

TRIP & TIPS - HOW TO DO

Top Wellness Resorts to Visit in India



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5. Soukya -Bengaluru in India

Sokiya Holistic Healthcare Center is known for its fusion treatment of several different practices including Ayurveda, Homeopathy, Naturopathy, Yoga, and complementary therapies. Medical conditions are not only treated here but special attention is paid to early intervention and prevention measures through a range of medical programs.

The specialist team at Soukya does not believe in 'One Fit for All' rather they emphasize personalized medicine and custom care routines. Rejuvenation, Detoxication, Anti-aging therapy, and de-addiction programs are there to help out their worthy customers in regaining their physical and mental wellbeing. Treatment of complex medical conditions such as cancer is also offered at Soukya.

The products used at Soukya are completely herbal & organic prepared from over 300 medicinal plant species coming straight from their organic garden. No smoking-No alcohol, the environment is clean and fresh to breathe. Soukya has won several awards and has been featured by Forbes which reflects the trust of the International market in Soukya among all other wellness resorts in India.