Dunes, Vomo Island Fiji in the Mamanuca islands, or a multi-day hike across Viti Levu.

COSTA RICA

Costa Rica consistently ranks among the world's happiest countries, a distinction deeply tied to its "pura vida" (pure life) philosophy. This approach to life is closely linked to longevity, best exemplified by Costa Rica's famed Blue Zone on the Nicoya Peninsula. Towns such as Nicoya, Hojancha, and Santa Cruz are at the heart of this region, where locals walk daily, eat fresh, home-cooked meals, and maintain close family ties. You can experience this slower rhythm by spending time in local markets, cycling through rural villages, or joining community-led cooking and wellness workshops. The peninsula's beaches, like Playa Samara, are known for their calm waters, walkable town, and strong sense of community. Playa Nosara, a wellness hub within the Blue Zone region, attracts travellers seeking balance through yoga, surfing, and mindful living. Beyond Nicoya, Costa Rica promotes happiness through Thermal hot springs near Arenal, forest bathing walks, and community-based eco-lodges across the country.



SWITZERLAND

In Switzerland, happiness is often poured into a glass of wine. The heart of Swiss wine culture lies in Lavaux, a UNESCO World Heritage Site along Lake Geneva. Terraced vineyards cascade down towards the water, best explored on foot or by vineyard train, with frequent stops for tastings at family-run cellars. The vineyards of Vully offer three thematic educational trails, including the Chemin la Riviera wine trail from Sugiez to Môtier, the Chemin Pinot Noir and the Chemin Chasselas, a 5 km route through the villages of Constantine, Montmagny, Bellerive and Cotterd. In Mendrisiotto, the southernmost region of Switzerland, take a guided bike tour and visit three wineries and taste local wines. In the French-speaking region of Vaud and around Neuchâtel, rosés and light reds are enjoyed seasonally. Additionally, the Alpine spa towns like Bad Ragaz, Leukerbad, and Scuol are built around thermal baths that encourage rest and recovery.



TRAVEL TALES



THE ART OF STAYING WELL IN WINTER

IN THIS SWISS CITY, WELLNESS ISN'T AN ESCAPE IN WINTER; IT'S A WAY OF LIFE WOVEN INTO EVERY STREET, SAUNA, AND SUNRISE.

By Teja Lele

I arrived in Zurich expecting efficiency: punctual trams, orderly streets, and an unspoken respect for time. What I didn't expect was stillness and calm, space instead of spectacle. But I soon learnt that winter in Zurich doesn't mean withdrawal; it means time for a reset, a readjustment.

Lake Zurich, the heart of the city, revealed how daily life continues with quiet intention, no matter the weather. People walk briskly along the promenade, runners stick to familiar routes, and swimmers enter the cold water with an ease that suggests long habit rather than bravado. Zurich doesn't frame wellness as a break from routine; it treats it as part of everyday life — especially when the season demands more care.

"Zurich isn't about escaping life for wellness," says Lena Fischer, a yoga instructor who teaches year-round, even in winter, near the lake. "Wellness is simply part of everyday life here, especially in the colder months, when you really feel its benefits."

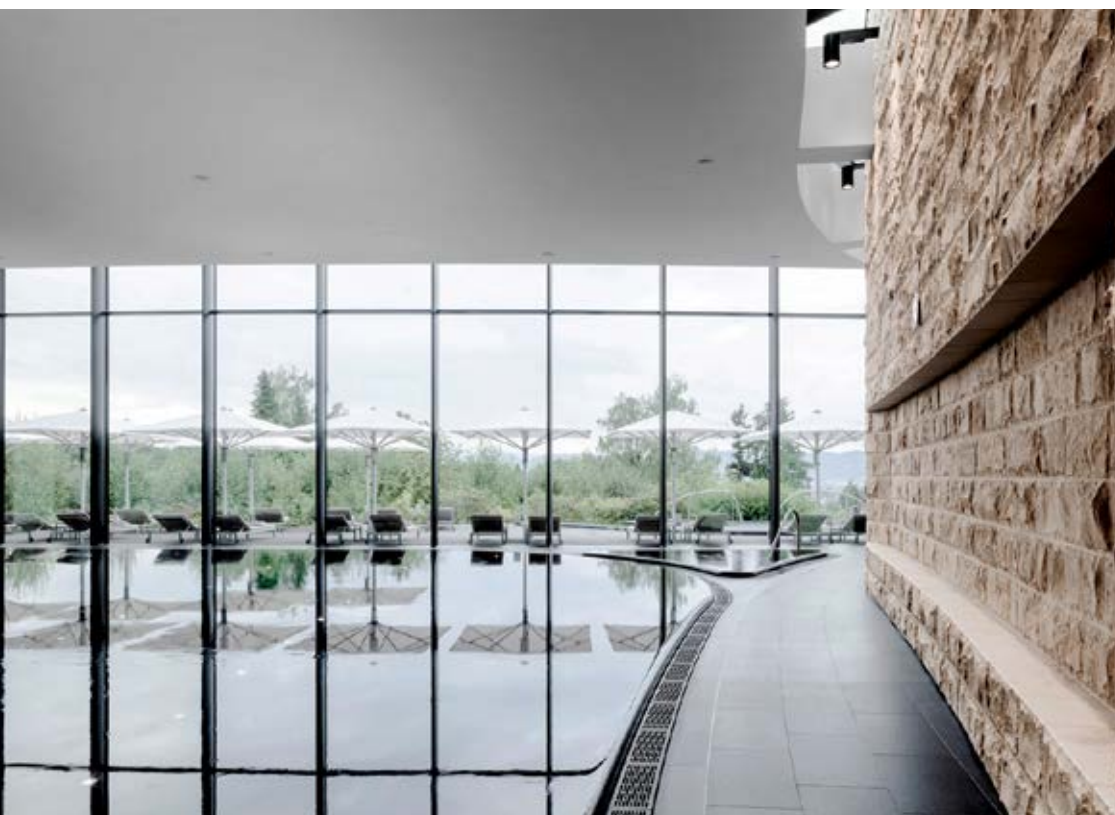
A CULTURE OF CONTRAST

The winter wellness culture in Zurich, Switzerland's largest city, is built around contrast: activity followed by rest, cold balanced with warmth, solitude paired with shared ritual. Seasonal outdoor pools, the city's *badis*, remain active long after summer ends. At Seebad Enge and Utoquai, they shift roles, becoming winter bathhouses with saunas and access to the lake for cold-water swimming.

Locals enjoy the practice of *eisbaden*, or ice bathing. The routine is straightforward: a short immersion, controlled breathing, then warmth. There is no emphasis on endurance or performance. The focus is on awareness, paying attention to the body's response and allowing it to recover naturally.







In the early mornings, yoga classes still gather by the lake. After practice, some participants step into the water briefly before retreating to nearby saunas. The structure of the ritual is simple and repeatable, which is precisely the point. In Zurich, these habits are not seasonal experiments or imported wellness trends. They are part of how winter is managed.

When I tried cold immersion myself, it was carefully guided and brief, followed by an extended time in a sauna. The effects were noticeable but understated: a sense of clarity, a steadier energy.

THE HEALING ROLE OF WATER

Zurich's relationship with water runs especially deep in winter, when thermal bathing becomes essential rather than indulgent. At the Thermalbad & Spa, housed in a former brewery, thick stone walls and vaulted ceilings, mineral-rich waters sourced from deep beneath the city and eucalyptus-scented steam create an atmosphere designed to calm the nervous system and encourage recovery.

"The ritual matters as much as the water," says a spa attendant. "In winter, people need



you understand why we stay healthy, body and mind.”

The Dolder Grand Spa reflects this approach, with a design that prioritises openness, calm, and facilities that support recovery after time spent outdoors. Treatments draw on Alpine botanicals and evidence-based techniques, but the overall experience remains understated.

A QUIET KIND OF LUXURY

Over time, I find myself adapting to Zurich’s winter rhythm: mornings near the lake, afternoons divided between movement and rest, evenings unstructured. The absence of pressure was striking. Wellness here isn’t something to schedule or display. It’s something that fits easily into the day.

Late one afternoon, returning to the rooftop pool as daylight faded, I noticed how naturally people shared the space: quietly, without performance or intrusion. Zurich’s idea of luxury, I realised, isn’t about abundance. It’s about creating conditions that allow both body and mind to settle.

For a city associated with finance, Zurich’s true wealth lies elsewhere: in balance, restraint, and care. In a city also known for discipline and order, this may be its most surprising quality. Winter wellness in Zurich isn’t aspirational or theatrical. It’s practical, habitual, and deeply human.



rhythm: heat, rest, and silence. That’s what the spa offers.”

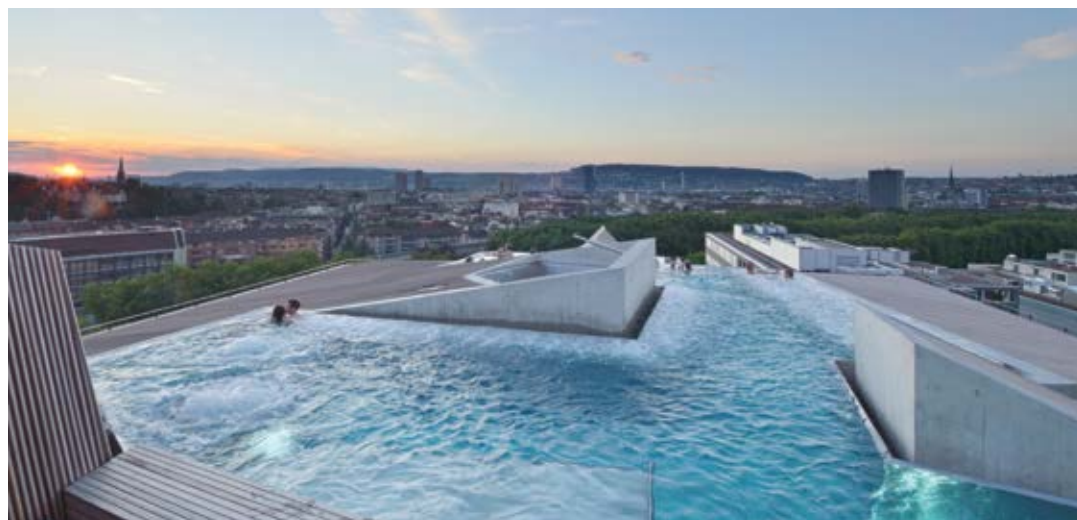
Up on the rooftop, a steaming pool overlooks the old town and the Alps beyond. Snow gathers on the surrounding ledges as bathers float, half-submerged, watching church spires and rooftops glow at dusk. This isn’t escapism; it’s a reconnection between mind and body, city and season.

The sauna boat on Lake Zurich is a local favourite. The panoramic windows let bathers watch the frozen shoreline drift past while they move between intense heat and crisp outdoor air.

FORESTS, FROST, AND STILLNESS

Beyond the lake, Zurich’s wooded hills take on a different kind of magic in winter. Locals practise waldbaden, or forest bathing, year-round, but the colder months bring a particular intensity. Snow muffles sound. Footsteps crunch softly over frost and pine needles. The breath slows naturally.

“When people think of Zurich, they think banking,” says Stefan Müller, a resident who leads guided winter walks through the Uetliberg forests. “But step into the forest in winter, and



IN SPOTLIGHT HOTELS

BOOKED *for* BLISS

SOME HOTELS GIVE MORE THAN A PLACE TO REST AND RECOUP —THEY CHANGE HOW YOU FEEL. THEY SLOW YOU DOWN AND REMIND YOU WHAT IT'S LIKE TO WAKE UP RESTED, EAT WELL, AND EXPERIENCE LUXURY.

Across India, these hotels focus on rejuvenation through considered design, strong food programmes, restorative spas, and experiences that prioritise downtime over excess. This is a guide to stays that help you reset, recharge, and leave feeling genuinely happier than when you arrived.



JW MARRIOTT HOTEL BENGALURU

Immerse yourself in the joy of rejuvenation at JW Marriott Hotel Bengaluru, a luxurious retreat in the heart of the city's Central Business District. Just minutes from Cubbon Park and UB City, the hotel offers revitalising experiences from therapeutic treatments at Spa by JW to energising workouts in the 24-hour fitness center and refreshing dips in the temperature-controlled outdoor pool. Savour global flavours across acclaimed restaurants and unwind with crafted cocktails at lively lounges. In the evening, retreat to your room with plush bedding, marble bathrooms, and private balconies—your serene sanctuary to relax, recharge, and rediscover joy.



ANDAZ DELHI, BY HYATT

Staying at Andaz Delhi is a comprehensive experience. The hotel reflects the city's creative spirit through 401 art pieces inspired by Delhi's culture and offers luxurious accommodations thoughtfully decorated with locally inspired details. You can also choose from premium rooms and Andaz suites that feature runway views. Andaz Delhi boasts several dining options, including AnnaMaya, Juniper Bar, and Soul Pantry, all ready to satisfy your palate. Additionally, the hotel is pet-friendly, and you can unwind by the swimming pool or relax at the Andaz spa that offers an apothecary approach guided by your chakra energies and desires.



ATMANTAN WELLNESS CENTER

Atmantan Wellness Center redefines rejuvenation as a deeply transformative journey rather than a fleeting escape. Set high in the Sahyadris overlooking Mulshi Lake, its natural surroundings become an active partner in healing. True to its name, Atma (soul), Mana (mind), and Tan (body), the resort combines evidence-based wellness programmes with ancient Indian and oriental therapies – from Ayurveda and Chi Nei Tsang to yoga and mindful movement. Nutrition is equally intentional, with farm-to-table cuisine designed to cleanse and nourish. The result is holistic renewal: lighter bodies, quieter minds, and a lasting sense of clarity that follows guests well beyond their stay.



THE ST. REGIS MUMBAI

You know you have entered one of the city's "best address" – when you find luxury in every corner, whether it is your suite, the expansive ballrooms or the award-winning specialty restaurants with breathtaking views of the cityscape. Explore Seven Kitchens, the hotel's all-day dining restaurant; savour refined Indian flavours at the Sahib Room & Kipling Bar; or enjoy Southeast Asian specialities at By the Mekong. Koishii brings Nikkei-inspired cuisine, while Sette Mara celebrates Middle Eastern flavours. For relaxation head to the St. Regis Spa and indulge in therapeutic services and beauty treatments, participate in yoga classes or unwind by the outdoor swimming pool.

JW MARRIOTT GOA

Slow, languid — or as the Portuguese say, *suesquad* — JW Marriott Goa is where you arrive to do absolutely nothing. From the moment you step into this 151-key resort, you're surrounded by lush greenery and reflective water features. Dine at JW Kitchen, Heliconia, or atop *Água*, an Italian restaurant, overlooking the outdoor infinity pool. Enjoy some quality time in the JW Family Entertainment Centre with virtual reality games, a bowling alley, and a children's play area. And when it's time to truly unwind work out in our 24-hour fitness center with a sauna before an indulgent spa treatment or steam bath at Spa by JW.



THE WESTIN RESORT & SPA, HIMALAYAS

Trade the concrete chaos for a breath of fresh mountain air at the Westin Himalayas. Whether wellness for you is to watch a sunrise, go on a mountain trail, indulge in nourishing cuisine, or simply rediscover the luxury of an uninterrupted night's sleep, there are a plenty of options. Additionally at the Heavenly Spa by Westin try Ayurvedic-inspired treatments, Himalayan-salt therapies, and signature massages to truly rejuvenate body and mind. The resort also features Uttarakhand's largest outdoor infinity pool with a swim-up bar, a fully equipped WestinWORKOUT® fitness studio, kids' play areas, and curated activities like stargazing and sound healing sessions.

RAFFLES UDAIPUR

Palatial, grand and fit for royalty is what aptly describes the first Raffles property of India. You arrive via a boat, greeted by a bunch of jolly good staff and then swooned over to royalty. If you wish to leave the comfort of your plush and luxurios suites, spend an afternoon browsing in the 3,500-volume library, or schedule a massage at the lavish Raffles spa. From cricket and archery and shooting, to wall-climbing, mountain biking and treks – the 21-acre island also offers numerous recreational activities. To wind down order a cocktail inspired by Udaipur's sunsets, or savour authentic Rajputana flavours and exquisite international cuisine at one of the many dining venues.



VIVEDA WELLNESS RESORT

A happy life begins with a happy mindset, and a stay at Viveda is designed to nurture just that. The retreat offers curated programs to manage pain, stress, and weight while enhancing overall mind-body balance. Days unfold with yoga, therapeutic massages, and personalised treatments, supported by a nourishing vegetarian satvik diet. The wellness village also encourages you to connect with nature with its Nakshatra gardens, flower gardens, kayaking and hiking the nearby trails. Reflexology pathways with alternating hot and cold water promote focus and release tension, while Viveda's location in the spiritual town of Trimbakeshwar adds a more meaningful dimension to your well-being.





JW MARRIOTT BENGALURU PRESTIGE GOLFSHIRE RESORT & SPA

Far enough from the city to feel like a true escape, yet close enough for an easy getaway, JW Marriott Golfshire Bengaluru invites you to slow down and settle in. Find your calm by reflective pools, the tranquil lake, or manicured gardens, then retreat to rooms and suites designed for every kind of stay. You eat well here—herb-led cocktails, farm-to-table plates, and everything from all-day dining at Aviary to sunset kebabs at Aaleeshan and Southeast Asian flavours at East. Balance indulgence with Spa by JW treatments, explore sustainability-led experiences, bring your pet along, and play—on the golf course, simulator, or entertainment zone.

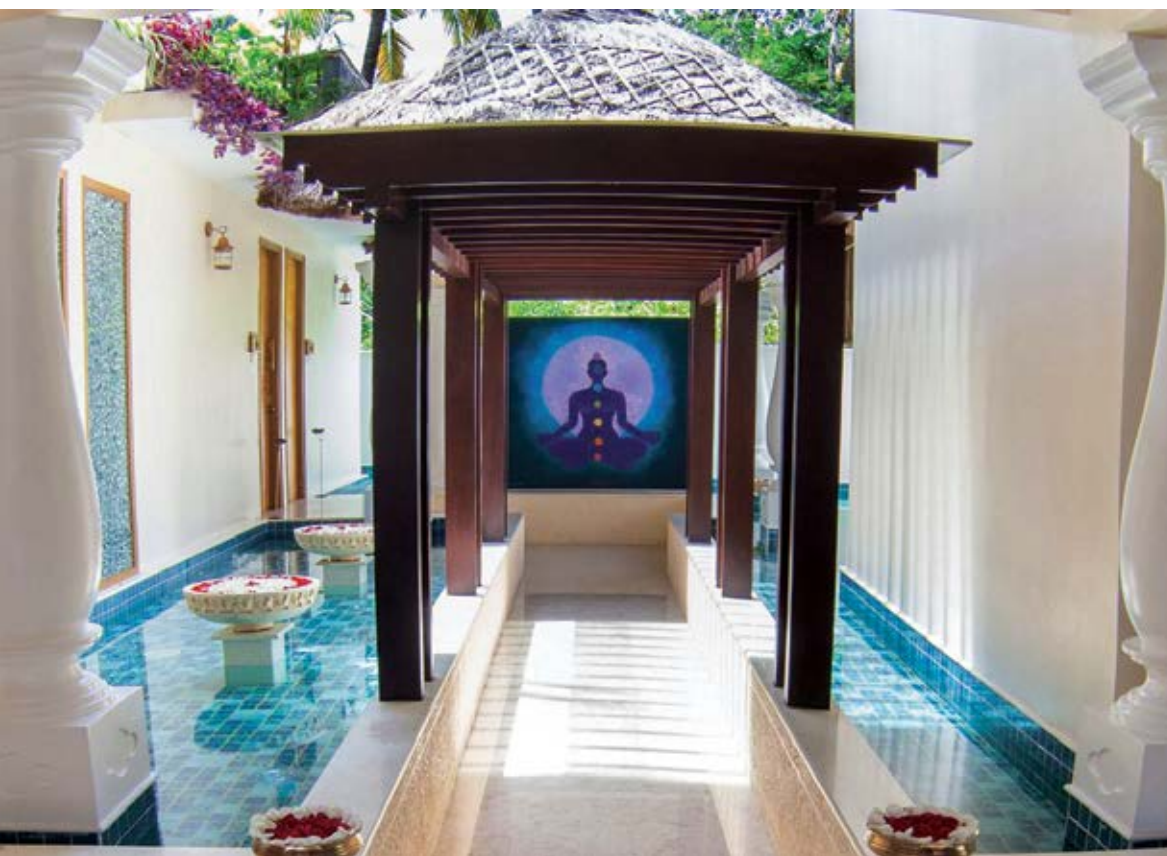


HYATT REGENCY DEHRADUN RESORT & SPA

Experience the might of the mountains at this Himalayan retreat. Choose from 263 thoughtfully designed rooms and suites, many opening out to views of the Malsi Reserved Forest or sweeping Himalayan peaks. Let your days revolve around food-led discoveries—from all-day indulgence at Range – Cosmopolitan Food Gallery to sundowners at Beyul, whisky pairings at The Malt Bar, and relaxed moments by the Sky Pool Bar. The resort's spa, takes care of the wellness quotient with signature treatments such as Himalayan Hot Stone Therapy, Aroma Balance Ritual, De-stress Back Treatment and more. Additionally, the guided forest walks, yoga by the infinity pool, sunrise meditation, Camp Hyatt, and more enhance your experience.

