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## Rejuvenate at these wellness retreats in India once the curfew lifts

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The second wave of coronavirus in India is calling all the shots this time. Which means staying at home, wearing masks, and sanitising is a must. Amid the rising cases in the country and the imposed curfew in different states, one can only hope for a better tomorrow. In the interim, we made a list of the wellness retreats in India that you can visit once the curfew lifts.

### Soukya Holistic Health Centre, Bengaluru



Soukya Holistic Health Centre claims to be the world's first holistic health centre. Its website features pictures of dignitaries and celebrities that once partake in wellness treatments and therapies. Nestled on a 30-acre organic farm, with over 300 medicinal plants & herbs at their medicinal garden, Soukya is a healing sanctuary that exudes calm and natural serenity. They practice an integrative treatment approach featuring Ayurveda, homoeopathy, yoga & naturopathy, and other complementary therapies.