

[Destinations](#)[Australia](#)[Experiences](#)[Planning](#)[Reviews](#)[Deals](#)[Cruises](#)[Podcast](#)[Home](#) > [Travel Experiences](#) > [Wellness](#)

## World's best hotel spas and spa retreats: The top 25 places for rest and relaxation

*Suzanne Duckett*

### Soukya, Bangalore, India

This holistic health centre on the outskirts of Bangalore – the first of its kind in the world and the brainchild of guru-to-the stars Dr Issac Mathai – offers oily Ayurvedic massage and more intensive purging treatments, as well as hydrotherapy and naturopathy using herbs from its tropical garden. The Duchess of Cornwall counts it among her favourite spa hotels. Soukya is not remotely luxe, but some of the comfy, shabby-chic rooms do have outdoor showers, and all have a private garden. Double rooms from \$A262, full-board, including twice-daily yoga.

*Suzanne Duckett* | Feb 22 2016