

# VOGUE

INDIA

JAN  
2017  
₹150

MEET  
FASHION'S  
ODDEST  
COUPLES

THE  
VOGUEATHON  
CHALLENGE

How 22  
participants  
got into the  
best shape  
of their lives



BEYONCÉ

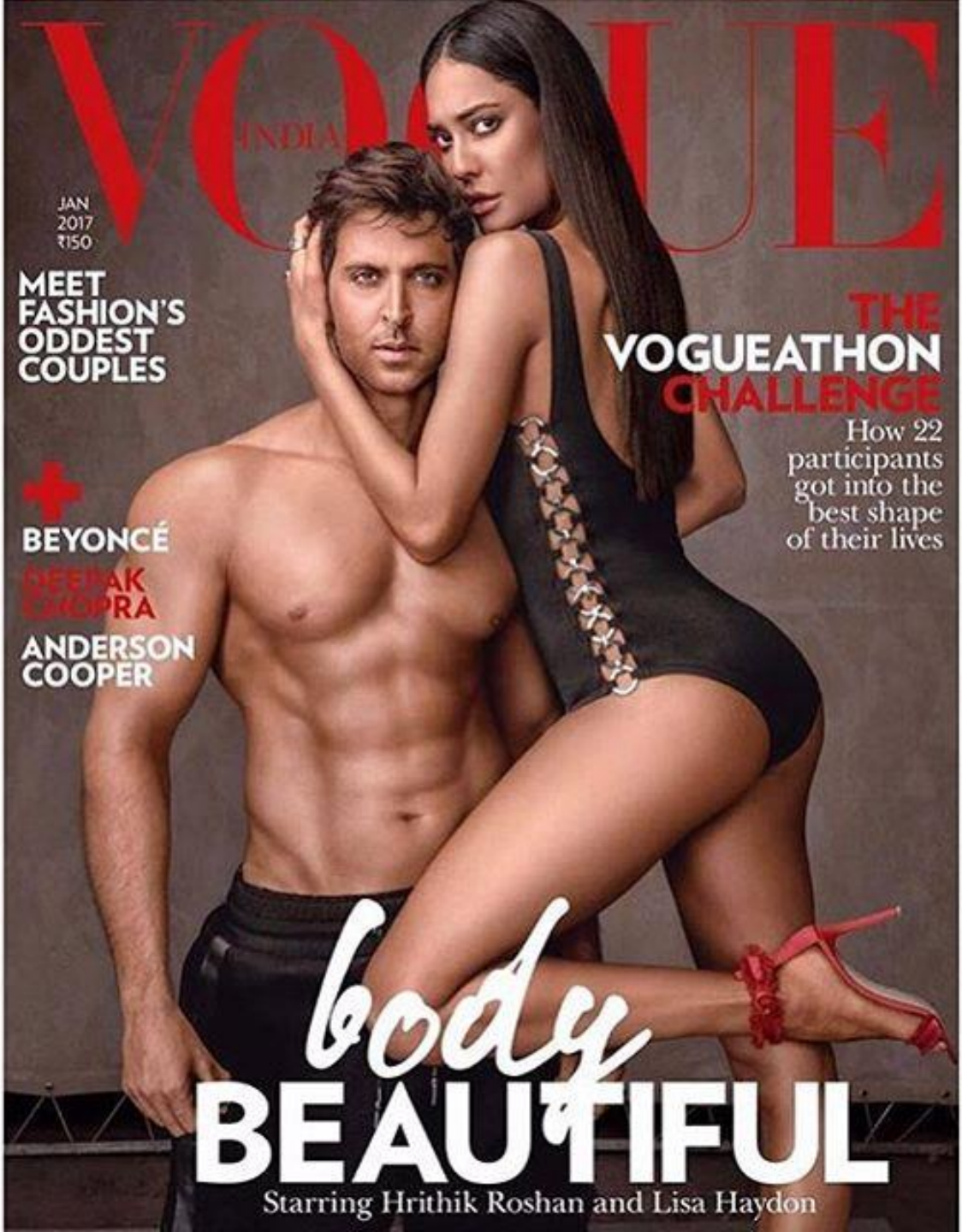
DEEPAK  
CHOPRA

ANDERSON  
COOPER

*body*

BEAUTIFUL

Starring Hrithik Roshan and Lisa Haydon



► MASHPI LODGE, ECUADOR

Set in the heart of the Ecuadorian cloud forest, Mashpi Lodge is a glass-front sustainable luxury resort right in the lap of nature. The surrounding Mashpi Rainforest Biodiversity Reserve is teeming with wildlife and the resort offers guided excursions.