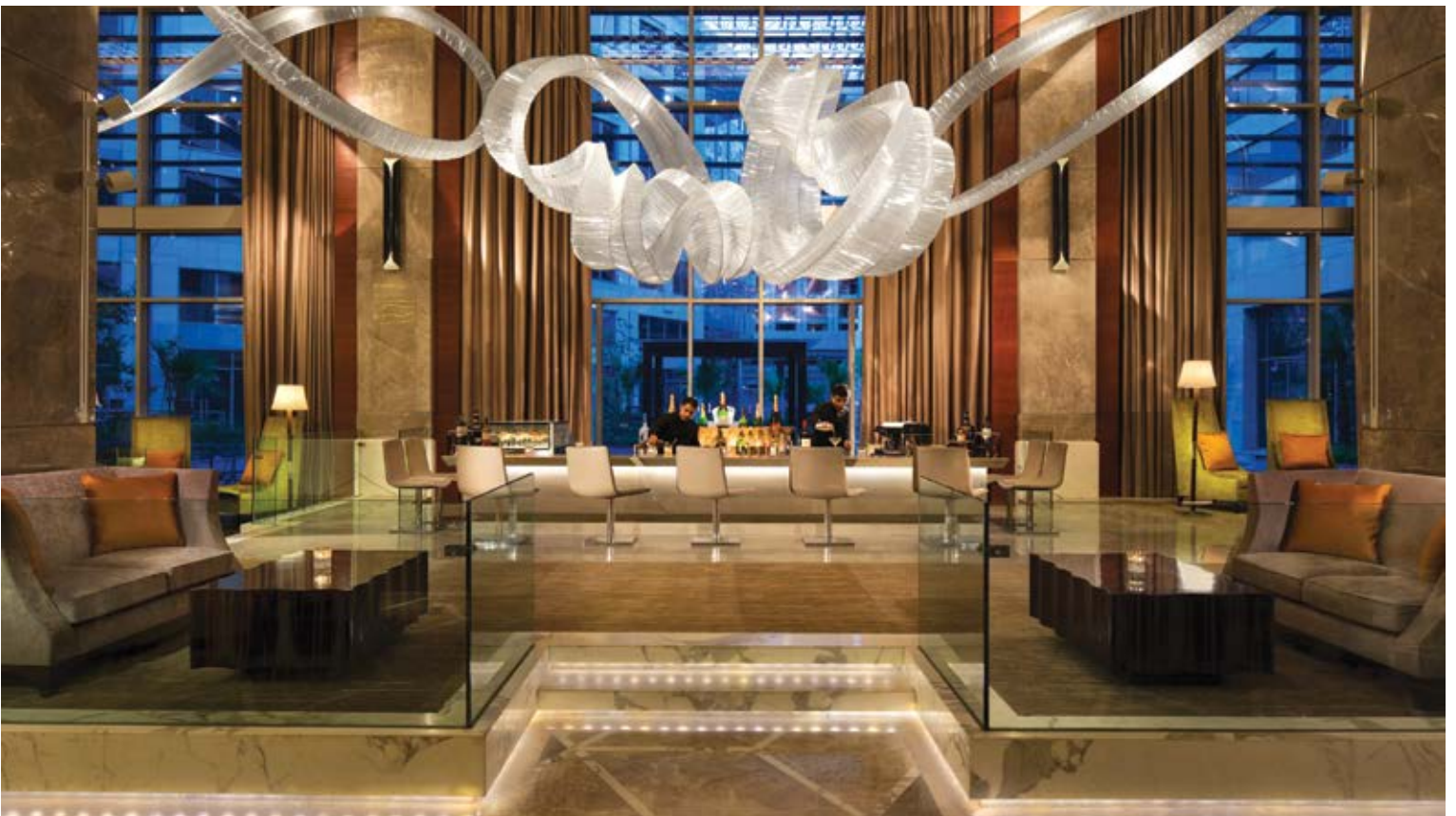
THE WESTIN GOA

Championing the joy of slowing down, The Westin Goa is designed to blur the lines between indoors and outdoors. Its 171 elegantly appointed rooms open out to private patios with direct access to shimmering waters, complemented by signature Heavenly® Beds and Baths. Dining spans five distinct experiences—from poolside cocktails at Drift and Goan favourites at The Market to inventive flavours at Thyme & Ash. Haven Lounge offers laid-back evenings, while Anjuna Coffee Co. caters to caffeine lovers. Book a slot at the Heavenly Spa to experience therapies crafted to alleviate fatigue and tension in your body. For those inclined towards more active pursuits, the hotel beckons with its impeccably equipped gym and a tropical-themed pool.



CARNOUSTIE AYURVEDA AND WELLNESS RESORT

Escape to Carnoustie Ayurveda & Wellness Resort on Kerala's serene Marari coastline and rediscover balance for your mind, body, and spirit. Here, wellness is personalised: start your stay with a consultation and then enjoy customised Ayurvedic, marma, pranic healing, yoga and meditation programmes designed to detoxify, rejuvenate, and restore inner calm. Days are filled with morning yoga, guided nature walks, cycles through villages, and nourishing Ayurvedic meals crafted to support your healing journey. Stay in spacious villas tucked within landscaped gardens or by backwaters, relax by the pool or beach, and let authentic treatments and peaceful surroundings reset your rhythm.



JW MARRIOTT HOTEL NEW DELHI AEROCITY

Ideal for bleisure travellers who like to balance work with indulgence, this hotel lets you slip between business and downtime. You settle into refined rooms and suites with plush bedding, marble bathrooms, stocked minibars, generous workspaces, and seamless Wi-Fi. When it's time to unwind, dine your way around the world at K3: New Delhi's iconic Food Theatre, or book a table at ADRIFT Kaya, a modern Japanese restaurant by a Michelin-starred chef. Keep your routine intact at the well-equipped JW Fitness, then fully switch off at the JW Spa, outdoor pool, and private cabanas—where the city's chaos fades away.

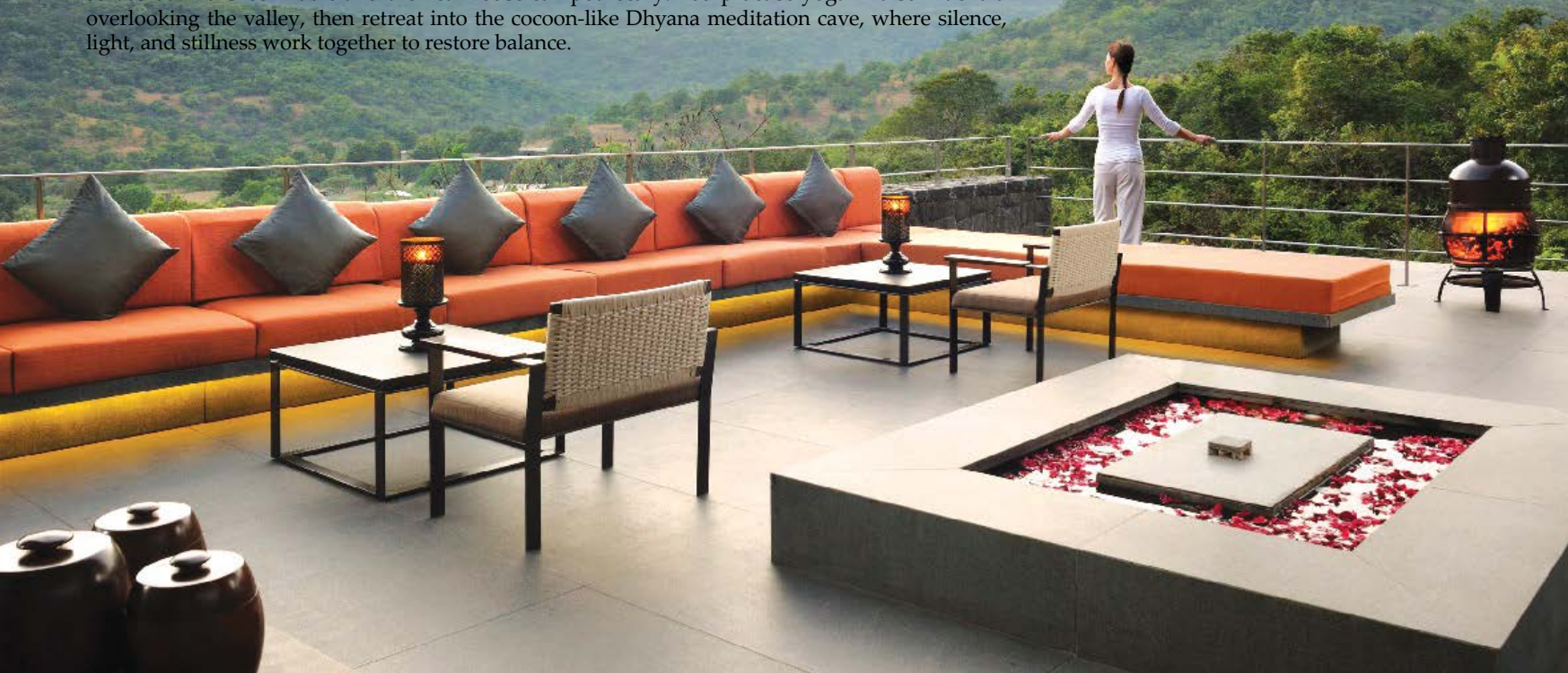
ALILA DIWA GOA

Located in the peaceful village of Majorda, Alila Diwa has 118 rooms and boasts contemporary Goan architecture with high roofs and wide verandahs. Celebrate the culinary diversity of the coast at Spice Studio or sip on evening cocktails at the speakeasy Courtyard Bar. At Spa Alila, you can find therapeutic Ayurvedic therapies. If you are travelling with your family, there is a kid's club, a teen zone, culinary classes and a mini theatre. If you wish to explore the southern charm of Goa, the Basilica of Bom Jesus and Margao Marke are a short walk away.



DHARANA AT SHILLIM

You come here when you're ready to pause, recalibrate, and invest in your wellbeing. Set across 70 acres of tranquil landscape, the retreat invites you into one of Asia's largest spa destinations, offering over 80 therapies that range from Ayurvedic rituals and detox programmes to immersive meditation experiences. Your days move between outdoor pools, private treatment villas, and purpose-built healing spaces. Nourishment is thoughtful and sustainable, with farm-led cuisine served at The Green Table and the Tea House & Apothecary. You practise yoga in a sunlit shala overlooking the valley, then retreat into the cocoon-like Dhyana meditation cave, where silence, light, and stillness work together to restore balance.



THE TAMARA COORG

Nestled in the serene hills of the Western Ghats, the 56 eco-friendly cottages, surrounded by coffee plantations and lush hills, is a sanctuary for you. Start your day with guided plantation walks, birdwatching, yoga in the serene Yoga Temple, or exhilarating treks through forest trails. Savour Kodava-inspired meals, forest dinners under the stars, or Hornbill hi-tea moments. The Elevation Spa offers treatments that feel thoughtful helping tired muscles recover after a day outdoors. Sound healing sessions, mindful movement, and the peaceful surroundings work together to create a sense of deep restoration—one that stays with you long after you've left Coorg.



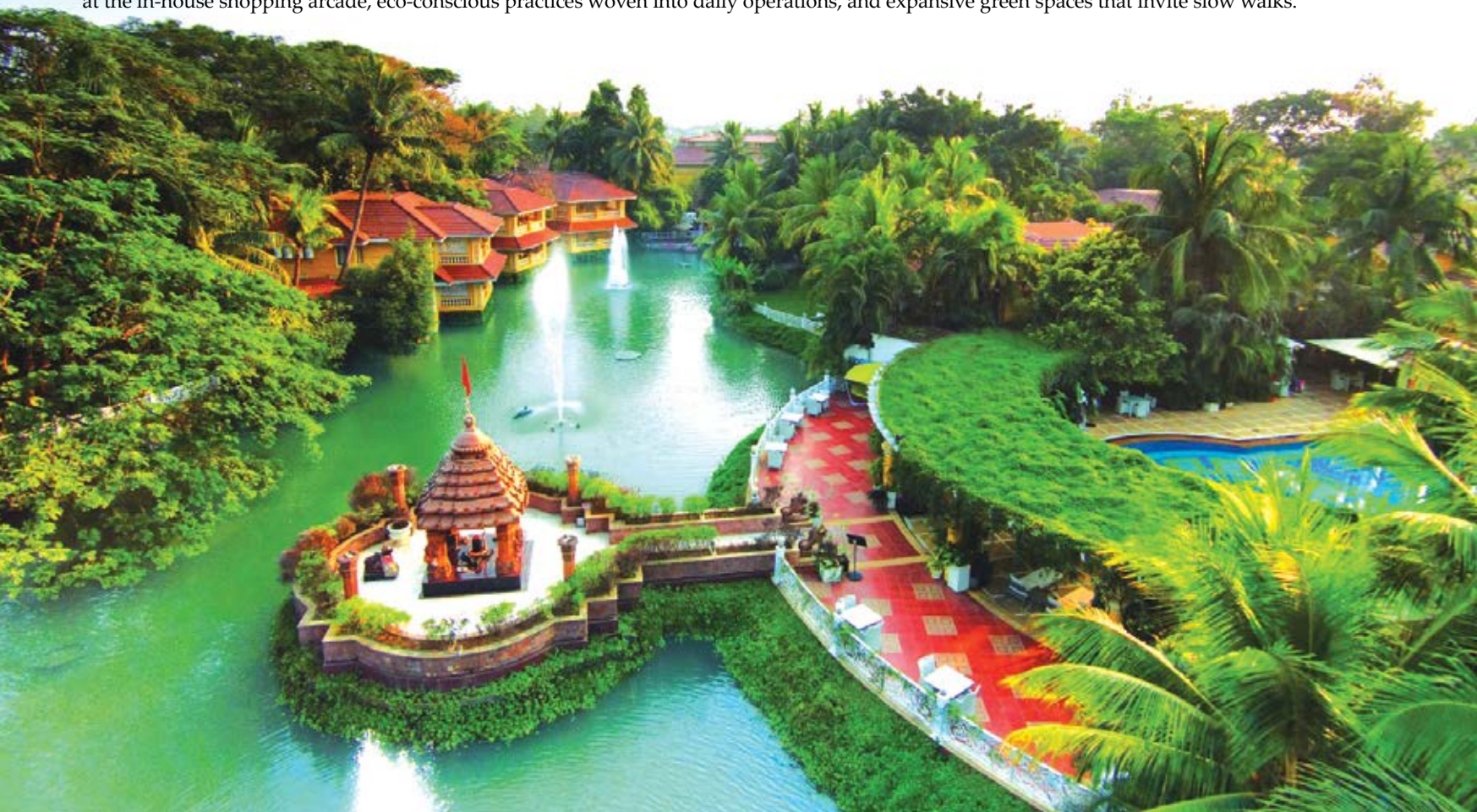


THE LEELA PALACE CHENNAI

Marble-lined corridors, chandelier-lit ceilings, curated art, and lush gardens welcome you at the Leela Palace Chennai. Days here revolve around laps in the sea-facing infinity pool, long lunches that stretch into sunset, and quiet hours spent in shaded courtyards overlooking the Bay of Bengal. ESPA's 16,000-sq-ft spa blends draws from traditional therapies designed to counter Chennai's climate, while curated cultural touches—classical music evenings, theepantham lamp ritual at dusk, and exceptional dining elevate your experience. Culinary life here is rich and varied: Spectra's all-day global spread, Jamavar's regal Indian fare, and elegant Chinese at China XO keep meals exciting, while Library Blu pours inventive cocktails in a space drenched in deep blue hues.

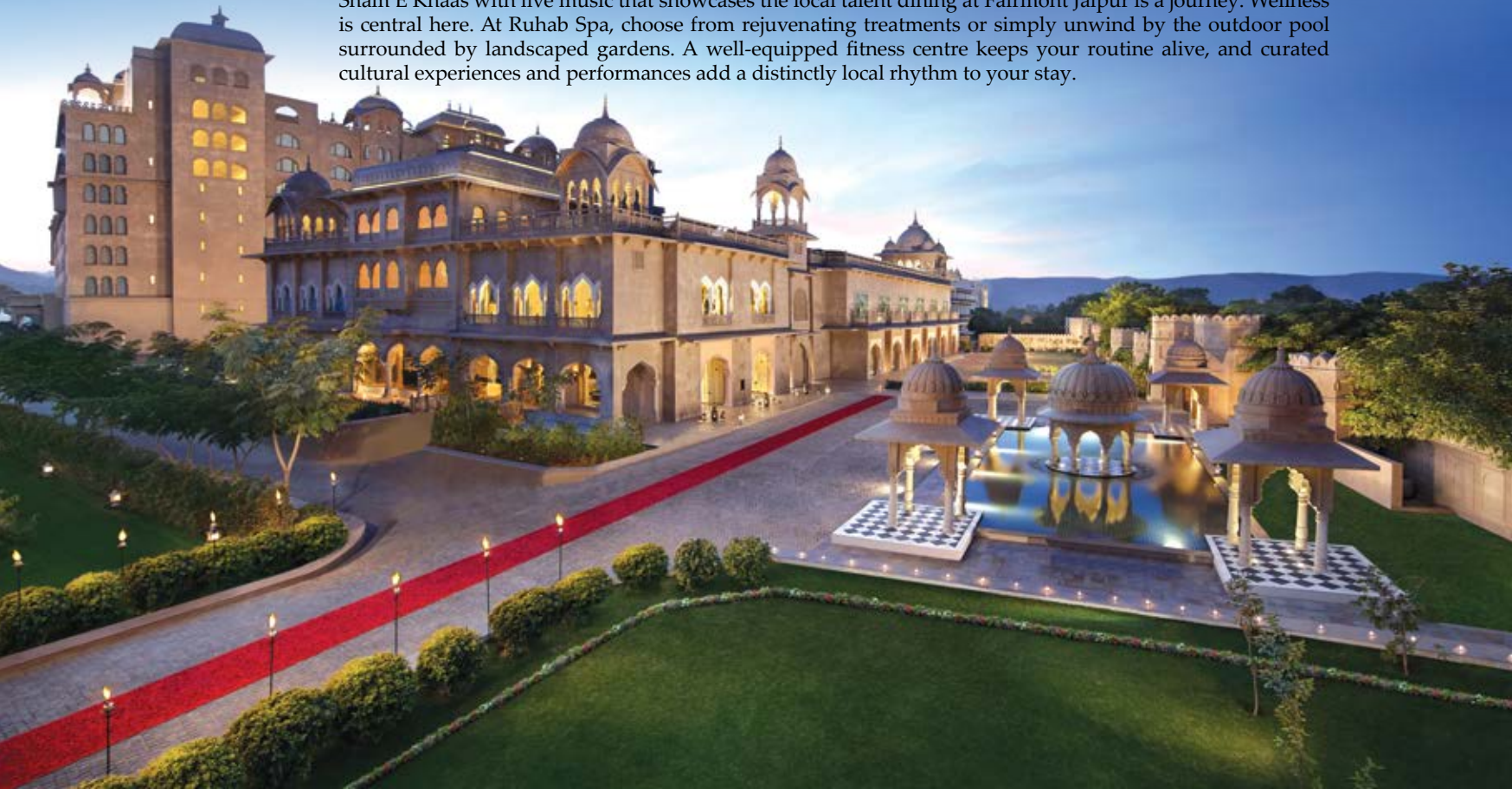
MAYFAIR LAGOON

Set around a serene lagoon just minutes from Bhubaneswar's cultural heart, Mayfair Lagoon is a destination worth visiting. The resort's spacious rooms, suites, cottages, and private villas open to lush gardens and water views, creating a peaceful backdrop no matter where you stay. Culinary options are diverse and delightful—from all-day global fare and Asian specialities to Mughlai classics and poolside drinks. Wellness flourishes here with a full-service spa, outdoor pool, and fitness centre. Beyond the rooms and dining, there's a strong sense of place—local craftsmanship showcased at the in-house shopping arcade, eco-conscious practices woven into daily operations, and expansive green spaces that invite slow walks.



FAIRMONT JAIPUR

Arriving at Fairmont Jaipur feels less like checking into a hotel and more like stepping into a carefully preserved moment in time. Inspired by Mughal palaces and Rajputana grandeur, your suite becomes a serene refuge with thoughtful amenities. From Sunday brunch at Zoya, flavors of Asia at Zarin, happy hours at Anjum, and Sham E Khaas with live music that showcases the local talent dining at Fairmont Jaipur is a journey. Wellness is central here. At Ruhab Spa, choose from rejuvenating treatments or simply unwind by the outdoor pool surrounded by landscaped gardens. A well-equipped fitness centre keeps your routine alive, and curated cultural experiences and performances add a distinctly local rhythm to your stay.



