



The entrance to Rejuve Spa  
has a traditional architectural  
dome with Kerala tiles

# SPA ESCAPE

Rejuve Spa at the LaLit Resort and Spa, Bekal in north Kerala will leave you with a heightened sense of well-being.

**Text and photos by Bindu Gopal Rao**

A SPA EXPERIENCE IS REJUVENATING and refreshing, and when a spa is set amidst 26 acres of virgin landscape interspersed with lagoons, a river and the ocean, the experience becomes elevated to another level altogether. If you are wondering where you can experience this bliss, head to Rejuve at The LaLit Resort & Spa in Bekal, in Kasargod district of north Kerala.

Since I was here to experience the spa, I was accommodated in the Spa

Room. Furnished in tones of brown and turquoise blue with hints of green, this 915 sq ft room was luxurious and offered fantastic views of the Nombili river.

The spa is set across 20,000 sq ft with a small garden in the front, abundant in herbal and medicinal plants. Set in tones of cream and browns, the spa's design is contemporary with traditional elements thrown in for an added aura. The spa has 13 treatment rooms including four Ayurveda Rooms, five International Treatment Rooms and four Specialty Rooms. The spa also offers an open-air yoga pavilion, a fully equipped gym, an exclusive relaxation lounge with a library, a couple's therapy room, medical spa rooms and a salon with five beauty stations.



Top to bottom:  
Medicinal plants grown in the shape of the human body with each plant corresponding to that part of the body for which it is useful; a conch shell makes for a compelling design element; and an Ayurvedic treatment room

Ayurveda being the prominent theme, the spa offers all sorts of Ayurveda therapies in the most authentic and traditional form. And since Kerala is the birthplace of Ayurveda and spas, you know you are in safe hands. The wellness experiences offered include Punarnavam - Rejuvenation programme, Nairmallyam - Detox programme, Lavanyam - Weight management programme and Jeevanam - Anti-aging programme.

Guests are offered a wellness analysis and consultation with the in-house Ayurveda doctor who recommends a suitable plan according to health requirements. Each therapy room includes a steam and shower cubicle, a garden and relaxation lounge, and a dressing area. The library has a good



collection of books on health, Ayurveda, yoga, food and nutrition. A part of the herbal garden is laid in the shape of the human body with plants distributed according to their usage on specific parts of the body. It is one of the many unique features of the spa.

Apart from authentic Ayurvedic treatments you can choose from body wraps like the Tropical Fruit Wrap, Healing Herbal Wrap and Aloe Vera Sandalwood Wrap or from Body Scrubs like Coconut Honey Scrub, Lemon Yoghurt Scrub and

Indian Spice Scrub. I opted for the Lava Shell Massage, a western therapy that was a relaxing experience. My therapist Sibi used western massage techniques combined with warm lava shells to massage my body, reducing muscle tension. Starting with an oil massage using aromatherapy oils rosemary and lavender mixed in sesame oil, her strokes were firm yet gentle. The shells are filled with a sachet of heated ingredients that makes for a unique experience.

"This treatment works on the theory of intrinsic energy flow and energy balance to promote better health, leaving the body relaxed, energetic and free of stiffness," explains Dr. Ranju Rapheal, Spa Manager, Rejuve Spa.

A steam session after the treatment is both detoxifying and refreshing. The one-hour treatment is priced at Rs 5,000 plus taxes and is sure to leave you rejuvenated to take on the challenges of urban life. The spa offers long-stay packages and has weight, detox and rejuvenation programmes as well as specific day package programmes.

Rejuve Spa has been awarded across categories and it comes as no surprise that it was awarded Country Winner in the category Best Luxury Resort Spa at the World Luxury Spa Awards 2013. Go ahead and indulge in a holiday that will refresh, recharge and rejuvenate your body and soul.