

TRAVEL

# Peak Royal: The glamorous global hotels the Royal Family approve of

*From decadent palaces visited by Marie Antoinette to the Arcadian beach resorts safe from prying eyes, here's where royals – past and present – go to get away from it all*



by DELILAH KHOMO

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## Soukya, India

Few places in the world can be as nurturing as Dr. Mathai's International Holistic Health Centre in Bangalore, an oasis of birdsong, rippling water and shaded verandas at this 30-acre organic farm, where the Duchess of Cornwall brought the Prince of Wales for a six-day programme last year. Here they also helped plant champa, a medicinal plant, tried the spa's impressive organic vegetarian menu (here most of the food is grown on site), and experienced Dr Mathai's seriously impressive and extensive treatment programme. The Duchess of Cornwall is a devotee of SOUKYA, a place that delivers serious results for medical problems, general rejuvenation and an intense detox. For those seeking AAA: ayurveda, astrology and acupuncture, it is nirvana. [soukya.com](http://soukya.com)