THE LALIT RESORT & SPA, BEKAL

Come here when you want nature to do half the healing for you. Set between backwaters, rivers, and the Arabian Sea, The LaLiT Bekal offers space—literal and mental—to slow down. Book time at Spiceology Spa for Ayurvedic and contemporary therapies, then balance it with kayaking, cycling trails, or sunset yoga by the water. The lagoon-facing cottages, quiet pools, and open-air dining make it ideal if your idea of wellness includes movement, stillness, and coastal air in equal measure.





TULAH CLINICAL WELLNESS

Tulâh Clinical Wellness located in the verdant landscapes of Chelambra in Kerala, integrates modern medicine with traditional wisdom and offers a scientific path to wellness. Surrounded by forests, gardens, and water, there are 65 calming suites to stay in with 14 different therapy areas. You begin with an in-depth diagnostic and nutrigenomics assessment that looks beyond symptoms to root causes, shaping a programme that's entirely yours. Days unfold with Ayurveda, yoga, sound healing, targeted fitness and medical oversight. Thanks to Tulâh Tech, all your wellness data, meal plans, exercises, and progress reports stay with you on an app and whether you commit to a short recalibration or a 21-day transformation, the experience feels holistic.



THE CLARIDGES DELHI

Beautifully appointed rooms that channel old-school British charm, state-of-the-art fitness and wellness facilities and a bakery and a paan vendor that Delhiites queue up for, The Claridges is as classic Delhi as it gets. The outdoor all-weather pool is perfect to relax and unwind after a long day and the spa offers delicious-smelling therapies. F&B options like Sevilla, and the newest opening the Tasting Studio, are a haven for food and whisky connoisseurs. You could also sign up for a session at Sumaya, the fitness studio by well-known expert Sumaya Dalmia, offering pilates and a spinning room.

RADISSON BLU PLAZA DELHI

If you're flying in and out of Delhi but don't want your stay to feel transactional, Radisson Blu Plaza Delhi Airport makes a strong case for slowing down. For wellness reset, head to R-The Spa, a dedicated sanctuary with Himalayan salt walls, a vichy shower, and a menu of Asian, European, and Ayurvedic therapies. Complement this with time in the state-of-the-art fitness centre or a refreshing swim in the outdoor pool. You're spoilt for choice, when it comes to dining. The Great Kabab Factory is known for its inventive take on Indian kebabs while NYC offers a more global, all-day dining experience and head to Savannah Bar for late-night conversations or a quiet drink.





ADVERTORIAL

A CHIC CITY RESORT ESCAPE

SHANGRI-LA EROS NEW DELHI'S POOLSIDE SUNSCAPE TRANSFORMS INTO
A RESORT-STYLE LIVING EXPERIENCE WITH SHIVAN & NARRESH.

At Shangri-La Eros New Delhi, the usual poolside scene has been completely reimagined with The Palmera Pool Pop-Up, a collaboration with SHIVAN & NARRESH at the hotel's iconic Wellness Club. For three sun-soaked months, the pool deck transforms into a living resort—India's first fashion and lifestyle-led poolside takeover—setting a new benchmark for immersive luxury experiences where hospitality, fashion, and wellness converge.

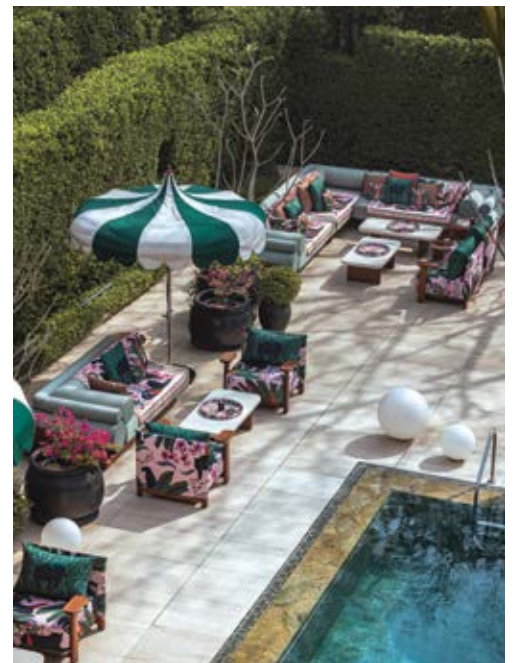
The Palmera print amalgamates botanical elements with the enigmatic gaze of panthers set against a Sakura pink surface. Poolside couches layered with printed cushions and rugs create cosy corners you will want to sink into, while tables styled with sculptural accents and trays make even a simple drink feel elevated. Even the lifeguard chair becomes part of the visual story, wrapped in the same striking motif. Service also becomes part of the experience, with subtle design touches extending even to uniforms and tableware, making everything feel cohesive.

The inspiration behind it all comes from SHIVAN & NARRESH's Araki Series 2018, which is

influenced by the Japanese photo-art aesthetic inspired by the works of Nobuyoshi Araki, discovered during the designers' holiday to Japan in autumn 2017.

Abhishek Sadhoo, General Manager, Shangri-La Eros New Delhi, shares, "This initiative reflects our goal to bring together luxury, lifestyle, and design, while celebrating the artistic vision that complements the aesthetic of our newly launched poolside at the Wellness Club. This will be a part of our ongoing Explorer's Edit, an immersive wellness series that transforms the hotel's urban sanctuary into a "passport to global luxury," blending ancient healing rituals with high-fashion lifestyle experiences."

Renowned for its refined hospitality and urban luxury, Shangri-La Eros New Delhi continues to redefine the capital's lifestyle and wellness landscape. At the heart of this offering is the hotel's expansive 27,000 sq. ft. Wellness Club, a sanctuary in the city featuring over 4,000 sq. ft. of world-class fitness space, advanced recovery therapies, a 100-foot outdoor lap pool, salon, spa, retail boutique and a calming

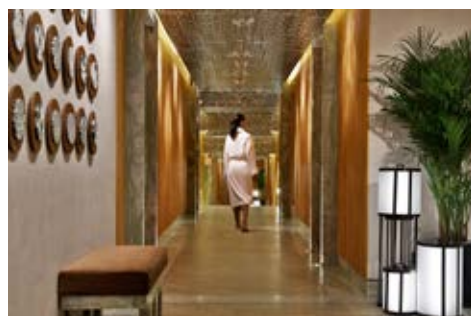


hydrothermal zone with a cold plunge, Himalayan salt sauna, whirlpool and steam.

A vivid celebration of print, colour, and contemporary escapism, Shangri-La Eros New Delhi redefines the mood this summer.

An exclusive sanctuary offering members personalized wellness, luxury amenities, advanced fitness facilities, and tailored programs for lasting vitality.

For membership enquiries, please contact Tanya Jain at tanya.jain@shangri-la.com or +91 8287491903 www.shangri-laeroswellnessclub.com

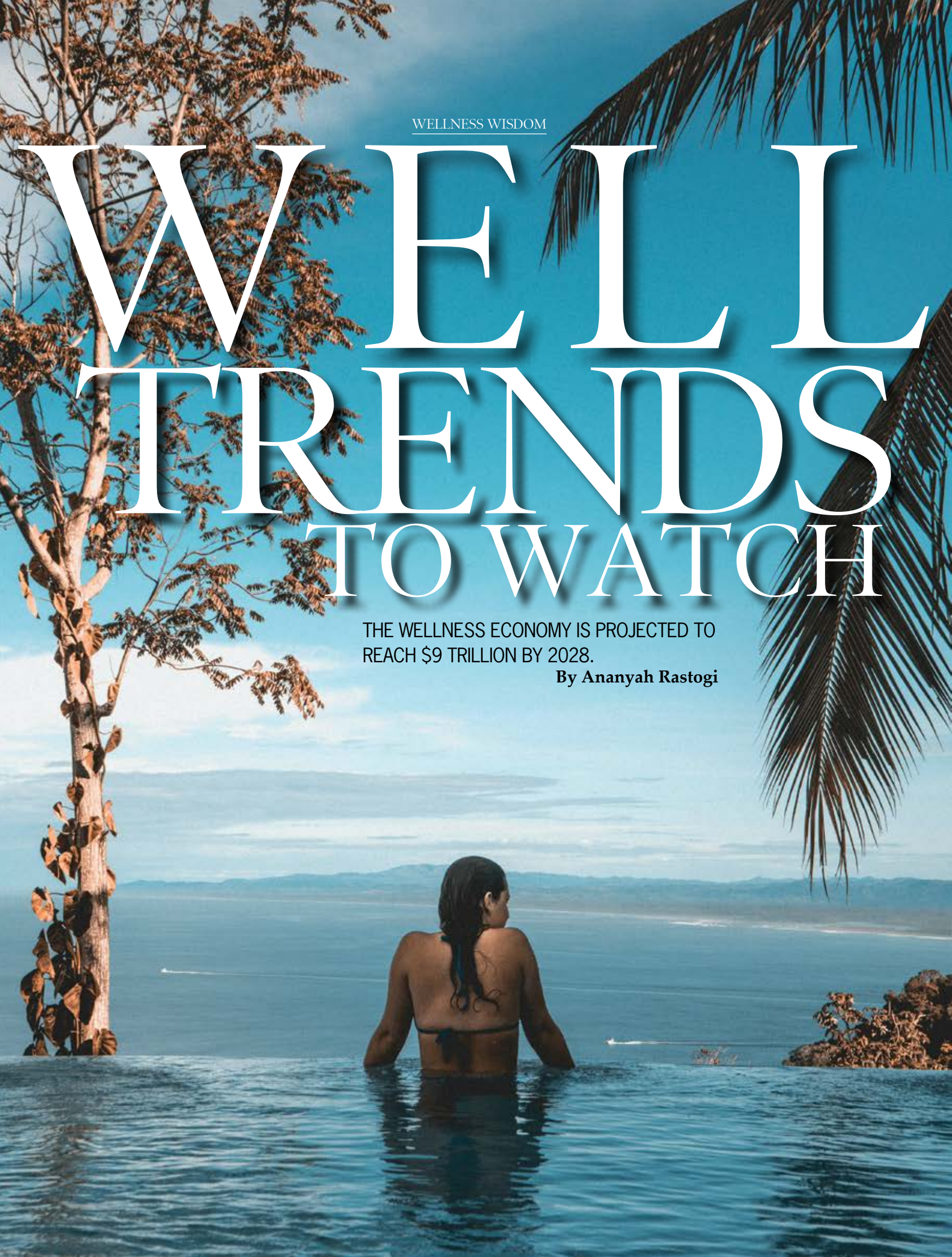


WELLNESS WISDOM

WELL TRENDS TO WATCH

THE WELLNESS ECONOMY IS PROJECTED TO
REACH \$9 TRILLION BY 2028.

By Ananyah Rastogi



WELLNESS

A new year brings a new set of trends and a renewed sense of energy that makes us believe that this might finally be the year everything falls into place, be it health, habits, or happiness. While many say New Year's resolutions are meant to be broken, others argue that goals which are regularly tracked are far more likely to be achieved. With increasingly sophisticated trackers emerging year after year, health and wellness goals are now easier than ever to pursue.

Here are the trends shaping the wellness economy in 2026, which is now projected to reach \$9 trillion by 2028, according to the Global Wellness Institute.

LONGEVITY:

Living Better for Longer

For years, longevity was a pursuit reserved for the ultra-wealthy, think biohacking clinics, cryotherapy chambers, exclusive Alpine resorts, and personalised gene therapies. In 2026, however, longevity has gone mainstream. The focus has shifted from simply living longer to living healthier for longer. The goal is no longer to extend lifespan, but to extend healthspan, thereby improving overall quality of life.

The longevity economy, valued at \$5.3 trillion in 2023, is forecast to reach \$8 trillion by 2030, according to the Global Wellness Institute. A major driver of this growth is Gen Z and Millennials' growing obsession with improving quality of life. What was once a concern only for billionaires is now being widely adopted by younger generations, although through different tools. Think sauna bathing, cold plunges, contrast therapy, red light therapy, sleep optimisation and supplements.

This shift in consumer attitude can be attributed to three major factors. First, the increased availability of data on methods that improve healthspan. For instance, a WHO-backed report linked regular sauna use to improved cardiovascular function, reduced inflammation, and lower mortality risk, prompting widespread adoption. Second, growing awareness has been followed by improved infrastructure and product availability at more affordable price points. Third, wearables such as Ultrahuman, Gabit, WHOOP and Garmin that allow users to track benefits and see how these practices affect their lives. Together, these factors have proven powerful in driving this mindset shift.



SLEEP AS THE FOUNDATION OF HEALTH

No matter which health coach you listen to, one message is universal: sleep is non-negotiable. Whether it is stress management, hormonal balance, or metabolism, sleep underpins everything. The major shift in 2026 is that sleep has moved from being about quantity to being about quality. It is no longer just about how many hours you sleep, but how well you sleep.

Modern tracking devices make it easy to monitor sleep quality and recovery, helping individuals understand how much rest their bodies truly

need. Beyond basic monitoring, these devices now analyse REM cycles, circadian alignment and even micro-awakenings caused by blue light exposure or cortisol spikes. Combined with sleep-enhancing supplements and smart bedding systems, these developments have contributed to the sleep economy surpassing \$107 billion in 2024, with expectations of double-digit annual growth.

Alongside this is the rise of sleep tourism, where resorts offer curated circadian lighting, sound baths, specialised mattresses and cocoon-like sleep environments. Think soundproof rooms, white noise machines, distraction-free spaces, sleep consultants, and mindfulness therapies. In 2026, sleeping six to eight hours is merely the baseline.

DIGITAL DETOX: Essential, Not Optional

In a world of constant stimulation, digital detoxing has become a necessity. The Global Detox Movement is accelerating rapidly, with participation rising by 25% year on year, according to ZipDo. What was once considered uncool or outdated is now viewed as a calm, Zen approach to modern living. People are creating “no phone zones” at home and booking holidays designed to help them disconnect. Some are even paying others to physically lock their devices away.

Digital Silence packages, where phones are locked away at check-in are gaining popularity worldwide. From luxury retreats in Costa Rica

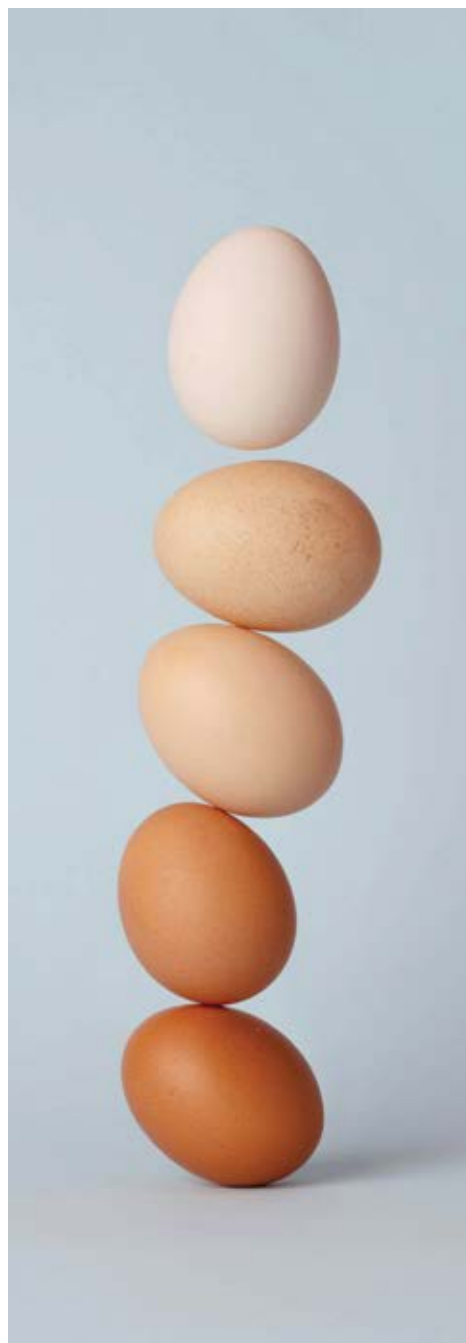


to Croatia, screen-free experiences are in high demand. According to the Hilton Trends Report 2025, 27% of travellers are actively trying to reduce social media use while on holiday. Activities that foster shared connection, such as pottery classes, mindfulness sessions and fitness workshops, are increasingly branded as “Screen-Free Sanctuaries”.

Research by the American Psychological Association shows that chronic screen exposure increases stress hormones and reduces attention span. Screen-free time is no longer about avoidance or being out of touch, it is now considered a key part of mental hygiene. In 2026, disconnection is powerful.



“Hormonal balance is now recognised as a key wellness metric.”



EMOTIONAL FITNESS: *Training the Mind Like a Muscle*

Burnout and anxiety have unfortunately become the norm. In response, emotional fitness has emerged as a new wellness pillar. Composed of seven core components: self-awareness, emotional regulation, resilience, mindfulness, communication, empathy and playfulness, this practice helps individuals navigate everyday challenges with agility and adaptability.

Like physical fitness, emotional fitness too requires consistent effort over time. Activities that support this are often referred to as “emotional push-ups”. Think somatic therapy, expressive arts, cold plunges, inner child healing and grounding practices, or any other approaches that proactively improve how the mind and body respond to stress, rather than relying solely on traditional mental health interventions.

Apps such as Othership and Open are becoming global leaders in educating users on nervous system regulation. According to McKinsey’s 2024 Future of Wellness Report, emotional health is a priority for 44% of global consumers. In 2026, emotional fitness is increasingly viewed as a skill, by both individuals and organisations.

CONTRAST BATHING: *Hot and Cold, Here to Stay*

Contrast bathing has evolved from an ancient ritual to an athletic recovery tool, and now a full-blown cultural movement. Alternating between heat and cold exposure, typically saunas and ice baths, has surged in popularity. Global search interest for “sauna” and “cold plunge” has increased by over 50% year on year (Rising Trends, 2025), while TikTok has generated billions of views for contrast therapy content.

Beyond improving circulation, reducing inflammation, aiding muscle recovery and supporting immune health, contrast bathing is now gaining popularity for its social and mental benefits. Saunas have become gathering spaces for like-minded communities, think DJ nights, singles events and founder meet-ups, offering alcohol-free social connection in a relaxed environment.



HORMONE AWARENESS:

Everyday Wellness

Not long ago, conversations around hormones were largely limited to menopause. That has changed. Hormone awareness in 2026 is widespread among both men and women of all ages, particularly those in their twenties. Hormonal balance is now recognised as a key wellness metric, with growing dialogue around cycle syncing, stress-induced hormonal shifts and nutrition for different phases of the menstrual cycle.

Companies such as Flo, Clue and Wild.AI are leading the space by providing real-time hormonal insights and guidance. Meanwhile, brands like Clementine and 28 are building communities around cycle-based self-care. The women's health market is projected to reach \$68 billion by 2027 (Statista, 2025), driven by products and coaching tailored to female biochemistry.

ZONE 2 TRAINING:

Sustainable Fitness for All

Social sports have taken over, and the new pillar that seems to be emerging here is Zone 2 Training.



This refers to activities that are performed at 60-70% of one's heart rate. Think cycling, running, tennis and brisk walking among other sports, but at a slower pace. In other words, if you can talk while doing any of these activities, then you fall under the Zone 2 Training guide umbrella. What is making it popular is the fact that everyone can do this, from beginners to athletes looking to increase endurance.

Further, thanks to wearable trackers, it has become extremely easy to track one's heart rate during different activity levels and then train the body to fall within the required bracket. Other benefits of Zone 2 training include improved cardiovascular health, improved metabolic health and lower resting heart rate.

PROTEIN, CREATINE & ELECTROLYTES:

The Rise of Functional Nutrition

Protein has dominated wellness conversations for years, with new protein-rich snacks appearing constantly, from powders to popcorn, chips, chocolates, and bread. Today, however, attention is expanding to two additional areas: creatine and electrolytes.

Creatine is a naturally occurring compound that helps supply energy to cells and is widely used in strength and high-intensity training. Known for being safe, effective, and well-researched, creatine consumption has risen sharply, even among non-athletes. Adoption among women alone has surged, with sales growing nearly 40% year on year in 2025 (Statista).

Electrolytes are basically electrically charged minerals such as sodium, potassium and magnesium, that play a vital role in hydration and physiological function. Once primarily associated with athletes, electrolyte drinks are now widely consumed by people in hot climates, those who sweat heavily, and individuals recovering from illness, in addition to athletes. The electrolyte

“Electrolytes are basically electrically charged minerals such as sodium, potassium and magnesium.”



and hydration market has grown into a \$30 billion industry, led by brands such as LMNT, Liquid I.V. and Nuun. Searches for “electrolyte hydration” rose by 2,000% in 2024, according to Google Trends.

