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The world's best hotels for spa breaks


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By **Telegraph Travel**

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Soukya

Bangalore, Karnataka, India

7/10 Telegraph expert rating

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.

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£153 per night

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