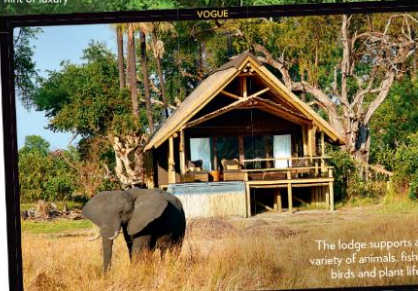
A fun way to experience the forest canopy up close is to rent the Sky Bike and pedal your way along a cable stretched between two points in the forest, 655 feet apart. Or, take the resort's newly introduced rainforest gondola, the Dragonfly, for a two-hour journey through the forest, with pitstops at waterfalls and swimming holes. In the lodge's wellness area, soak in the wooden hot tub while taking in forest views or head into the rainforest for waterfall baths and open-air massages with bamboo sticks and indigenous herbs. [Mashpilodge.com](http://Mashpilodge.com)



Mashpi Lodge offers the goodness of nature with a hint of luxury

**BEST FOR ADVENTURE**

Sign up for an adrenaline-fuelled holiday that includes hiking and horseback safaris

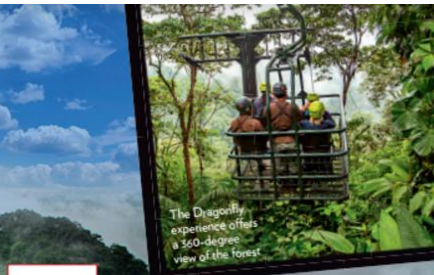


The lodge supports a variety of animals, fishy beds and plant life

◀ BELMOND EAGLE ISLAND LODGE, BOTSWANA

The luxury Belmond Eagle Island Lodge, located on a private island in the heart of Botswana's Okavango Delta, gives you a glimpse of the world's last true remaining wilderness through their recently launched unique helicopter and horseback safaris. Adventure and wildlife lovers will find these sky-and-earth safaris exhilarating—step into the open-sided helicopter at sunrise and get a birds-eye view of the magnificent delta landscape teeming with game, then jump on horseback to ride among the mighty beasts themselves. Later, head out in the lakelands in a typical mokoro canoe, or simply unwind at your private rim-flo plunge pool. [Belmondsafaris.com](http://Belmondsafaris.com)

Holidays are no longer about sightseeing (hello, we are all travellers-not-tourists!) and gorging yourself silly. We are increasingly looking at maintaining our healthy lifestyle even while on vacation—chia bowls for breakfast, AcroYoga by the infinity pool, and a herbal bath to end the day. Whether you're looking for a detox regimen, adventure activities or a more holistic wellness experience, these upscale downtime destinations tick all the right boxes.



The Dragonfly experience offers a 360-degree view of the forest

TRAVEL

**BEATING RETREAT**

Reclaim yourself with these health-inspired holiday ideas from around the world. Travel writer PRACHI JOSHI shows us how to usher in the New Year with luxe experiences that will leave you feeling rejuvenated



**BEST FOR DETOX**

Covering spacations and purifying Michelin-starred cuisine, these destinations provide the detox you need

For a relaxing detox experience, head to the property's Finnish Sauna arena



The yoga ritual educates you on the right posture and breathing techniques

▲ SONEVA FUSHI, MALDIVES

Nestled in the UNESCO Biosphere Reserve of Baa Atoll in the Maldives, Soneva Fushi is an award-winning resort that combines detox therapies with barefoot luxury. In the peaceful environs of the Six Senses Spa located inside the island's natural beachfront jungle, experience the Yogic Detox programme, which uses the techniques of hatha yoga to cleanse the internal organs and achieve harmony within the body. Indulge in their signature facial that moisturises and improves your skin tone, or in their stress-relieving massage. Nourish your body with a specially prepared cuisine that sources produce from the resort's very own organic garden. [Soneva.com/soneva-fushi](http://Soneva.com/soneva-fushi)



Farm-to-table fare can be sampled at the resort

**BEST FOR HOLISTIC WELLNESS**

Set amidst nature's bounty, these wellness escapes help you find a balance with their alternative therapies covering sound healing, mystic massages and more

► KEEMALA PHUKET, THAILAND

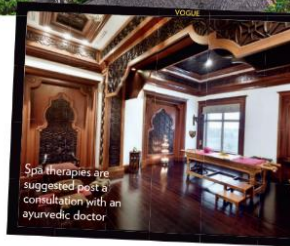
The one-year-old Keemala Phuket offers an enchanting, all-pool setting for a bit of R&R. The retreat offers traditional therapies as well as yoga, Pilates and meditation. The resort also receives regular visits from world-renowned practitioners who specialise in holistic and alternative therapies, including sound healing, shiatsu, traditional Chinese medicine, Mayan massage, vibrational attunement, Maori healing and more. We recommend the Integrative Thai Bodywork therapy with the holistic therapist Nok Cholatee, which includes a traditional Thai massage, Chi Nei Tsang (Taoist abdominal massage), acupressure, chakra balancing, pranic healing and more. [Keemala.com](http://Keemala.com)



Hidden in the rainforest of Kantala, the resort overlooks the Andaman Sea

► ITC GRAND BHARAT, INDIA

The all-suite ITC Grand Bharat in Gurgaon is a sanctuary for holistic wellbeing. The hotel's internationally acclaimed spa, Kaya Kalp, is housed on a dedicated floor of the main palace building. Indulge in a customised therapy package that includes an array of mystic massages, exotic body treatments using natural products, yoga and guided meditation. The Swasthya Cuisine experience includes a combination of foods designed to promote wellness and to restore and energise you. [Icthotels.in/itcgrandbharat](http://Icthotels.in/itcgrandbharat)



Spa therapies are suggested post a consultation with an ayurvedic doctor