BREATHWORK:

The Ultimate Regulation Tool

Once limited to the opening minutes of a yoga class, breathwork has evolved into a standalone practice often described as a workout for the nervous system. Its accessibility, requiring no equipment and minimal time, has made it a popular self-regulation tool with virtually no barriers to entry.

Breathwork is known to reduce stress and anxiety, improve mental clarity and build emotional resilience. Many practitioners report faster, more tangible results than traditional meditation, which often requires long-term commitment. With a wide variety of techniques and counting methods, breathwork can be practised in just a few minutes or, as Gen Z puts it, in “snack-sized” doses.

Complementary practices such as sound baths, cold plunges, reiki and inner child healing have also surged in demand. Breathwork communities continue to grow, with the industry expanding by 21% in 2025 alone.

THE BIG PICTURE

In 2026, wellness is not about extremes, it is about sustainability and shared experiences. It is about tracking and managing health while still enjoying what genuinely brings joy. Wellness is increasingly viewed as a lifestyle that integrates emotional, physical, and spiritual wellbeing, rather than a checklist of isolated habits.

This new era values balance over hustle, prevention over repair, and presence over performance.





BEAUTY

The ART of SUBTLE

ENHANCEMENT

THE FUTURE OF AESTHETICS IS ABOUT PRESERVATION.

By Dr. Geeta Grewal

For decades, aesthetic medicine was measured by visibility. Smoother foreheads. Sharper jawlines. Fuller lips. The success of a treatment was often judged by how quickly it could be noticed. But as the industry matures and as patients themselves grow more informed, we are witnessing a quiet but decisive shift. The future of aesthetics is all about refinement and coherence.

Subtle enhancement is a recalibration of how we understand ageing itself. The 'looking done' era is thankfully over and what is really picking momentum is 'this is how I magically woke up this morning' look which is younger, fresher and less done with us working very hard with the patient to make them look like old money aesthetic with skin that looks and feels super expensive!

Ageing is not a single event that happens to the face. It is a layered biological process that unfolds across skin, fat, muscle, bone, hormones, and metabolism. When these layers change at different speeds, the face begins to look tired, drawn,

or prematurely aged, even if the individual is otherwise healthy. True rejuvenation, therefore, cannot rely on isolated interventions. It requires an integrated medical approach that respects anatomy, timing, and restraint.

This is why modern aesthetic practice has moved decisively away from aggressive overcorrection. Over the last decade, we saw the consequences of chasing instant results with overfilled faces, frozen expressions, and treatments that aged patients rather than refreshed them. Today, patients are asking a more sophisticated question: How can I look like myself, only healthier, stronger, and more rested?



The answer begins with skin.

Skin quality is the most reliable indicator of youth. Texture, hydration, elasticity, pigmentation, and luminosity matter far more than volume. Treatments that stimulate the skin's own regenerative capacity, such as microneedling, Dermapen-based collagen induction, LED light therapy, laser skin rejuvenation, and carefully designed medical facials, work cumulatively, strengthening the dermal matrix rather than masking its decline. These interventions improve tone, refine pores, soften pigmentation, and restore vitality without altering facial identity.

Pigmentation protocols, acne-control treatments, and age-defence medical facials are preventive medicine for the skin. When the skin barrier is healthy and resilient, fewer corrective procedures are required later.



Injectables, too, have evolved. Botox today is more about rebalancing muscles. When used judiciously, it softens hyperactive expressions while preserving movement and character. Fillers are no longer tools for “plumping” but for restoring anatomical harmony...whether through under-eye correction to reduce hollowness, jawline contouring to re-establish structure, non-surgical chin augmentation for facial proportion, or lip enhancement that respects natural shape and symmetry. PDRN to refresh under eyes has shown some promising results too.

Thread lift treatments and non-surgical lifting techniques now focus on support rather than suspension, reinforcing tissue where laxity has begun, not dragging it into unnatural positions. The objective is quiet lift, not visible intervention.

At the same time, regenerative aesthetics has emerged as one of the most important pillars of modern rejuvenation. PRP skin treatments improve texture, elasticity, and radiance by activating the body’s own repair mechanisms. PRP hair treatments strengthen follicles, slow shedding, and improve hair density without reliance on harsh chemicals or invasive procedures. These treatments acknowledge a simple truth: the body heals best when guided.

This philosophy has become particularly relevant as medical weight-loss solutions gain wider acceptance. Rapid fat loss, whether through metabolic therapies or lifestyle interventions, often brings unintended aesthetic consequences: facial hollowing, skin laxity, hair thinning, and a prematurely aged appearance. While weight loss may be medically necessary or beneficial, it must be accompanied by a parallel aesthetic plan.

Sagging skin treatments, collagen-stimulating procedures, laser tightening, and, where

“Skin quality is the most reliable indicator of youth.”

appropriate, fat-removal or body-contouring techniques help the body adapt gracefully to change. Intravenous therapy and vitamin infusions address the nutritional depletion that often accompanies rapid weight loss, supporting skin, hair, and overall vitality from within.

Hair and facial framing have also taken on renewed importance. Healthy hair, balanced brows, and proportionate facial contours subtly signal youth and well-being. PRP hair therapy, laser hair reduction where required, and microblading are part of a holistic aesthetic framework that prioritises balance over exaggeration.

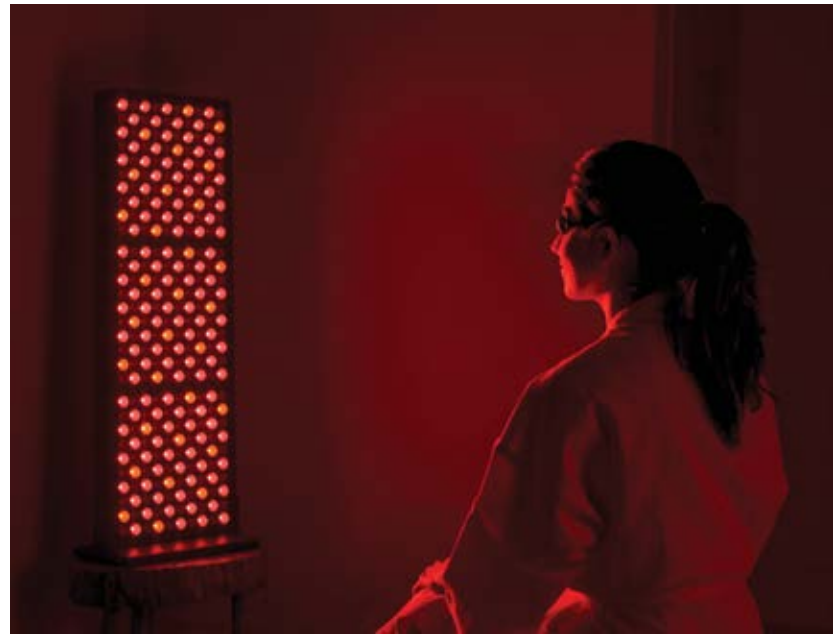
Even traditionally event-driven treatments, such as pre-bridal makeovers, have undergone a transformation. The modern bride no longer wants dramatic last-minute fixes. Instead, she seeks progressive skin improvement, controlled injectables, hair and wellness support, and subtle refinement planned months in advance. The goal is to look radiant, confident, and entirely herself.

What defines subtle enhancement is not minimalism for its own sake, but intention. It is the discipline of knowing when to intervene and when to wait. It is the understanding that not every line needs filling, not every movement needs freezing, and not every change needs correcting. Sometimes, the most powerful aesthetic decision is to strengthen what already exists.

As we look toward the future of aesthetic medicine, success will be seen in how effortlessly someone carries their age, how rested they appear without obvious intervention, and how confidently they inhabit their face and body.

That is the true art of rejuvenation - learning how to age well under proper medical guidance like ours.





IN SPOTLIGHT SPA

THE RISE OF RECOVERY CULTURE

A PEEK INSIDE DELHI'S NEW WELLNESS SHIFT- SAWADHEE RECOVERY RITUALS.

In a city defined by pace and ambition, rest has quietly become a luxury. But a new space in South Delhi is challenging that idea by reframing recovery as an essential rhythm of modern life.

At Sawadhee Recovery Rituals, the premise is clear: high-functioning lives require intentional recovery. It is the intersection of ancient healing and contemporary science, offering a model of wellness that feels less like escape and more like a modality to keep up with the pace of modern life.

Built on the legacy of Sawadhee Traditional Thai Spa, a name that has defined wellness hospitality in the capital for over 13 years, Sawadhee Recovery Rituals marks a shift in both format and philosophy. While the original space is rooted in immersive, time-rich experiences, Sawadhee Recovery Rituals adapts that same depth for a more time-conscious,

Here, recovery is not a reward, but a regulation tool. A system of care that supports everything from sleep quality and cognitive clarity to

emotional regulation and physical resilience.

Cold immersion introduces a controlled moment of stress, activating the nervous system and sharpening mental alertness. Sauna therapies, both infrared and traditional, counterbalance to release tension, improve circulation, and guide the body into a state of deep rest.

Massage therapies are less about routine relaxation and more about recalibration, addressing alignment, releasing stored tension, and restoring a sense of internal balance. Complementary practices such as assisted stretching, body scrubs, and targeted facials extend the experience beyond surface-level care.

Equally significant is the way the space itself has been conceived. Architecture is softened through curved forms and fluid transitions, subtly communicating safety to the nervous system. The colour palette remains neutral and desert-toned, intentionally free of visual clutter. Even the acoustic environment is restrained, quiet, consistent, and designed to soothe.

At the heart of Sawadhee Recovery Rituals lies a deeper, more long-term intention: to improve how we recover beyond the space itself. Sleep, often compromised in urban life, becomes a central focus. Each therapy is designed to support it, whether by regulating the nervous system, reducing inflammation, or easing cognitive fatigue. The impact, over time, is cumulative. Regular sauna use has been associated with a significantly lower risk of cardiovascular and neurodegenerative diseases. Cold exposure stimulates natural dopamine production, enhancing mood and sustained energy. Massage therapies contribute by lowering cortisol levels and calming the body's stress response. Together, they point toward a broader idea of health, not just longevity, but also healthspan.

Located in Defence Colony, the studio is designed with continuity in mind. Private suites, dedicated recovery zones, and an emphasis on ease and discretion make it possible to integrate these practices into everyday routines. Because that, ultimately, is the shift Sawadhee is advocating.

TRAVEL TALES

WHERE SPAIN SLOWS DOWN

A JOURNEY THROUGH EXTREMADURA.

By Kalpana Sunder

I have a birds eye view of Trujillo's honey-colored ramparts, the air scented with wild thyme from my vantage view point. Huge storks wheel around the bell towers, building large nests. Below, cafes slowly start opening their shutters in the pale morning light, with the bronze figure of adventurer Pizarro casting its long shadow across the cobblestones.

Beyond the walls is the wide Dehesa, or wooded pastureland, meandering toward Portugal, dotted with cork oaks and black pigs. I am in the Spanish region of Extremadura, bordering Portugal, a vast and unspoiled land steeped in heritage, gastronomy, and natural beauty.

I begin my journey in Jarandilla de la Vera, staying at a fortress-like Parador de Jarandilla. Paradors are former castles, palaces, and monasteries across Spain that have been transformed into atmospheric luxury hotels. This former castle, once the refuge of Emperor Charles V, wraps around a courtyard filled with palms and the soft echo of trickling fountains. With patterned tiles, a





MONASTERIO DE GUADALUPE (PATRIMONIO MUNDIAL)
© EXTREMADURA TOURIST BOARD

cozy lounge hung with chandeliers, books, and local ceramics, staying here feels like literally stepping into history.

From Jarandilla, we drove to the Yuste Monastery, tucked in a valley lined with cherry trees, where Emperor Charles V retired after abdicating his throne and spent his final years in contemplation and prayer. The monastery, destroyed by the French army and later restored, now rests in the midst of tranquil gardens.

From here, the road climbs toward the mountains until the towers of Guadalupe appear, clustered around the Real Monasterio de Santa María. Pilgrims have journeyed here for centuries, from peasants to kings and explorers. It was here that Christopher Columbus came to offer thanks after returning from the Americas in 1492. The first Indigenous people brought to Europe were taken here and baptized within these walls. My home for the night is again a Parador with a garden-framed patio, soaring arches, latticework, and portraits of monks set inside glowing niches.

“It was here that Christopher Columbus came to offer thanks after returning from the Americas in 1492.”



MÉRIDA (PATRIMONIO MUNDIAL)
© EXTREMADURA TOURIST BOARD



TRUJILLO 2 © EXTREMADURA TOURIST BOARD



PALACIO DE MIRABEL, PLASENCIA
© EXTREMADURA TOURIST BOARD

We take a guided tour of the monastery, where cloisters bloom with orange trees and fountains trickle along tiled corridors. The basilica glows with gilded retablos, while the Virgin of Guadalupe, dark and iconic, watches over the faithful. Inside the museum, we feast on treasured works by masters such as El Greco and Goya, as well as an ivory Christ attributed to Michelangelo.

Robes embroidered by local monks shimmer behind glass, and the 14th-century sacristy houses exquisite works by Spanish painter Francisco de Zurbarán. The old chapter room preserves handwritten choir books, illuminated with intricate art and large enough to be read by an entire choir. Outside, the village hums with life, with open-air cafes buzzing with conversation, children chasing each other across the plaza and shops selling local copper wares.

Our next stop is Trujillo, the birthplace of conquistadors, who were famous men who went out to the New World and came back with immense riches. Men like Francisco Pizarro, who conquered Peru, Francisco de Orellana, founder of Guayaquil, Ecuador, and the first European to explore the Amazon, were born in this town. From there, I journey outward, toward tiny villages and Renaissance towns. Leaving Trujillo, we follow a winding road that cuts through the region's lush heart.



MÉRIDA (PATRIMONIO MUNDIAL)
© EXTREMADURA TOURIST BOARD

I enjoy a visual feast at Romangordo, a small village known for its painted façades, which is our next stop. Local artists have transformed doors, shutters, and walls into vivid murals that tell stories of regional life, from women weaving to shepherds guiding flocks, and traditional occupations like olive-oil pressing preserved for posterity in confident brushstrokes.

Perhaps the greatest surprise of the entire region, for me, is Mérida, the ancient capital of Roman Lusitania. I check into my Hotel Ilunion Merida Palace, set inside an old palace with



TRUJILLO ©EXTREMADURA TOURIST BOARD



CÁCERES 1 ©EXTREMADURA TOURIST BOARD

“Perhaps the greatest surprise of the entire region, for me, is Mérida, the ancient capital of Roman Lusitania.”

coloured tiles and fountains in the lobby, and head straight out to explore the city’s extraordinary Roman legacy. From the Temple of Diana in the heart of the center, with stocky pillars, hemmed in by cafes and shops, to the ancient amphitheatre where gladiators once battled, Mérida’s monuments feel astonishingly intact. The stone seating rises in elegant tiers, echoing with imagined roars from two millennia ago.

Nearby stands the ancient Roman theatre with tiered seating, its columns reaching skyward. Our local guide explains that summer concerts are still held here, blending modern applause with ancient acoustics. At the National Museum of Roman Art, housed in a stunning building of brick and stone arches designed by Spanish architect Rafael Moneo, I am captivated by old Roman mosaics unearthed from local homes, marble busts from the first century, and coins, glass, and artifacts that illuminated daily life in ancient Lusitania. I then enjoy a flamenco lesson at a local studio, learning a few steps of this passionate art form. Later, standing on the Roman bridge stretching across the Guadiana River, I watch joggers weaving between its arches.

As dusk settles, I sit on a terrace with a glass of local wine, watching swallows dart between battlements. Our final stop on the Extremadura trail is Cáceres, a city sculpted from golden stone. The weather turns rough and uncooperative, but armed with umbrellas, we walk through the old town, a maze of medieval towers and Renaissance palacios, where I feel like I have stepped onto the set of a historical drama.

From the Plaza Mayor, I climb toward the Arco de la Estrella and slip into the UNESCO-listed heart of the city. Every corner reveals a layer of history: Moorish walls, Jewish quarters, palatial mansions built on the fortunes of New World expeditions. In the quiet courtyard of the Palacio de Carvajal, I rest beneath a fig tree and listen to the city sounds.

On the final day, as we drive back toward Madrid, through fields humming with cicadas and clouds drifting low over the hills, I reflect on Extremadura’s quiet power. This is a region that invites you to slow down and pay attention. From wandering through palace-lined streets untroubled by crowds to sharing meals where every ingredient tells a story of land and legacy, Extremadura has cast its spell on me.



MÉRIDA (ROMAN BRIDGE AND LUSITANIA BRIDGE) ©EXTREMADURA TOURIST BOARD



IN SPOTLIGHT HOTEL

A CASA FOR SLOWER LIVING

MANAGED BY THE BLUE KITE, VILLA FADO, WITH SPACIOUS INTERIORS, A PRIVATE HEATED POOL, PATIO AND MORE, LETS YOU KICK BACK, RELAX AND EXPERIENCE THE SLOW RHYTHM OF GOA.

The idea of a vacation in Goa has drastically changed over the years. Moving away from its party postcard image, it is emerging as a quiet vacation destination where mornings are slow, trees outnumber traffic, and days center around lounging and relaxing. Tucked into the leafy lanes of Assagao, Villa Fado, by the Blue Kite, fits easily into this narrative—a four-bedroom home that feels less like a holiday villa and more like a home away from home.

Villa Fado, designed by Vianaar, reflects a signature Indo-Portuguese architecture, paired with well-curated modern details. It comes with



its own private pool and a lush garden, but what truly sets it apart are two key elements: a grand circular staircase and a tree around which the entire home has been designed. The tree sits in a personal courtyard, with rooms and pathways built around it, creating a strong connection to nature and a sense of calm that runs through the space.

The first thing you notice when you enter is the double-height ceiling and the striking circular staircase that curves up through the space. It's not just there to connect floors—it is designed as a visual centerpiece with terrazzo risers, wooden treads, curved handrails, and delicate POP moulding. A skylight above brings in plenty of natural light, casting changing shadows across the walls throughout the day.

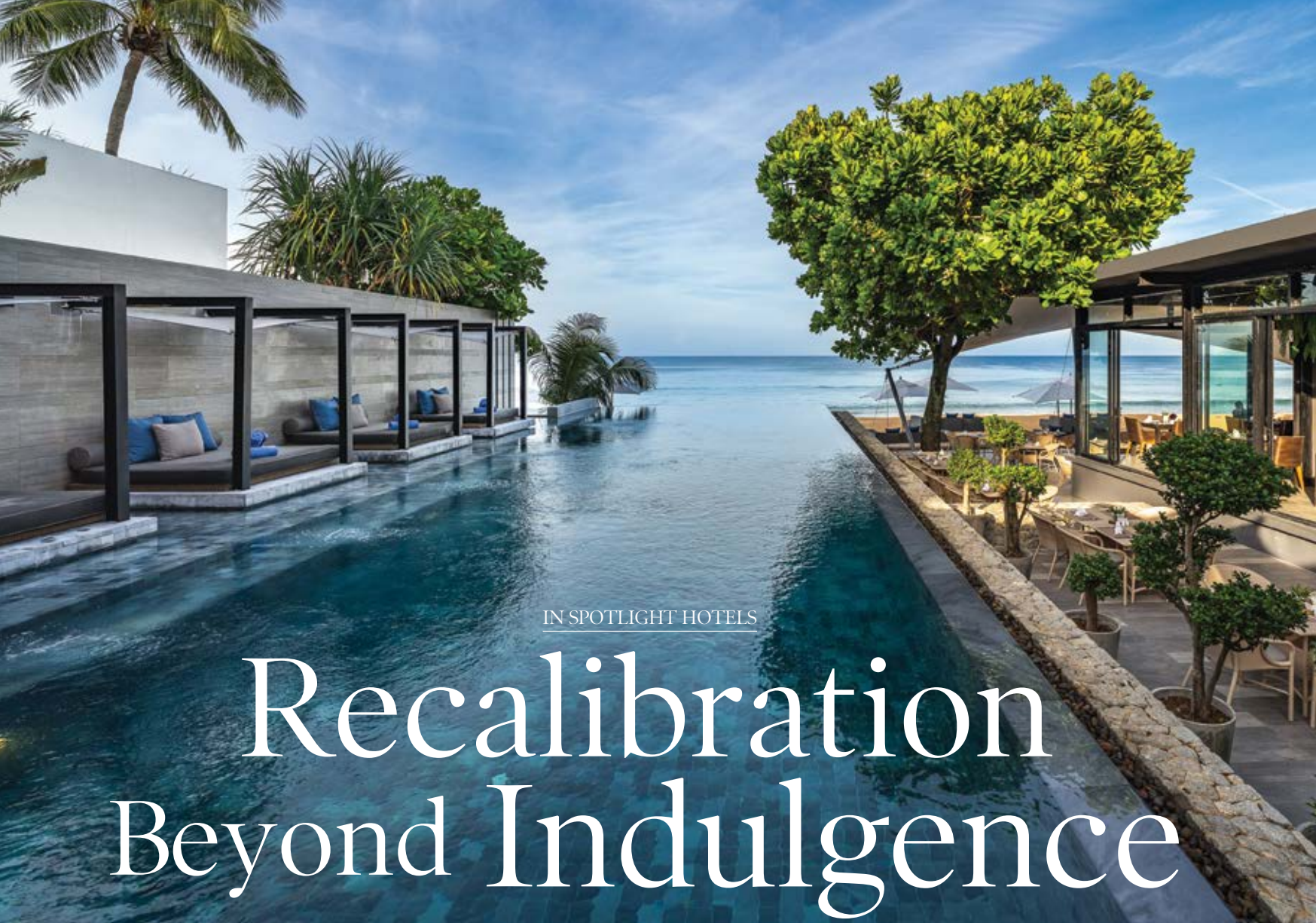
Each room in the house has been given its own identity. The bedrooms are air-conditioned, with ensuite bathrooms and access to the pool or large private balconies. The flooring uses handcrafted cement tiles, with a different pattern and colour story in every room. The lights give off a soft, ambient glow, and the ceilings are finished in lime plaster with exposed wooden rafters, adding a sense of warmth and old-world charm.

Outside your rooms, the villa offers expansive and open living and dining areas, with large windows opening to the pool and patio. The layout supports fluid indoor-outdoor living, with abundant natural light and fresh air flowing through the home.

You also have a well-equipped kitchen with a refrigerator, microwave, coffee maker, toaster, blender, cooker, kettle, cookware, and cutlery. If laziness kicks in and you do not wish to self-cook, a cook can also be arranged to prepare meals.

With its soft textures, organic forms, and rooted connection to nature, Villa Fado offers a living experience that feels calming, intentional, and timeless; a home shaped as much by restraint as by design expression.





IN SPOTLIGHT HOTELS

Recalibration Beyond Indulgence

FROM HIGH-PERFORMANCE GYMS TO LONGEVITY-DRIVEN RECOVERY, TODAY'S MOST EXCLUSIVE HOTELS ARE REDEFINING INDULGENCE THROUGH MOVEMENT, BALANCE, AND WELLBEING.

By Vidhi Gupta

CAPE OF SENSES, ITALY

Nestled near the Dolomites above Lake Garda, the Cape of Senses invites rejuvenation amidst a natural panorama of rolling mountains and sparkling water. The landscape, which is framed in floor-to-ceiling windows at the Senses Spa, mirrors the philosophy of the resort: embracing a slower pace and reconnecting with your senses.

The Spa, featuring a state-of-the-art Technogym, boasts an extensive range of facilities, including pools, a sauna, treatment rooms, and relaxation rooms, along with a spa library and spa garden. For some al-fresco rejuvenation, centuries-old olive trees and lush Mediterranean vegetation extend throughout the area, framing loungers, a sports pool, and a yoga platform, providing the perfect atmosphere for daily meditation sessions.

At Cape of Senses, wellness unfolds as a quiet dialogue between nature and nurture, where considered design and restorative rituals work in harmony. It is a place to slow down, breathe deeply, and leave attuned to the rhythm of the mountains and lake that outline the experience.





ALEENTA PHUKET PHANG NGA RESORT & SPA, THAILAND

A short drive from Phuket, the hotel basks on the pristine shores of the Natai Beach, offering the privilege of seclusion for a retreat bathed in serenity and stillness. Wellness at Aleenta and the resident Ayurah Wellness Centre is a holistic affair. From Tai Chi to Muay Thai with the masters, it offers a range of fitness classes. Health assessments and an array of specialist and personalised wellness retreats, from fitness to weight management retreats and CBD-pain management retreats to floatation therapy programmes, it propounds personalised care and rejuvenation coloured with expertise.

Thus, embodying holistic wellness with the therapeutic ocean for a companion, the Aleenta Phuket Phang Nga Resort & Spa hints at a grounded way of living. The mindful movement and restorative nourishment encouraged during the retreat induce you to reconnect and return renewed.



NATURHOTEL FORSTHOFGUT, AUSTRIA

The Naturhotel Forsthofgut sits in the Austrian Alps, with the Leoganger Steinberge visible from waldSPA Fitness. Here, a crisp, refreshing alpine breath complements multifaceted fitness and recovery facilities.

waldSPA Fitness, its expansive gym, is open 24/7 and is equipped with Technogym cardio and strength equipment, with personal trainers offering a structured plan. Beyond open gym time, Naturhotel Forsthofgut runs up to five guided fitness courses per day, with a weekly schedule that includes yoga and Pilates as well as Reformer Pilates. After workouts, recovery continues through the thermal areas at waldSPA and targeted treatments at waldSPA Health, including options such as cryotherapy and hypoxia training.

Here, wellness is treated as an evolving, deeply personal practice. This philosophy comes to life at waldSPA Health, where uVida metabolic analysis captures body data both at rest and in motion, translating it into precisely calibrated training and nutrition recommendations, ensuring that your journey is informed by your physiology.

CHAMPION SPIRIT COUNTRY CLUB, BAHAMAS

Set on the untouched western shores of Nassau, Champion Spirit Country Club introduces a new paradigm in wellness, a 360° performance-driven retreat that fuses elite performance training with the restorative rhythm of island life. Founded by boxer Abdoulaye Fadiga, the retreat is built on the Champion Spirit Method, a philosophy shaped by years of training professional athletes, armed forces, and high-performing individuals to exceed physical and mental limits.

At its core is a state-of-the-art Performance Training Centre featuring professional equipment, boxing and gymnastics facilities, courts, tracks, and beachside training zones. Recovery is equally prioritised through an advanced wellness clinic offering cryotherapy, hyperbaric oxygen therapy, floatation, IV infusions, and contrast bathing, alongside a results-driven spa partnership with 111SKIN.

More than a retreat, it is a precision-led environment for transformation where performance and recovery coexist by design.



FOUR SEASONS HOTEL SINGAPORE

Four Seasons Hotel Singapore is a polished city retreat that blends contemporary luxury with pensive design and a strong emphasis on wellbeing. Discreetly positioned on Level 3 behind Nobu, the hotel's fitness centre feels intentionally removed from the pace of the city, with a design-forward space shaped by Roman architectural references.

The gym unfolds through a radial layout of semi-private chambers framed by arches and lattice screens, each fitted with state-of-the-art cardio, strength, and free-weight equipment. Rather than relying on natural light, the space creates its own atmosphere through tropical terrariums, translucent fluted glass, and a carefully programmed lighting scheme that echoes the passage of daylight. Palm-patterned wall panels and verdant tones reinforce the impression of an indoor conservatory.

At the centre, a bronze-arched atrium anchors the experience, housing a communal rest zone beneath a sculptural seeded-glass chandelier and artificial skylight. Outdoor-style seating lends the feel of a refined conservatory, encouraging moments of pause and recovery between workouts within this unexpected urban retreat.



MANDAPA, A RITZ CARLTON RESERVE, INDONESIA

Mandapa, a Ritz-Carlton Reserve, reimagines fitness as an integral part of daily wellbeing within the lush river valley of Ubud. Resonating with the flow of the Ayung River and the surrounding forest, the resort's 24-hour fitness centre weaves movement, mindfulness, and environment in a quiet harmony.

Equipped with a state-of-the-art Technogym, the fitness centre supports a broad spectrum of goals from strength and endurance to mobility and recovery. Advanced cardio machines, pragmatic training tools, and innovative systems such as Kinesis and Skilltools elevate the space beyond a conventional hotel gym. Natural light, open views, and calming design transform workouts into immersive, grounding experiences.

Fitness at Mandapa extends beyond equipment through a curated programme of personalised classes, from high-intensity circuits to low-impact mobility sessions. Integrated with yoga, meditation, nourishing cuisine, and restorative spa, it forms part of a holistic wellness journey that balances vitality with stillness, and performance with presence.



MOHONK MOUNTAIN HOUSE, U S A

Deep in the Hudson Valley, Mohonk Mountain House is an iconic 1869 Victorian castle resort where fitness and wellness are deeply rooted in the natural landscape. The setting encourages guests to disconnect from daily routines and immerse themselves in the restorative rhythms of the pristine forest around the resort.

Its robust wellness programme balances outdoor activity with mindful restoration, featuring daily meditation, yoga, and Pilates classes. A state-of-the-art fitness centre and an indoor heated pool with music allow guests to maintain personal training routines or unwind in a serene, spa-like environment. For those drawn to adventure, the resort's Via Ferrata provides a guided outdoor course that challenges physical limits and rewards effort with sweeping views of the surrounding mountains.

The warmer months encourage kayaking and paddleboarding on the glacially formed Mohonk Lake. Together, these experiences position Mohonk Mountain House as a temple of physical vitality nurtured through purposeful movement, thoughtful recovery, and a deep connection to nature.



GRAND WAILEA, HAWAII

Stretching out along the Wailea Beach, Grand Wailea offers a balanced approach consisting of movement, recovery, and self-care in a tropical setting. Its expansive outdoors encourage an active lifestyle, while curated wellness allows you to slow down and restore.

Movement is woven seamlessly into each day, with sunrise yoga on Wailea Beach, a guided coastal run club along the path to Turtle Town, and a robust schedule of studio classes ranging from indoor cycling and mat Pilates to strength training and HIIT. Grand Wailea also offers Aqua Board Fit, a unique water-based workout that challenges balance, core strength, and coordination.

Recovery and relaxation follow at the newly debuted Kilolani Spa, where treatments are guided by the Hawaiian Moon Calendar. Together, these experiences concoct holistic wellness that supports strength, mindfulness, and renewal against the calming flow of the Pacific.

THE RESERVE AT
GRACE BAY BY BEACH
ENCLAVE,
TURKS AND
CAICOS

At The Reserve at Grace Bay by Beach Enclave in Providenciales, fitness is seamlessly integrated into everyday island living. A state-of-the-art fitness centre, open 24/7, allows you to train according to your schedule, while an impressive range of on-site sports facilities keeps movement varied and engaging.

The Reserve features a comprehensive golf green complex, alongside tennis, padel, pickleball, beach volleyball, and a half basketball court. Beyond land-based activity, non-motorised water sports equipment is available at each villa, with kayaks, paddleboards, and snorkelling gear encouraging you to take fitness into the water.

For balance and recovery, daily group yoga offers a guided option alongside independent training routines. In-villa spa treatments complete the experience, providing private recovery through massages, bodywork, facials, wraps, and grooming services. Thus, wellness remains both flexible and deeply personal throughout the stay.



PALMAÑA - THE HOUSE OF
AÑA, MEXICO

Palmaña – The House of Aña is a beachfront wellness retreat on Mexico’s Riviera Maya, offering immersive experiences shaped by both the jungle and the sea. The Caribbean’s white-sand shores and dense tropical forest invite you to engage with nature as an integral part of your wellness journey.

At the heart of the property lies Atlantis, a sanctuary tucked within the jungle, where treatment rooms with floor-to-ceiling windows blur the boundary between the man-made and the natural. Wellness facilities extend deep into the natural landscape, with two fitness centres—including an open-air gym—alongside a traditional Temazcal, a natural cenote, and multiple meditation spaces nestled among wild mangroves and centuries-old rock formations.

This seamless integration of fitness, ritual, and raw nature creates a deeply grounding environment, positioning Palmaña as a destination where wellness is not curated, but lived in harmony with the land.

TSCHUGGEN GRAND HOTEL, S W I T Z E R L A N D

Set in the Alpine resort town of Arosa, the Tschuggen Grand Hotel is defined by its distinctive approach to wellness, anchored by the iconic Tschuggen Bergoase Spa. Designed by renowned architect Mario Botta, the Spa is both a functional retreat and an architectural landmark, instantly recognisable for its sculptural glass sails that rise above the mountain-scape.

The Tschuggen Grand Hotel presents a newly redesigned fitness studio, where every detail is geared towards thoughtful and challenging training. Equipped with state-of-the-art Technogym equipment, an expanded free weights area and an inspiring atmosphere, the gym sets new standards. But it's not just the facilities that impress: behind the fitness concept is Matt Gleed, an internationally renowned fitness expert who has trained Hollywood stars and elite athletes.

Together, these elements position the Tschuggen Grand Hotel as an architectural vision and alpine wellness sanctuary.



WALDORF ASTORIA LAS VEGAS, U S A

Waldorf Astoria Las Vegas is a refined urban sanctuary set along the iconic Las Vegas Strip, known for blending luxury with a strong focus on wellness and balance, with a clear emphasis on fitness as an essential part of the experience.

The property has recently elevated its fitness diaspora with the introduction of state-of-the-art strength equipment from Technogym. The newly upgraded fitness centre features Technogym's premium Selection 900 series, Kinesis One, along with adjustable weights and crunch benches, creating a comprehensive environment for strength and functional training.

Complementing the equipment-led experience is a complementary programme of regularly scheduled fitness classes. Open to all levels, the schedule includes reformer Pilates, core conditioning, yoga, and cardio kickboxing, all held in the 8th-floor Yoga Studio with floor-to-ceiling windows overlooking the Las Vegas Strip.

CALCOT & SPA, UNITED KINGDOM

Set within the rolling countryside of Cotswolds, Calcot & Spa is a luxury manor hotel that has recently sharpened its focus on fitness and wellbeing. The property has unveiled a significant upgrade to its gym facilities, positioning itself as a leader in hotel fitness experiences in the UK while remaining rooted in its relaxed, rural setting.

The transformed fitness hub, known as The Grain Store, occupies a sensitively repurposed agricultural building and now operates as a fully-fledged luxury fitness centre. It houses a state-of-the-art Technogym-equipped gym, a dedicated spin shed, a holistic studio for yoga and Pilates, and an exercise studio hosting varied classes from sound healing and barre to HIIT and body conditioning.

Calcot & Spa has also incorporated Proverb's Stretch Pod treatment, designed to enhance flexibility and recovery. Surrounded by verdure acres of countryside, The Grain Store is complemented by outdoor activities and The Huddle café, crafting a holistic environment for movement, restoration, and connection.



KATEKA SAFARI AND WELLNESS, SOUTH AFRICA

Kateka is a contemporary, Euro-chic African retreat envisioned by South African-born real estate developer Joel Ospovat. With leadership that includes a General Manager formerly serving as Head Ranger at Richard Branson's Ulusaba, the property brings together deep safari expertise and a sophisticated approach to wellness hospitality.

Far from being a conventional luxury lodge with a spa add-on, Kateka is designed as a fully integrated wellness-led destination. Facilities include a full-scale F45 gym, cold plunge therapy pools, an infrared Himalayan salt sauna lined with genuine pink salt tiles, and a series of immersive mind-body rituals that extend well beyond traditional spa.

Focused on slow travel, Kateka reimagines the safari experience as an extended, restorative retreat. By pairing immersive wildlife encounters with structured wellness and recovery, it offers a richly layered African escape where adventure and restoration are given equal importance.

REGNUM THE CROWN, T Ü R K I Y E

Located on the stunning Antalya-Belek coastline, Regnum The Crown centres your experience around wellness and high-tech longevity. In addition to the Revive Wellbeing & Longevity Centre complete with Turkish baths, saunas, steam rooms, pools and relaxation lounges, the resort integrates a suite of advanced technologies designed to support physical resilience, recovery, and holistic health.

Wellness here blends immersive spa rituals with cutting-edge longevity therapies, including MLX F'DOME+PLT, RLX Satori, G-VAC therapy, DreamPod floating tank, Life Cube, CELLair Pro Complete, INDIBA CT9, LPG Huber 360, Avant Pool ice bath, Welnamis touchless wellness, ZeroBody cryo floating, NeoQi ozon sauna, RevoCool cryo and pressotherapy, which support circulation, mobility, relaxation, and metabolic balance. These technologies complement signature spa treatments, personalised recovery protocols, and mindful rest to foster renewal and wellbeing.

Whether guests are pursuing performance, recovery, or restorative balance, Regnum The Crown's integrated approach to fitness, high-tech longevity and classic spa creates a holistic environment.



WIESERGUT HOTEL, A U S T R I A

Wiesergut is a contemporary design-led retreat in the Saalbach Hinterglemm region. With just 24 suites, the hotel offers a refined alpine escape defined by privacy and restraint, enhanced by ski-in, ski-out access in winter and sweeping mountain views throughout the year.

Fitness is centred at the BergGym, housed within the hotel's newest architectural addition, the BergLoft. Equipped with Reformer Pilates beds and state-of-the-art Matrix fitness machines oriented toward the surrounding alpine landscape, the resort ensures an omnipresent blend of nature and nurture. A schedule of Pilates classes and access to external personal trainers allow you to maintain structured routines while immersed in the mountains.

Rejuvenation unfolds quietly through the hotel's spa, where heated indoor and outdoor pools are filled with water from the property's own spring. A Pine Sauna and steam bath complete the experience, creating a deeply restorative environment that reflects Wiesergut's philosophy of calm, balance, and understated luxury.

CHIVA-SOM HUA HIN, THAILAND

Chiva-Som Hua Hin, on Thailand's Gulf coast, has long been regarded as a global pioneer in holistic health and integrative wellbeing. Fitness is a foundational pillar of the Chiva-Som philosophy, positioned alongside spa, physiotherapy, holistic health, nutrition, and aesthetic beauty to support a fully balanced approach to rejuvenation rather than isolated physical training.

You can choose from an expansive range of movement practices, including bespoke personal training, Pilates, Muay Thai, breathwork, and functional movement, all led by highly qualified resident specialists. These sessions take place across refined indoor facilities and curated outdoor environments, with activities such as beach power walking, sea kayaking, hiking, and mountain cycling designed to restore energy through connection with nature.

What distinguishes Chiva-Som is its radical personalisation. Each retreat is tailored to individual health histories and goals, blending Western medical science with Eastern philosophy to deliver sustainable, measurable results that extend well beyond the stay.



HOTEL BELLEVUE, LOŠINJ HOTELS & VILLAS, CROATIA

Hotel Bellevue, Lošinj Hotels & Villas is a contemporary wellness-focused retreat set within the pine forests of Čikat Bay on the island of Lošinj, long celebrated as a natural health destination. Designed around balance and longevity, the hotel integrates fitness seamlessly into its restorative coastal setting.

Their fitness offering includes a fully equipped, light-filled gym with state-of-the-art cardio and strength equipment, supporting functional training, endurance, and overall conditioning. Rather than prioritising intensity alone, the space encourages mindful movement, enhanced by calming views of the surrounding greenery that foster focus and wellbeing during each session.

Beyond the gym, you can take part in outdoor experiences such as sea-view yoga, mobility and stretching sessions, guided forest walks, and therapeutic hikes through the island's aromatic pine forests. Anchored by fresh Adriatic air and immersive natural landscapes, fitness at Hotel Bellevue feels restorative and intuitively rooted in Lošinj's enduring philosophy of preventive healthcare and holistic wellness.

IL SAN PIETRO DI POSITANO, ITALY

Il San Pietro di Positano is a clifftop retreat on Italy's Amalfi Coast, celebrated for its refined hospitality, timeless elegance, and one of the most spectacular settings in Mediterranean luxury travel. Carved into the rock above the sea, the hotel blends discreet glamour with a deep connection to its natural surroundings.

Fitness at Il San Pietro is elevated by its extraordinary open-air gym, thoughtfully equipped for strength training, cardio, yoga, and Pilates. Shaded by a fragrant lemon orchard and suspended above the coastline, the space transforms daily workouts into a sensory experience, where fresh sea air and panoramic views replace enclosed studio walls.

Beyond the gym, guests can enjoy a game of tennis on the hotel's iconic clifftop court, dramatically perched above the water. Here, wellness is woven effortlessly into the rhythm of la dolce vita, where staying active feels as rewarding as slowing down.



W SINGAPORE - SENTOSA COVE, SINGAPORE

W Singapore – Sentosa Cove brings a high-octane, contemporary edge to island wellness, blending performance-driven fitness with playful, water-led experiences. Set along the marina at Sentosa Cove, the hotel approaches movement as both training and entertainment, keeping energy levels high while delivering tangible results.

At the core is FIT, the hotel's gym, equipped with advanced Technogym machines, free weights, and clearly zoned areas for strength and cardio training. Beyond the gym floor, the resort leans into aquatic innovation with Ripple Box (Aqua Boxing), a rhythm-led, full-body cardio workout using aquatic boxing bells, alongside Aqua Biking sessions held in the swimming pool. For guests seeking intensity, Metcon Bootcamp classes led by personal trainer Rebecca De Rijk of Cove Fit deliver structured, high-impact conditioning.

Recovery is treated with equal importance. The spa now features an ice bath for accelerated muscle recovery and blood circulation, complemented by infrared heat therapy, steam rooms, a vitality pool, and whirlpool, creating a balanced loop of exertion and restoration.



COVER STORY

A LIFE NOURISHED BY PURPOSE

Vikas Khanna

CHEF, AUTHOR, AND HUMANITARIAN VIKAS KHANNA REFLECTS ON FOOD AS AN ACT OF CARE ROOTED IN CULTURE, SHAPED BY PURPOSE, AND SHARED WITH GOODNESS. THERE IS HUMILITY IN THE WAY HE HONOURS PROCESS OVER SPECTACLE, AND WARMTH IN HOW HE CENTRES GENEROSITY AS AN ESSENTIAL INGREDIENT. HIS JOURNEY IS A REMINDER THAT TRUE IMPACT IS BUILT NOT THROUGH EXCESS, BUT THROUGH CONSISTENCY, CONSCIENCE, AND COMPASSION.

By Soumya Maheshwari

Produced by: Maximus Collabs
Photographer: K Vinayak
HMU: Ram Pramod Sah
Stylist: Sugandha Sood
Styling team: Dolikasree Pujari
Location: JW Marriott Goa



Outfit: DEVZ
Location: Água Pool Bar & Café

“In the words of Shah Rukh Khan, ‘Every restaurant I visited before this felt like a shop. This feels like a temple.’”





Vikas Khanna's presence carries a quiet reverence for food, for people, and for the stories that bind them. Long celebrated for his culinary mastery, he speaks of nourishment not merely as sustenance, but as memory, culture, and care. His approach to food is instinctively humane: rooted in tradition yet shaped by curiosity, and guided as much by empathy as by technique.

More than a chef, Vikas is a storyteller at heart. His work spans kitchens, books, humanitarian initiatives, and global platforms, yet it is united by a single belief that food has the power to heal and connect. He moves through conversations with grace, articulating the responsibility that comes with influence and the importance of preserving culinary heritage in an increasingly homogenised world.

At the core of his philosophy lies intention. Whether speaking about sustainability, mindful consumption, or feeding communities in need, Vikas returns to the idea of respect for ingredients, for ecosystems, and for the hands that make a meal.

Your movie, *Imaginary Rain*, is set to be released in a few months. How was that experience for you, and how was it working with the legendary Shabana Azmi?

My life's biggest project will be released in 2026. This is a very significant year for my life and for my culinary arts. I feel like I should be able to tell more stories about our food and our people through all the media, restaurants, television, and movies. I feel *Imaginary Rain* encompasses it all. It is such an important celebration of Indian food, and working with Shabana Azmi, A. R. Rahman and Prateek Patil has been one of the best experiences of my life. This is beyond anything I have ever done in my life, and I cannot wait to share it with all of you.

As *Bungalow* marks two years this March, or, as you like to say, 730 days, running every single night, have you noticed a shift in how people engage with or perceive Indian food and culture through *Bungalow*?

It's difficult for me to fully explain how I feel because I'm at the receiving end of so much love. In Manhattan, a restaurant's shelf life can sometimes be just eight weeks, yet we kept seeing longer waiting lists. Even after two years, the response from across the country continues to grow. We receive emails from families telling us how much this restaurant means to children being raised in America and how it helps them connect with India. Some days it's overwhelming—in the most humbling way. I've stood in the dining room many nights moved to tears, hearing people share what this restaurant and my journey mean to them. It's a unique platform, and I feel incredibly blessed to have it.

Outfit: DEVZ
Eyewear: Scott eyewear





Outfit: DEVZ
Eyewear: Scott Eyewear
Footwear: Ziko



You have always called Bungalow a home that serves home food. What makes it a home and not just a restaurant?

Bungalow is my temple. It's also my last restaurant, however I will continue to invest in Indian chefs and other restaurants. In the words of Shah Rukh Khan, *'Every restaurant I visited before this felt like a shop. This feels like a temple.'* I believe that comes from the intention behind it. While its foundation is rooted in struggle and pain, it is built on a much larger vision—to create a space for Indians living in America, far away from home, where they can feel a sense of belonging. A place that humbles you the way a visit to your grandmother's house does, while also helping the next generation stay connected to their roots and learn about India.

Recently, Deepika Padukone and Ranveer Singh visited Bungalow, and we saw them making Modaks with you. Do you think that when Indian and global celebrities visit Bungalow and promote Indian culture, it makes a greater impact?

I feel that when people come here, they leave their masks behind. It reminds me of visiting our grandmothers. There was something about their presence that made you feel they didn't care about your grades, your success, your wealth; they simply cared about you. Bungalow has created that same feeling for people. As Jeff Bezos once put it, *'You don't just visit Bungalow, you make a pilgrimage to India.'* In fact, many guests now plan their travel to New York City around securing a reservation here. This is something I've rarely seen happen for an Indian restaurant.

In one of your interviews, you talked about a concept your sister planted in your mind: to "unrestaurant" yourself. What does it actually mean, and how far along are you on that journey?

Every time I cooked something for my sister Radhika, she would always say, *'There is a gift in your hands that makes everybody feel that they are connected to you. Do not use this gift just for business or an empire. Use it to create a community. That will be your legacy.'* When she was alive, I never understood what she meant, but now, I feel that her words hold a lot of gravity. Everyone can open a restaurant, but to create a home, or as she would say, *'to unrestaurant yourself is your*

"As Jeff Bezos once put it, 'You don't just visit Bungalow, you make a pilgrimage to India.'"



“Living in the United States, she often felt that festivals made her miss home the most because they weren’t celebrated there, leaving people feeling unseen and unrepresented.”



bigger purpose. Do not just raise your ship. You need to raise the waters.' Now I realise the meaning of her words.

You celebrate all Indian festivals and moments of cultural importance to the country, not just with food but also with the decoration and sometimes even cultural performances. Why is it so important for you?

At Bungalow, we have a large glass ceiling that I decorate with flowers every day. We create rangolis and floral motifs of gods, and sometimes write messages for children about what they mean to us. This idea actually came from my sister. Living in the United States, she often felt that festivals made her miss home the most because they weren't celebrated there, leaving people feeling unseen and unrepresented. She insisted that we celebrate festivals in the restaurant.

At first, I told her that a restaurant should focus on food and tasting menus. But she reminded me that I was getting it wrong. This isn't just a food business; it's a people's business that celebrates food. Her vision was to honour festivals from every corner of India, so that every culture contributing to the larger Indian identity feels seen and celebrated here.

Is that the reason why you also wrote the book, *Festivals of India*?

I feel that God has given me a platform which can connect three generations who are living abroad under one thread. That is why we wrote the book. It is an illustrated book which teaches kids about Indian festivals. There are also some recipes which kids can make at home.

A dish from Bungalows' menu that is your absolute favourite!

The menu changes every four to six months because I'm constantly looking to bring greater regional diversity into the kitchen. One dish that has remained a staple is the *dahi ki tikki*, inspired by the *dahi kebabs* I had at Sarafa Bazaar in Indore. We're also introducing new dishes like aloo dum and a fresh take on *dahi vada*. Since it's guava season, we're doing stuffed guava as well—a dish I first experienced at traditional Maharashtrian weddings, which will now be represented on a large scale in New York City.

You are returning as a judge for *MasterChef India*, with Chef Kunal and Chef Ranveer. What is your equation with them?

Ranveer is my lifeline, and Kunal is a very important part of my soul. Kunal has been with me since day one—since I was invited to judge *MasterChef India* in 2011—and he has been one of my strongest support systems. People in the United States often say that I travel to India because I'm excited to spend time with my brother, and that's absolutely true. Visiting my mom and meeting Ranveer are two important parts of my ritual every year.

Outfit: AS Design Label
Footwear: Ziko
Location: JW Kitchen







Outfit: KORA by Nilesh Mitesh
Location: Walk of Life to Heliconia



“When you have a strong mind and a supportive ecosystem of people who love and protect you, it inspires you to live life fully and take care of yourself every day.”

You are always surrounded by food. How do you manage to stay so fit?

As I approach 55, staying fit is important to me. But one mantra I deeply believe in is that mental health matters even more than physical health. When you have a strong mind and a supportive ecosystem of people who love and protect you, it inspires you to live life fully and take care of yourself every day. I’m quite disciplined about my routine—I bike everywhere in New York City instead of taking cabs, work out daily even with jet lag, avoid late meals, keep carbs and salty foods minimal at night, and follow a high-protein diet. For me, this discipline matters because when I stand on big stages in the United States, I don’t just represent my last name—I represent India and the kitchens that define our culture.

What is next for Vikas Khanna?

Next for me is the launch of my film *Imaginary Rain*, along with a major new novel and two cookbooks coming out this year. *Bungalow* continues to remain very important, as does *Kinara*. But the biggest step for me in 2026 will be *Bungalow Foods*. In 2025, we saw remarkable success with just three sauces through a collaboration with Walmart—one of the most historic partnerships I’ve been part of. Now I see that momentum growing, and we want to be at the centre of it—making Indian food more interesting, innovative, and accessible. *Bungalow Foods* will be my biggest stamp on the American food scene.

Three things that you love about GlobalSpa.

What I love about GlobalSpa Magazine is its diversity. I’ve never seen two covers with the same energy—each one feels fresh and surprising. Secondly, it never feels like just an interview. Every conversation makes me reflect on my journey. And third, I admire the passion with which GlobalSpa tells our stories to the world. As a storyteller myself, that is truly music to my ears.

QUICK BYTES

WHAT DOES YOUR INSTAGRAM FEED LOOK LIKE?

Like an artist's

WHAT IS YOUR WELLNESS MANTRA?
Staying calm

A CHEF YOU WOULD LOVE TO COOK FOR YOU?

I am looking forward to Manish Mehrotra's new restaurant, Nisaba.

WHAT IS YOUR COMFORT FOOD?

Multigrain khichdi

THE TOP THREE FAVOURITE RESTAURANTS IN NEW YORK

Veselka, Dhamaka and Adda.

THREE ITEMS YOU WOULD ALWAYS FIND IN YOUR FRIDGE

Greek yoghurt, lots of granola, lots and lots of berries, and boiled eggs for quick, easy protein.

THE MOST MEMORABLE MEAL THAT YOU HAVE EVER COOKED

It has to be for President Obama's re-election campaign at the Rubin Museum. It was not just a meal, but it was a big statement that Indians have arrived in America.

PRESIDENT OBAMA, PRIME MINISTER MODI OR SHAH RUKH KHAN. WHO WAS IT TOUGHER TO COOK FOR?

Shah Rukh Khan, because my heart melts.

AN ABSOLUTE NO-NO FOR YOU WHEN YOU ARE COOKING

I am very particular about the oils I use.

A FOOD MEMORY THAT TAKES YOU STRAIGHT HOME

Just the smell of methi aloo.

THE TOP THREE TRAVEL DESTINATIONS

Bhutan, Mumbai, New York City

A MOMENT YOU WISH YOU COULD FREEZE

My 50th birthday. My sister gave me the greatest gift of my life, and I am standing here based on the hope and trust she had in me.

DESCRIBE YOURSELF AS A FOOD ITEM

Onion, since I am constantly finding new layers in myself.

ONE INGREDIENT OR DISH THAT DEFINES GOA FOR YOU

Kokum

YOUR CULINARY HERO

Sanjeev Kapoor. He gave me permission to be who I am.

A FOOD TREND YOU WISH WOULD DISAPPEAR FOREVER

Molecular







ASTROLOGY

2026: THE
YEAR THINGS
FINALLY
START
MAKING
SENSE

THIS IS A YEAR THAT ASKS FOR HONESTY OVER HUSTLE, ALIGNMENT
OVER AMBITION, AND CONSCIOUS CHOICE OVER AUTOPILOT LIVING.

By Siya Sood



ARIES

If you've felt contained, restless, or unusually blocked over the past year, it's not because your drive disappeared. It's because your energy has been hitting resistance on purpose.

You're built to move. To act. To initiate. But recently, forward motion without clarity has felt exhausting rather than empowering. The harder you push in the wrong direction, the more life seems to push back. That friction isn't failure. It's feedback.

In 2026 life offers deeper support for your personal growth and self-definition. Early in the year, Neptune re-enters Aries on January 26, beginning a **rare long-term transit that supports intuition, creative reinvention, and calling forth your inner vision**. This influence can help you connect more deeply with your purpose and bring imagination into action in new ways. Around February and beyond, Saturn also settles in Aries, bringing **structure and endurance to your goals**. In the second half of the year, Jupiter's move into Leo on June 29–30 brings more visible growth and encouragement. Even though this transit does not fall in your sign, **it activates the house of self-expression and creative confidence for you**. The North Node's shift into Aquarius on July 26 lends a sense of timing and connection to your wider world. Opportunities that feel aligned with your bigger vision, people who resonate with your purpose, and invitations into future-oriented communities may arrive with a **strong sense of "this feels right"** without heavy effort.



TAURUS

If the last year has made you feel unusually unsettled, protective, or quietly anxious about stability, it's because the very things you rely on for safety have been changing.

You're a sign that thrives on predictability. On knowing where you stand, what you can count on, and what you're building toward. But recently, familiar structures may have felt less reliable. Financial patterns shifted. Values evolved. Even your sense of "this works for me" may have started to wobble.

2026 doesn't rush you into change. It asks you to **redefine what security actually means now**.

2026 brings you **practical proof that change can support you**, not destabilise you. **In the first half of the year**, Jupiter moves through Cancer until **June 30, 2026**, which for Taurus (solar-sign, whole-sign) energises your **communication and day-to-day momentum**. **From June 30 onward**, Jupiter enters Leo, shifting the "luck" toward **home and emotional security**. This can look like a home upgrade, a move, a renovation, a stronger family rhythm, or simply feeling more settled inside yourself. Meanwhile, Uranus re-enters Gemini on April 25, 2026, beginning a longer phase that **shakes up how you earn, save, price yourself, and value yourself**. Finally, when the North Node enters Aquarius in July-end, the "fated" pull shifts toward **career direction and visibility**. Opportunities may arrive through mentors, institutions, or networks that help you step into a more future-aligned path.



GEMINI

If you've felt like you're shedding versions of yourself faster than you can explain them, you're not losing coherence. You're outgrowing narratives that once kept you flexible but now feel limiting.

You're a sign that adapts easily. You learn, translate, pivot, and move between worlds. But recently, that adaptability may have started to feel like fragmentation. Too many roles. Too many conversations. Too many versions of you being activated depending on who you're with.

2026 doesn't ask you to simplify your mind. It asks you to **claim authorship over your voice**.

From January through June 30, Jupiter continues through Cancer, which for you activates your solar 2nd house of **money, stability, and self-worth**. On **April 25**, Uranus moves into Gemini, beginning a **longer identity reset**. The universe tends to bring you surprises that change how you see yourself and how others read you: new roles, new aesthetics, new confidence, and fresh opportunities that arrive quickly once you stop trying to stay consistent for other people. After June 30, Jupiter enters Leo and starts feeding your solar 3rd house. Expect more movement through conversations, collaborations, writing, speaking, launches, short trips, and "right place, right time" encounters. Finally, as the North Node enters Aquarius on July 26, the year pulls you toward **bigger horizons**: study, mentors, travel, publishing, teaching, or a worldview upgrade that makes your next chapter feel meaningful, not just busy.



CANCER

If you've been feeling more sensitive than usual, more protective of your energy, or quietly tired of holding everything together, it's because **your emotional boundaries have been under review.**

You're a sign that leads with care. You sense needs before they're spoken and often become the emotional anchor for others. But recently, that role may have started to feel heavier. You may have noticed resentment where there used to be devotion, or fatigue where there used to be patience.

2026 doesn't ask you to stop caring. It asks you to **care without self-erasure.**

From now through June 30, Jupiter moves through Cancer, and it lands right on your sign. You may feel readier to make changes, put yourself first, and be recognised for who you are, not just what you do. **From June 30 onward**, Jupiter enters Leo and begins supporting your **money and stability.** This is where growth looks tangible: better earning potential, smarter financial decisions, and opportunities that strengthen your sense of worth. Then **July 26** shifts the North Node into Aquarius, which tends to open **"fated" doors around deeper intimacy and shared resources.** Support may come through a partner, an investor, a family system, or a new way of handling money and trust with others. Finally, 2026 may also bring you a new professional vision plus the structure to make it real.



LEO

If you've felt oddly hesitant about being seen, or tired of carrying a version of yourself that once brought recognition but now feels heavy, it's because **your relationship with visibility has been changing.**

You're a sign that shines naturally. You lead through presence, confidence, and creative force. But recently, attention may have felt more demanding than affirming. You may have noticed that praise doesn't land the way it used to, or that performing a role no longer brings the fulfillment it once did.

2026 asks you to **stop shining for approval and start shining from truth.**

The first half of 2026 brings you something you do not usually prioritise, but deeply need: **quiet restoration.** **Until June 30**, Jupiter is in Cancer, which for Leo (solar-sign, whole-sign) activates your 12th house. This is support that arrives behind the scenes: relief, closure, rest, healing, and help that comes at the right time. Then the energy shifts dramatically. **On June 30**, Jupiter enters Leo and begins a new cycle of growth around confidence, visibility, and personal momentum. **Opportunities to be seen, to lead, to create, and to feel proud of your presence** tend to arrive more naturally in the second half of the year. Around this same period, Uranus re-enters Gemini on **April 25**, activating your **community and network zone.** **On July 26**, the North Node moves into Aquarius, directly across from Leo. **Partnerships, clients, and significant connections can feel "timed,"** clarifying who is meant to build with you and who is not. One more background shift sets the tone: Neptune enters Aries on **January 26**, and Saturn is in Aries from **February 13.** For Leo, that energises the part of life linked to **beliefs, study, travel, and long-term vision**



VIRGO

If you've been feeling more self-critical than usual, more tired despite doing "everything right," or quietly resentful of how much you carry, it's because **your instinct to be useful has been running unchecked.**

You're a sign that takes pride in competence. You notice what's out of place and instinctively move to fix it. But recently, that strength may have turned inward. You may have found yourself scrutinizing your choices more harshly, questioning your worth, or feeling like no amount of effort is ever quite enough.

2026 asks you to **stop measuring yourself through constant correction.** It brings you something Virgo rarely receives without asking: support that arrives before you have to overwork for it.

Until June 30, Jupiter remains in Cancer, which for Virgo activates your 11th house. This is where **life sends allies.** You may find that opportunities come through people who recommend you, include you, or simply make things easier. **From June 30 onward**, Jupiter enters Leo and moves into your 12th house. This is "invisible protection" energy. It is a strong year for quietly clearing burnout patterns and letting your inner life catch up to your outer life. **On April 25**, Uranus re-enters Gemini, lighting up your 10th house of **career and reputation.** Then on **July 26**, the North Node moves into Aquarius, activating your 6th house. This is a **practical alignment point.** Finally, 2026 can also bring important developments around shared money, debt, savings plans, intimacy, and trust. The gift here is clarity.



LIBRA

If you've been feeling unusually conflicted, quietly dissatisfied in relationships, or tired of keeping the peace at your own expense, it's because harmony has started to feel performative.

You're a sign that values balance, fairness, and mutual understanding. You instinctively adjust, accommodate, and see multiple sides. But recently, compromise may have begun to feel like self-erasure. You may have noticed a growing discomfort with situations where your needs are softened, postponed, or rationalized away.

2026 doesn't ask you to choose conflict. It asks you to **choose truth over agreement**.

Until June 30, Jupiter in Cancer boosts your **career and visibility**. **From June 30 onward**, Jupiter enters Leo and begins supporting your networks and community. This is the kind of **luck that arrives through people**: introductions, collaborations, audiences, and friendships that expand what is possible. On **April 25**, Uranus re-enters Gemini and activates your 9th house, bringing surprise openings around travel, study, publishing, teaching, or a big perspective shift that changes your direction. On **July 26**, the North Node moves into Aquarius, lighting up your 5th house. In return, life pulls you back toward joy, creativity, romance, and projects that feel personally meaningful again. Background shifts add weight to relationships: **Neptune enters Aries on Jan 26 and Saturn enters Aries on Feb 13**, moving through Libra's partnership zone. The universe may bring clearer commitments, clearer endings, and connections that feel more real than performative.



SCORPIO

If you've felt more guarded than usual, more private, or quietly suspicious of where you stand with others, it's because trust has been under negotiation.

You're a sign that feels deeply and commits fully. When you give, you give all the way. But recently, you may have noticed a tightening. A tendency to hold back information, emotions, or plans. Not out of manipulation, but out of self-protection. **Something in you has been asking, Who is actually safe to let in?**

2026 doesn't force exposure. It asks you to **release control where it's no longer protecting you**.

Until June 30, Jupiter in Cancer supports expansion through your **bigger horizons**. Opportunities can come through mentors, travel, study, publishing, legal or academic milestones, and experiences that restore your faith in what you are building. **From June 30 onward**, Jupiter enters Leo and starts activating your **career and public life zone**. On **April 25**, Uranus re-enters Gemini, energising your 8th house. This can correlate with unexpected shifts in shared finances, funding, debt, or support systems, plus emotional breakthroughs that change how you relate to trust and intimacy. Then on **July 26**, the North Node enters Aquarius, highlighting your **home and foundation axis**. In return, life nudges you toward deeper inner stability, family realignments, or a more grounded sense of belonging.



SAGITTARIUS

If you've been feeling restless, disillusioned, or strangely unmotivated by goals that once excited you, it's because **your sense of direction has been asking for an update**.

You're a sign driven by possibility. You move through life guided by vision, belief, and the promise of what's next. But recently, expansion may have felt hollow. Big ideas didn't land the same way, and enthusiasm was harder to sustain. You may have started questioning not just what you're doing, but why you're doing it.

2026 doesn't ask you to dream bigger. It asks you to **dream more honestly**.

Until June 30, Jupiter in Cancer supports growth through your 8th house themes: shared money, support from others, deeper intimacy, healing, and the kind of **inner strengthening that changes your relationship with fear**. This can show up your definition of success has been under strain. as help arriving at the right time, smarter financial strategies, or emotional breakthroughs that make you feel lighter. **From June 30 onward**, as Jupiter enters Leo, the universe brings expansion through travel, study, publishing, teaching, mentors, and a bigger vision that makes life feel meaningful again. On **April 25**, Uranus re-enters Gemini and energises your 7th house of **partnerships**. Expect surprises through people: new collaborations, a relationship changing shape quickly, or a fresh kind of connection that breaks old patterns. After **July 26**, life brings momentum through conversations, local networks, writing, learning, short trips, and the right information reaching you at the right time.



CAPRICORN

If you've been feeling heavier than usual, less motivated by achievement, or quietly questioning what all your effort has been for, it's because **your definition of success has been under strain**.

You're a sign built for responsibility. You plan long-term, shoulder pressure, and keep going even when things are difficult. But recently, the rewards of that persistence may have felt thinner. Milestones didn't bring relief. Progress didn't bring satisfaction. And resting may have come with guilt rather than ease.

2026 doesn't take your ambition away. It asks you to **relieve it of unnecessary weight**.

Until June 30, Jupiter in Cancer supports growth through your **relationships and partnerships**. Life can bring helpful allies, stronger client bonds, and connections that feel more supportive and stabilising than they have in a while. **From June 30 onward**, Jupiter enters Leo and activates your 8th house. This is where **support becomes tangible**: shared resources, funding, partner income, investments, or financial strategies that help you feel less alone in carrying the load. **On April 25**, Uranus re-enters Gemini, energising your 6th house. Expect **upgrades in how you work and manage your wellbeing**. After **July 26**, you're nudged toward **stronger self-worth and money alignment**, with opportunities to earn differently, price yourself better, or build security in a more future-proof way. Finally, expect activity on the **home and foundations** front. A new vision for home or family life, plus the structure to make it real, is expected.



AQUARIUS

If you've been feeling slightly out of sync with the world around you, questioning where you belong, or rethinking the causes and communities you once felt certain about, it's because **your sense of purpose has been evolving**.

You're a sign oriented toward the future. You think in systems, ideas, and collective change. But recently, detachment may have crept in. You may have felt disillusioned with groups, institutions, or visions that once inspired you. The gap between ideals and reality has been harder to ignore.

2026 doesn't ask you to abandon your vision. It asks you to **ground it in lived connection**.

Until June 30, Jupiter in Cancer supports your **day-to-day life getting easier**. In the solar whole-sign model, Cancer is your 6th house, so the universe helps through better routines, helpful colleagues, smoother workflows, and health momentum that feels supportive rather than strict. **From June 30 onward**, Jupiter enters Leo and activates your **partnership zone**. **On April 25**, Uranus re-enters Gemini, energising your 5th house. **Life brings back play**, and it can also bring a new audience for what you make. Then on **July 26**, the North Node enters Aquarius. This is a **major personal reset**. 2026 can also bring a clearer voice, more serious learning, and ideas that finally take form in practical ways.



PISCES

If you've been feeling emotionally porous, nostalgic, or quietly pulled inward, it's because **a long chapter has been asking to close**.

You're a sign that feels across boundaries. You sense undercurrents others miss and often carry emotional material that isn't entirely yours. But recently, that sensitivity may have felt heavier. Old memories resurfaced. Fatigue lingered. You may have felt less interested in pushing forward and more compelled to pause, reflect, or withdraw.

2026 doesn't rush you into what's next. It asks you to **complete what's unfinished**.

Until June 30, Jupiter in Cancer brings more ease and joy back into your life. **From June 30 onward**, Jupiter enters Leo and starts helping your **daily life work better**. This is your 6th house, so the return is **practical**: improved routines, work flow, wellbeing momentum, and systems that make life feel less chaotic. **On April 25**, Uranus re-enters Gemini, activating your 4th house. Expect surprising shifts around **home, family, living situation, or your emotional foundation**. It can feel sudden, but it is ultimately freeing. **On July 26**, the North Node enters Aquarius, moving through your 12th house. This brings quiet protection, spiritual clarity, and timely endings that **create space for the next chapter** without you forcing it. 2026 also supports a **new relationship with money, self-worth, and values**. The universe pushes you to make your gifts real, and to build stability around what you truly believe in.

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TRANSFORMING PROFESSIONAL HAIRCARE



BEAUTY GARAGE LIMITED,
A PROFESSIONAL HAIRCARE
BRAND, REDEFINES SALON
HAIRCARE THROUGH SCIENCE-
BACKED FORMULATIONS AND
ADVANCED TECHNOLOGY.

THE BEGINNING

Founded in 2019 by entrepreneurs Mahesh Ravaria and Jigar Ravaria, Beauty Garage Limited was created with the vision of bringing high-performance, professional-grade haircare solutions to the Indian market. The brand combines a deep passion for hair health with continuous research and innovation to develop safe, effective, and technologically advanced haircare products.

THE PHILOSOPHY

Driven by a science-led approach, Beauty Garage focuses on improving both hair and scalp health through carefully developed formulations and modern treatment solutions. It also aims to empower salon professionals with products that deliver long-term health.

THE PRODUCT PORTFOLIO

Beauty Garage offers a comprehensive portfolio of over 100 SKUs across five specialised product series. The range includes shampoos, conditioners, masks, professional treatments, and styling solutions formulated with high-quality ingredients and advanced technology.

PROFESSIONAL NETWORK

Today, Beauty Garage is trusted by more than 6,000 salons across India. The company supports hair professionals through expert training programmes, technical guidance, and dedicated professional support.



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REPAIR, RESTORE, REVIVE

SHEA 18-MEA COLLAGEN THERAPY BY BEAUTY GARAGE IS AN ADVANCED IN-SALON TREATMENT DESIGNED TO REPAIR AND RESTORE DAMAGED HAIR.



AN INTRODUCTION

Shea 18-MEA Collagen Therapy by Beauty Garage, developed with a science-led approach, is an advanced in-salon hair restoration treatment designed to revive severely damaged, burnt, and over-processed hair.

THE PROMISE

It helps repair weakened hair fibres and restores lost moisture, elasticity, and overall hair health. Additionally, it also addresses structural damage within the hair fibre and helps restore strength, softness, and resilience to stressed hair.

INGREDIENTS

Hyaluronic acid enhances the hair's ability to retain moisture. Hydrolyzed Collagen works to improve hair thickness and volume while strengthening the hair structure. Vitamin E supports damage repair and helps prevent breakage.

HOW TO USE

The treatment is recommended as a course of a minimum of three sittings. It can be safely repeated every 10 days depending on the user's hair condition.

SUITABLE FOR

It is for people experiencing hair damage caused by aggressive bleaching, repeated chemical treatments, or frequent use of heat-styling tools.

VISIBLE RESULTS

It revitalizes weakened hair bonds, strengthens the hair fiber, improves elasticity and moisture retention, and restores softness and smoothness to the hair. The result is visibly healthier, stronger, and more manageable hair.

THE PRODUCT RANGE

The professional Shea 18-MEA Collagen Therapy range includes:

- **Shea Retention 18-MEA Collagen Therapy Shampoo** – A gentle cleansing formula that softens hair, strengthens the fibre, and protects hair colour.
- **Shea Retention Injector Spray** – Formulated with refined shea butter layering and keratin, this spray helps create a protective coating for smoother, healthier-looking hair.
- **Shea 18-MEA Collagen Therapy Hair Filler Treatment** – An intensive repair treatment that nourishes, strengthens, and restores damaged hair fibres using high-performance ingredients.
- **Shea Retention Hair Oil** – A lightweight, nourishing oil that enhances softness, shine, and manageability.
- **Shea Retention Therapy Cap** – Designed to enhance deep conditioning and maximise treatment absorption during the in-salon therapy process.

The range also offers a complementary home care routine that helps maintain hair health between salon visits:

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IN SPOTLIGHT HOTEL

The Other Side of GOA

AMARAANTH IN GOA DEFINES WHAT IT MEANS TO LIVE IN A 'SOPHISTICATED SUESGAUD' WAY.

Sleepy fishing villages, whitewashed Portuguese churches, paddy fields and coconut palms leaning lazily towards the sea — South Goa is where you come to slow down, once the parties and packed beaches are behind you. Tucked a short walk away from Fatrade Beach, Amaraanth is a luxury boutique hotel that perfectly captures this quieter rhythm. The property takes its name from Amaranth — a flower in Greek mythology believed never to wither.

THE STAY

You can choose from a dozen spacious suites adorned with artworks by Indian artists like Ahalya Rajendran, KP Pradeepkumar, and Dibin Thilakan. The suites are loaded with amenities and comfort. If you are travelling with a group, the Signature Suites—equipped with a king-sized bed and an ensuite with an outdoor bathtub and a private yard or balcony—work well.

The gourmet breakfast is a highlight of the stay, offering a choice between South Indian staples,



nourishing smoothie bowls, baked goodies, artisanal cheeses, charcuterie, house-made preserves, and more.

THE FOOD

Curated by Chef Ritu Dalmia, Amaraanth's food philosophy is best described as comforting yet well-travelled. At Amaraanth Kitchen, the all-day diner, the focus is on seasonal ingredients and dishes that scream comfort. The traditional Goan thalis are a must-try. The seafood version

brings together the much-loved Goan fish curry, rawa-fried prawns, while the vegetarian thali replaces meat with a flavourful mushroom and young cashew xacuti, alongside broccoli and pine nut caldin.

The bar appeases your palate with its innovative cocktails that highlight local flavours and spirits. It is here that you will understand the true concept of a contemporary bar programme, spearheaded by Pankaj Balachandran.

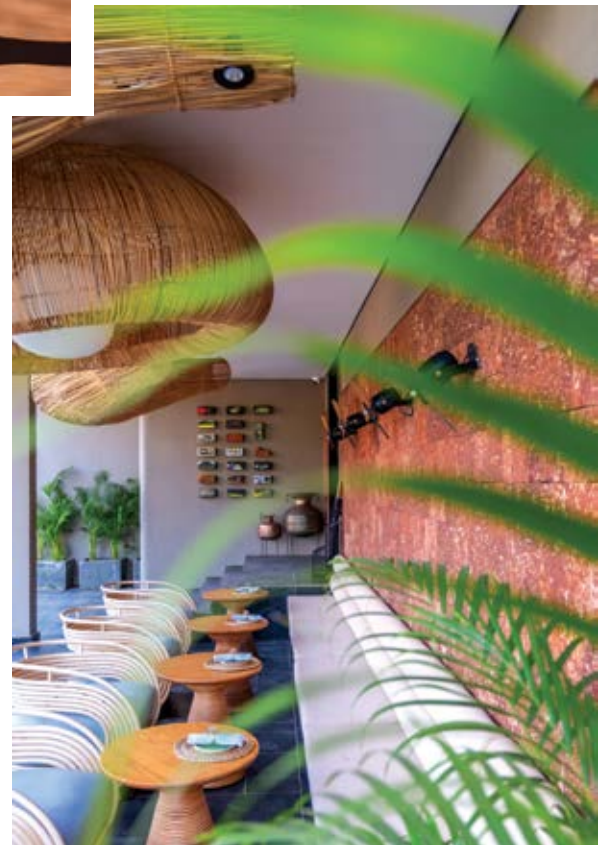
THE WELL-BEING

Apart from the sustainable design and being just a short walk from the sea, wellness here also means spending your days at The HVN – a dedicated sanctuary for holistic well-being. Among its standout offerings is the signature Hydrobed experience – treatments are carried out on a warm water mattress maintained at 38°C, allowing massages, scrubs, wraps, steams, and showers to flow seamlessly without leaving the bed. You can also swim laps in the pool, work out at the gym, begin your day with yoga, or stroll along the Reflexology Walkway.

THE EXPERIENCES

Experiences at Amaraanth are curated to reflect the spirit of Goa. A guided Feni tasting led by an expert introduces you to the history and cultural significance of the spirit. You can also participate in an immersive cocktail mixology workshop, or rediscover personal aesthetics through consciously crafted pieces from Yellow House Parra, with personalised in-suite styling sessions.

For travellers seeking Goa at its most intimate and intentional, this place understands the luxury of doing less, and doing it well.



Mindfulness Living for Rejuvenation



MODERN EXHAUSTION IS RARELY
DRAMATIC.

By Reena Sheth

Rejuvenation is often imagined as something separate from daily life — a retreat, a break, a few days meant to undo months of strain. Yet for many people, the sense of renewal gained through time away fades quickly. Within days of returning to familiar routines, fatigue resurfaces.

The issue is not a lack of rest, but the conditions to which people return.

Modern exhaustion accumulates quietly through overstimulation, fragmented attention, irregular rhythms, and the constant demand to stay mentally available. Under these conditions, recovery becomes fragile — brief but difficult to sustain.

This is where daily mindfulness practices matter. Not as an ideal or a discipline, but as a way of stabilising recovery within everyday life.

In practical terms, mindfulness is less about introspection and more about how strain is managed moment by moment. When stress is continuous and release is occasional, rejuvenation is short-lived. When release is woven into the day, recovery becomes more durable.

The body can handle effort. What it struggles with is unrelenting activation. Daily mindfulness practices interrupt this pattern not through intensity, but through regularity — small, repeatable actions that allow recovery to keep pace with modern life.

The beginning of the day offers an early example. Mornings often set the emotional and physiological tone that carries through the hours that follow. When the day starts with urgency — alarms, screens, immediate demands — the body is primed for sustained alertness. Over time, this baseline becomes difficult to lower.



Small changes here can make a meaningful difference. Waking at a consistent time, even on quieter days, gives the body predictability. Allowing a few minutes before engaging with screens reduces cognitive load before it builds. Gentle movement, quiet breathing, or simply sitting without input helps the system orient itself gradually rather than abruptly. These are not performance practices. They are stabilising ones.

What matters is not how long these moments last, but that they occur reliably.

Moving directly from one demand to the next keeps the nervous system activated, even if each task is manageable on its own. A brief pause between activities — a few slower breaths, a moment of stillness, a conscious shift of posture — signals completion before the next demand begins. These pauses act as pressure valves. Without them, stress layers quietly until fatigue feels inexplicable.

Across a full day, these micro-resets often matter more than a single long break. Sensory load is another underestimated contributor to fatigue. Continuous noise, visual clutter, screen exposure, and background information require constant processing. The mind rarely rests, even when the

body appears still. Mindfulness here does not require withdrawal from modern environments, but moderation within them. Eating without multitasking, stepping away from screens for short intervals, lowering background noise, or spending a few minutes in natural light can significantly reduce cognitive strain. Rejuvenation often arrives not by adding something restorative, but by removing what is unnecessarily depleting.

These ideas are frequently framed as contemporary solutions, yet they echo much older understandings of wellbeing. Long before mindfulness became a modern concept, cultures around the world embedded recovery into daily life through rhythm, repetition, and restraint.

In Ayurveda, *dinacharya* offered a straightforward logic for living: waking, eating, moving, and resting at consistent times so balance could be maintained before exhaustion emerged. Japanese traditions placed value on attentiveness and moderation, recognising that pause, space, and timing were as important as action itself. Monastic communities organised life around repetition and regulated time, reducing mental noise through predictability. Indigenous practices aligned daily activity with environmental and seasonal cycles, allowing periods of effort and rest to follow natural patterns.

What unites these systems is not ideology but practicality. They recognised that recovery works best when it is built into ordinary life, not reserved for moments of crisis.

Evenings reveal how easily rejuvenation can be undermined. Many people carry the cognitive pace of the day straight into the night. Screens, conversations, and unresolved thoughts keep the nervous system active long after the body has stopped moving. Sleep may still occur, but its quality is often compromised.

Mindful evening practices are less about strict routines and more about signalling safety and closure. Familiar, repeated cues — dimmer light, reduced stimulation, gentle movement, or quiet reflection — help the body disengage from alertness. Over time, these signals become reliable prompts for recovery. The body learns when effort ends and restoration begins.

One of the most persistent misconceptions about mindfulness is that it requires effort, discipline, or added time. In practice, its effectiveness lies in making recovery easier, not harder. When practices are simple and integrated into existing routines, they reduce decision-making rather than add to it. This is when mindfulness stops feeling like another responsibility and starts functioning as support.

Consistency has greater impact than intention. Short practices repeated daily are more effective than longer practices done intermittently. Over time, this reduces baseline fatigue, stabilises energy levels, and lowers reactivity.

Daily practices do not eliminate stress. They limit its accumulation and support ongoing recovery.

Given the persistence of modern stress, rejuvenation must also be continuous and integrated into everyday life rather than treated as an occasional intervention.



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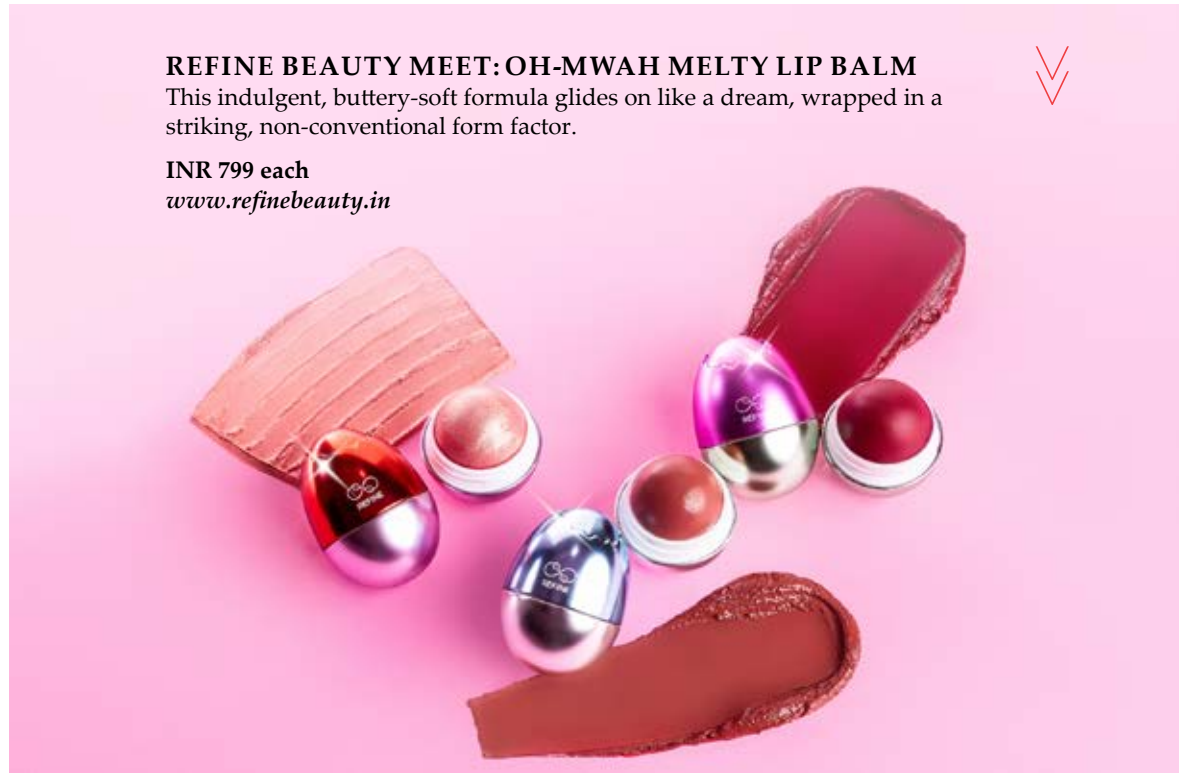




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SMALLER BITES, BOLD FLAVOURS

FIVE RESTAURANTS IN ASIA FOR MUST-TRY TASTING MENUS.

By Rupali Dean

Menus can feel like a mind game: so many choices, so little stomach space. Enter the tasting menu, a cheat code for indecision.



LE DU, BANGKOK

Le Du, meaning 'season' in Thai, is where tradition meets creativity, and Thai cuisine gets a bold, modern makeover. Helmed by Chef Thitid 'Ton' Tassanakajohn (a youthful, cherubic, culinary prodigy with hair that deserves its own fan club), the restaurant has climbed onto Asia's 50 Best list, turning skeptics into loyal devotees. Le Du's tasting menu, offered in four or six courses, comes with a playful illustrated card, letting diners track each dish like clues on a treasure hunt. The first act begins with four amuse bouches that set a sky-high standard. The showstopper, though? The Thai River Prawn, a dish so perfectly executed it justifies its price tag with every bite. Here, Thai flavours and seasonal ingredients take centre stage, but dressed up

in subtle, modern twists that never feel forced. Le Du doesn't aim to shock; it invites you to rediscover. Ton's approach is all about finesse, simple, thoughtful, and utterly unforgettable.



LOCA NIRU, SINGAPORE

Stepping in feels like entering a culinary wonderland where Singapore's flavours collide with Japanese precision. Situated in the elegantly restored House of Tan Yeok Nee, this fine-dining spot is Chef Shusuke Kubota's latest masterpiece, following his time at Omakase @ Stevens. Forget tired clichés like chili crab pizza, Chef Kubota's eight-course menu dives deep into local ingredients, blending them with skill and unexpected creativity. Take the crunchy frog sausage wrapped in golden, crispy kadaif, a noodle-like pastry that crackles with the first bite. But the true star? A curry leaf aioli so bold and zesty, it commands attention. The showstopper, though, is the Isaki fish. Its skin is crisped to perfection through a meticulous brining and drying process, but what makes it unforgettable is the Nyonya Beurre Blanc, a reinvented French sauce infused with ginger flower, lemongrass, and gula



Melaka. Don't skip Chef Kubota's buah keluak roll, soft, smoky, and perfect for soaking up every last drop of that sauce.





SELECTION BY DU, SHANGHAI

Nestled in the heart of Shanghai's bustling Bund business district, Selection by Du redefines traditional Chaoshan dining for the modern era. The expansive space features eight private river-view rooms and a scenic terrace, framed beautifully against the iconic skyline. The restaurant's culinary philosophy is a celebration of elevated Chaoshan flavours with a contemporary twist. Signature dishes like braised fish maw paired with shrimp stuffed rigatoni and Puning tofu elegantly crowned with caviar

are perfect examples of tradition meeting creativity. The focus on premium ingredients from around the world adds a refined touch to this modern take on Chaozhou cuisine. Guests are guaranteed an authentic yet surprising dining experience that evokes the nostalgic warmth of a family gathering, albeit with gourmet finesse. Recommendations go all out for the six-flavoured appetizer, an artful display of textures and tastes, followed by the exquisite desserts crafted by a talented French pastry chef.



SUHRING, BANGKOK



Run by German twin brothers Thomas and Mathias Sühring, this place is as unique as their journey, trading Berlin for Thailand 16 years ago and never looking back. Now, they helm the 'only' German Michelin three-star restaurant outside Germany,

and it's both casual and refined in unexpected ways. The restaurant feels more like someone's home than a Michelin-starred spot. The building's quirky layout—a mix of snug rooms, stairs leading to hidden dining spaces, and even kitchen-side seating—makes you



TRESIND, DUBAI

When 'Trèsind Studio' snagged its first Michelin star in 2022, it felt like Indian cuisine was finally stepping onto the global red carpet. Two years later, Chef Himanshu Saini has gone from "one to watch" to making history with a dazzling three-star rating, becoming the first Indian restaurant globally to clinch this culinary trifecta. Let that sink in: this 20-seater on Dubai's Palm Jumeirah isn't just

setting the standard; it's rewriting it. Trèsind Studio's latest tasting menu, 'Rising India', is one part history lesson, one part edible art gallery. Each dish dives deep into the nation's vibrant culinary traditions, only to resurface as something wildly imaginative. Think 'scallop with Guntur chilli sambal', or a slightly mind-bending 'white asparagus' 'rice no rice,' steeped in a pandan curry.



feel like you've stumbled into an old, charming house party. Choose the kitchen counter, where you can watch the chefs focused but never flustered, plating dishes with the precision of watchmakers. The menu is a single tasting menu, but they adapt it seamlessly to your preferences. We went all in with the seven courses and couldn't resist sharing buttery Spätzle topped with white Alba truffles and upgrading to silky Japanese A5 wagyu.





NATURE'S BOUNTY

THE CRIMSON CURE

THE MINERAL-DENSE BEETROOT
RESTORES BALANCE, RESILIENCE,
AND NATURAL VITALITY.

By Pranjali Shah



A domestic descendant of a wild seashore plant around the Mediterranean region, the beetroot was used for its rich colour and medicinal properties before being hailed as an epicurean ingredient. The leaves of the native wild beet were eaten, while its skinny root was used medicinally. It was only after centuries of domestication and cultivation that it acquired the sweet, bulbous properties it is known for today. However, once it permeated the culinary sphere, its usage widened as its popularity spread around the world. Today, this taproot is an integral part of varied cuisines.

Beetroot's history as a medicinal root before it joined mainstream gastronomy as a vegetable is a testament to its rich nutritional profile. While it is famous for its rich iron content, beetroot is also abundant in magnesium, phosphorus, potassium and manganese, all essential for good health. It is particularly rich in folate, also known as





APPLE BEETROOT JUICE

Blend a beetroot, an apple and a carrot each, along with a small piece of ginger, in a juicer or a blender. Add water if required. Serve with ice for a refreshing summer drink.

BEETROOT KORMA BY INDIAN VEGGIE DELIGHT

Grind together $\frac{1}{4}$ cup grated coconut, 6–8 cashews and a 1-inch cinnamon stick into a smooth paste, then sauté it with 2 tablespoons oil, 1 cup chopped onion, $\frac{1}{2}$ cup chopped tomato and 1 tablespoon ginger-garlic paste. Add 2 chopped beetroots along with $\frac{1}{2}$ tablespoon red chilli powder, 1 teaspoon coriander, $\frac{1}{2}$ teaspoon jeera powder, salt, and about $\frac{1}{2}$ cup water (if required), then pressure-cook for 5 minutes. Finish with 1 tablespoon lime juice and chopped coriander before serving with your choice of bread or rice for a fulfilling, healthy meal.



BEETROOT FACE PACK

Extract the juice from 1 small beetroot and mix it with 2 tablespoons of yoghurt or curd to make a smooth paste. Apply to the face and neck, and let it sit for 15-20 minutes before rinsing off with lukewarm water to reduce tan, and exfoliate and brighten the skin.

GROWTH BOOSTING HAIR MASK BY SATTWA

Blend a medium-sized beetroot with 2 tablespoons of coconut oil and 1 tablespoon of aloe vera. Apply it to your scalp and hair, from the roots to the tips and leave it in for 30-40 minutes. Wash with a mild shampoo. The antioxidants and minerals present in beetroots counteract hair fall and improve blood circulation, leading to smoother and healthier hair.

Its iron content aids in oxygen transport to the scalp, which is essential for reducing hair thinning associated with deficiency. At the same time, folate supports healthy cell division at the root. Beetroot's antioxidants help counter oxidative stress that can weaken follicles. Its potassium and magnesium contribute to maintaining a balanced moisture level and promoting scalp health, thereby supporting hair that grows thicker, more resilient, and less prone to breakage.

In a wellness landscape crowded with quick fixes and fleeting trends, beetroot stands apart in its simplicity. Grounded, mineral-rich and unapologetically earthy, it restores rather than overstimulates—working quietly through circulation, cellular repair and sustained nourishment. However, like all potent ingredients, beetroot rewards moderation, since its benefits are the most effective when its intake is modest.

vitamin B9, which promotes cell growth, along with vitamins A, C, and K. Its crimson colour results from betalain, known for its antioxidant properties. The nitrate present in it is equally beneficial for the body. Lastly, its rich fibre content, owing to its characteristics as a root, supports gut health and digestion.

FOUNDATIONAL HEALTH SUPPORTER

Abundant in colour and sweetness, the beetroot sustains the body just as a root sustains its plant. It is most known for folate, which is essential for cell repair and maintenance, as well as promoting tissue growth. The nitrates present in palpable quantities are used by the body to produce nitric acid, which is essential for expanding blood vessels, improving blood flow, and enhancing overall cardiovascular health. Beetroots are also high in antioxidants, particularly betalains, which aid in reducing inflammation and oxidative stress. Add to this a solid dose of fibre, vitamins and essential minerals, and beetroot becomes as beneficial for digestion and liver health as it is for sustained energy and overall vitality.

NUTRIENT-ROOTED APPROACH TO RADIANCE

Beetroot benefits the skin primarily by supporting cellular repair and detoxification. Its betalain pigments help neutralise free radicals that trigger pigmentation and dullness, while naturally occurring nitrates improve micro-circulation, delivering oxygen and nutrients to skin cells more efficiently. Beetroot's high folate content supports DNA repair and cell turnover, which can aid in reducing breakouts and uneven texture. It also provides essential minerals, such as iron, potassium, and magnesium, which help support oxygen delivery, maintain skin hydration, and regulate stress responses that often manifest on the skin. Together, these actions help strengthen the skin barrier, promote a clearer complexion and restore a healthy, flushed vitality rather than a surface-level glow.

CIRCULATION-LED HAIR REINFORCER

Beetroot supports hair health by improving scalp circulation and nutrient delivery to hair follicles, creating conditions that favour stronger growth.



RECIPES

CRUNCH & CRUNCH

WHETHER YOU LOVE YOUR SALAD WITH A FRUITY TWIST OR A CRUNCHY NACHO KICK, TAKE YOUR PICK FROM THE DELICIOUS RECIPES BELOW.



PECAN, ROASTED BLUEBERRY & RICOTTA TOAST

By Kavita Devgan, on behalf of American Pecans

INGREDIENTS:

- Whole-grain bread slices
- Fresh ricotta cheese
- Roasted blueberries
- Chopped pecans

TO ROAST PECANS:

- 2¼ cups raw pecan halves
- 2 tbsp olive oil or pecan oil
- 1 tbsp sea salt

METHOD FOR ROASTING PECANS:

- Preheat the oven to 150°C (300°F).
 - Spread pecans on a baking tray and roast for 15 minutes.
 - Toss with oil and salt, return to the oven for another 20 minutes.
- Cool completely before storing.

METHOD FOR TOAST:

- Toast bread until crisp.
- Spread a generous layer of ricotta.
- Top with roasted blueberries and pecans.
- Drizzle lightly with honey if needed.



CHARRED PINEAPPLE & SALTY AGED CHEDDAR

By Chef Salim, Ashve 351, an in-house restaurant for Palma Beach Resort in Goa

INGREDIENTS:

- 1 piece of the sweetest and ripest pineapple you can find
- 200 gm aged yellow cheddar
- Mathri Sticks

TO MARINADE:

- 1.5 tbsp ginger garlic paste
- ¼ tbsp turmeric
- 1.5 tbsp fresh deep roasted cumin powder
- 1 tbsp coriander powder
- 25 gm Kashmiri chilli paste else
- 1.5 tbsp Kashmiri chilli powder as a substitute to the paste
- 2 tbsp malt vinegar/ fresh lime juice
- 125 gm hung curd
- 5 tbsp mustard oil
- ¼ tbsp black pepper
- ½ tbsp black salt/ kaala namak
- Additional salt to taste

METHOD FOR ROAST PECANS:

- Peel, core, and slice the pineapple. This dish really blossoms when the pineapple is ripe, juicy, and at its sweetest.
- Whisk all the balanced ingredients. Sprinkle some salt all over the pineapple and keep for 30 minutes. It will ooze moisture, so hold in on a perforated tray. Post 30 minutes dry, wipe this and then apply the whisked marinade all over the pineapple slices and allow at least 1-2 hours to marry the flavours. The mustard oil will work its magic.
- Skewer the slice carefully and ideally cook over a hibachi, tandoor or a char boiler for about 8 minutes until it has a medium char.
- Drizzle with some oil for a glaze, top with cubes of aged cheddar. Garnish with mathri sticks.



EVENTS

PEAKLIFE gourmet awards 2025

THE PEAKLIFE GOURMET AWARDS, IN GOA, BROUGHT TOGETHER INDIA'S BEST CHEFS, RESTAURANTS, AND CULINARY ENTHUSIASTS.





Held against Goa's coastal backdrop, the PEAKLIFE Gourmet Awards 2025 were hosted at JW Marriott Goa on January 8, 2026. The annual awards celebrated India's leading restaurants, bars and beverage brands, while also highlighting Goa's growing stature as a destination for food-focused travel and luxury hospitality.

The awards brought together chefs, restaurateurs, hospitality professionals and industry stakeholders from across the country, including culinary stalwarts such as Chef Vikas Khanna, Food critic Rashmi Uday Singh, Chef Ajay Chopra, Chef Rohan Dsouza, Chef Avinash Martins, and restaurateur Gauri Devidayal and Zorawar Karla, among others, to recognise excellence in dining experiences shaping India's evolving food and beverage landscape.

The PEAKLIFE Gourmet Awards 2025 were supported by a strong lineup of partners, including Goa Tourism as Destination Partner, JW Marriott Goa as Hospitality Partner, Zeeba Basmati Rice as Culinary Partner, and Radico as Pouring Partner. Their association played a key role in bringing together the culinary community for an evening dedicated to excellence.

The PEAKLIFE Gourmet Awards 2025 honoured winners across 78 categories, including favourite restaurants, cocktail bars, new openings of the year, brunch destinations, cloud kitchens and beverage brands. The awards included a mix of hotels as well as standalone favourites, spotlighting consistency, innovation and strong consumer connect within the industry.

The evening also saw strong representation from Goa's culinary community, underscoring the state's growing influence on India's dining





narrative. Acclaimed chef Avinash Martins, whose restaurant Cavatina continues to shape contemporary Goan dining, was among the prominent names present, alongside restaurateurs, hospitality leaders and members of the local food community.

SPECIAL HONOURS OF THE EVENING

One of the evening's most significant moments was the presentation of the PEAKLIFE Gourmet Award for Cultural and Culinary Ambassador to Chef Vikas Khanna, recognising his contribution to showcasing Indian cuisine and culture on a global platform. Accepting the honour, the Michelin-starred chef revealed, "This is my first award in India, and I am truly honoured to receive it." "To be recognised at home by a platform like PEAKLIFE, which consistently celebrates the spirit of Indian gastronomy, makes this moment especially meaningful for me," he added.

Another key highlight was the recognition of Zorawar Kalra, who received the award for The Mastermind Behind India's Evolving Food Scene. While accepting the honour, Kalra emphasised the importance of acknowledging the collective effort required to run successful restaurants—from service teams and kitchen staff to housekeeping.

Rashmi Uday Singh was honoured with the PEAKLIFE Gourmet Award for Gastronomy Game-Changer, acknowledging her influence on India's dining discourse through writing, criticism and advocacy. Adding a meaningful dimension to the evening, she also presented the Hospitality HOPE Awards, led by her non-profit initiative, Hospitality Hope. These awards celebrated family-run, value-driven eateries, and

this year's winners were: Longuinhos, Cafe Tato, Spice Goa, and Doda Atelier.

UNVEILING OF THE PEAKLIFE GOURMET ISSUE

A standout moment of the evening was the unveiling of the PEAKLIFE Gourmet Issue, which celebrates the chefs and changemakers shaping contemporary Indian gastronomy. The cover, featuring Chef Ajay Chopra, Chef Rohan D'Souza, Chef Suvir Saran, Guntas Sethi and Rakhee Vaswani, was unveiled by Chef Ajay Chopra and Chef Rohan D'Souza, Rashmi Uday Singh, Parineeta Sethi (Chief Editor PEAKLIFE), Abhinav Kaushal (CEO, PEAKLIFE), and Shilpi Madan (Managing Editor, PEAKLIFE).

"Goa is where my culinary journey began, and I feel so happy to unveil this cover in Goa – my first cover," said Chef Ajay Chopra.

"It feels special to be part of the PEAKLIFE Gourmet Issue at a time when Indian dining is evolving so rapidly," said Chef Rohan D'Souza. "And I am really excited to be here in Goa and unveil the cover."

AN EVENING OF CULINARY EXCHANGE

Hosted at JW Marriott Goa, the awards unfolded in a relaxed yet refined setting, with curated food and beverage experiences complementing the celebrations. With its 2025 edition held in Goa, the PEAKLIFE Gourmet Awards reaffirmed their position as a platform that celebrates India's diverse culinary voices—spotlighting the restaurants, bars and brands shaping how the country eats, drinks and experiences hospitality today.







BY INVITE

CELEBRATING VISION LEADERSHIP AND IMPACT

THE PEAKLIFE WOMEN INSPIRE 2026 WAS A CELEBRATION AND A NOD TO THE EXCEPTIONAL WOMEN WHO ARE DOING IT ALL WHILE WORKING TOWARD A BETTER WORLD AND MAKING A DIFFERENCE.

"Like a Rose she blooms amidst adversity; her thorns a reminder of her strength and resilience."

It was in celebration of this very spirit that the PEAKLIFE Women Inspire Awards 2026 brought together an inspiring gathering of trailblazing women at Andaz Delhi by Hyatt.

The evening brought together an exceptional gathering of leaders from the worlds of business, wellness, hospitality, fashion, sports, entrepreneurship, and social impact. The

platform has been envisioned by Parineeta Sethi, Chief Editor at Pinnacle Connect LLP, publisher of GlobalSpa and PEAKLIFE. Through this initiative, she continues her commitment to recognising powerful stories of ambition, innovation, and meaningful influence.

The evening was made possible with the support of valued partners. Andaz Delhi by Hyatt hosted the celebration as the Hospitality Partner, offering its signature blend of contemporary luxury and warm hospitality. The event was further supported



by Beauty Garage as the Hair Care Partner, a brand known for championing professional hair care and empowering confidence through healthy, beautiful hair.

The PEAKLIFE Women Inspire Awards honoured a distinguished group of women achievers, including leaders who are shaping global wellness, redefining fashion, advancing sustainability, strengthening tourism ties, championing entrepreneurship, and empowering communities.





Among those recognised were Aashica Khanna, Executive Director of Ananda in the Himalayas; Darshana Gajare, Head of Sustainability at Reliance Brands Limited; Sharmilee Agrawal Kapur, Founder-Director of Atmantan Wellness Centre; Dr Chiranjiv Chhabra, Founder of Alive Wellness Clinics; and Stuti Jalan, Founder of the Women Inspiring Network.

From fashion and entrepreneurship to hospitality and finance, the list of awardees also included Swati Bhargava, Co-Founder of CashKaro and EarnKaro; Sonal Holland, India's first Master of Wine; Neha Nagar, Finance Educator and Digital Creator; Supriya Paul, Co-Founder and CEO of Josh Talks; and Natalia Jimmy Mistry, Director of the Della Group.

The evening further celebrated achievements across sectors with honours presented to Kavita Devgan, renowned nutritionist and author; Akanksha Lamba, Co-Founder and Senior Vice President of Operations at The Postcard Hotel; Christine Mukharji, Representative of the Austrian National Tourist Office in India; Sheema Vohra, MD of Sartha Global Marketing; Radhika Ghai, Founder of Kindlife; and Navkirat Sodhi, writer and performer whose powerful storytelling reflects resilience and healing.

Throughout the evening, awardees shared personal insights from their journeys – offering thoughtful reflections on leadership, resilience, entrepreneurship, and the evolving role of women across industries.

The PEAKLIFE Women Inspire Awards concluded on a powerful note, reaffirming that progress is built by women who challenge convention, lead with conviction, and continue to create meaningful change. Through recognition, dialogue, and shared experiences, PEAKLIFE continues to champion women who break barriers, redefine industries, and inspire communities. Because when women are empowered, they don't just change their own lives—they shape the future of generations to come.







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ELE|NA, the award-winning wellness brand of Atmosphere Core, is proud to announce its signature immersive retreat, 'The Art of Graceful Change,' taking place from June 4 to 8, 2026, at the vibrant OBLU XPERIENCE Ailafushi in the Maldives. This five-day sanctuary is designed specifically for women navigating the complexities of perimenopause and menopause—whether naturally occurring or medically induced. By blending science-led education with restorative therapies, ELE|NA aims to transform a period often defined by uncertainty into a masterclass in longevity and self-mastery.

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Understanding the “why” behind physiological shifts.

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- Gut Health & Sustainable Nutrition: Science-backed dietary strategies for inflammatory balance.
- Strength & Mobility: Specialized movement patterns designed for bone density and longevity.
- Emotional Resilience: Workshops on identity evolution and leadership through transition.

Alongside personalised science, The Art of Graceful Change integrates breathwork,

restorative movement, Traditional Chinese Medicine, and guided reflection, recognising menopause not just as a hormonal shift, but as an opportunity to recalibrate and deepen one’s relationship with self.

Aligning this retreat with a broader global mission, ELE|NA reinforces that wellness is not a luxury, but a fundamental right to understand and support one’s body through every stage of life.

The Art of Graceful Change

When: June 4 to 8, 2026

Where: OBLU XPERIENCE Ailafushi, Maldives

www.ele-na.com/menopause-retreat

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