

# Viyoma Wellness: A Haven of Holistic Healing and Luxury

The perfect getaway for a relaxed holiday in Coorg, Karnataka

Words | Bindu Gopal Rao



Nestled within the newly launched Timbertales Luxury Resort in Coorg, Viyoma Wellness is a sanctuary of wellbeing, offering a perfect escape for those seeking relaxation and rejuvenation. This haven of holistic healing provides a unique opportunity to pause, reflect, and reconnect with oneself through personalized treatments and integrative therapies.

## The Philosophy

Viyoma Wellness is named after the Sanskrit word that means 'vibrance' or 'serenity.' It focuses on five key wellness pillars: diet, exercise, stress relief, supplements, and sleep. Guests can choose from a variety of massages, each designed to promote relaxation, rejuvenation, and balance. These include Relaxing Experience (Swedish), Revitalising Experience (Aromatherapy), Thai Experience, Youthing Experience (Balinese), Thermal Experience (Hot stone), Tranquillity Experience (Indian Head Massage), Oriental Experience (Foot massage) and Balancing Experience (Back massage).

## The Design

The spa is spread over 27000 sq. ft. and has been designed by architect **Abdul Manan, Principal Architect, AM Designs** the architecture is a nod to the natural surroundings and uses ecofriendly materials in its built structure like laterite stone and bamboo. The rustic setting is accentuated by mood lighting and this has been done intentionally so that it offers a calming vibe. This includes the fragrances they use as well.

Set in earthy tones, the spa has three levels and offers a range of rejuvenating therapies including Ayurveda, Swedish, Balinese, and aromatherapy treatments. Additionally, there is a salon and a Turkish hammam in the spa facility.

## The Specifics

Currently in a phased development plan, there will be more staff hired as well. **Dr. Lathanjali Guntur, Wellness Consultant, Viyoma Wellness, Timbertales Luxury Resort Coorg**, says, "The products used

for the massage include RAS Luxury Oils India which is completely organic herbal infusions and a farm to face brand as well as Phytomer, a French brand that mostly has marine based natural beauty products that use the ingredients from the sea."

As far as training is concerned the team believes in continuous learning. "We follow a mixed hiring policy and on board both new and experienced staff. The prospect with freshers is that they are malleable and we can train them to suit the needs of our spa. In fact, we have daily training where we have two people who are trained every day and this can be on any topic, from therapies to etiquette. Training is ongoing and I am sure it will be something that we plan to continue as learning is something that will not stop," adds Guntur.

## The Experience

I am welcomed with a shot of strong ginger tea at the spa. I chose the 60 minute aromatherapy session which was done by my therapist Zodinpuui from Mizoram. The spa has a wet area that has lockers, changing rooms, shower, steam, and sauna – separate for men and women.

After a quick 5 minutes in the sauna I head to the spa room. My treatment starts with a foot ritual done with a perfectly



natural scrub made by mixing coffee powder and honey that is rubbed gently on my feet and washed off. Before the massage, the therapist adjusts the music and temperature for my comfort and does a singing bowl ritual to start. Using aroma oil from RAS, she uses long strokes for the massage.. The leg massage that follows includes an acupressure like massage for the feet. A face and head massage are also offered as a part of the treatment and, you can inform the therapist of your choice in advance. Post the session, I head back to the wet area for a steam and shower. Back at the reception, I am served a small shot of saffron tea that leaves me feeling refreshed and rejuvenated post treatment.

In essence, Viyoma Wellness at Timbertales Luxury Resort offers a truly immersive and restorative experience, leaving guests feeling deeply balanced, refreshed. **SS**

## FACT FILE

**Name of the Spa:** Viyoma Wellness  
**Established:** 2025  
**Founders:** Prasad G P, Joint Managing Director of Timbertales Luxury Resort  
**Architect:** AM Designs  
**Area/Size:** 27000 sq. ft.  
**Treatment rooms:** 25  
**Number of therapists:** 15  
**Signature Treatment:** Turkish Hammam  
**Timings:** 8.00 a.m. to 9:00 p.m. (advance appointments are recommended)  
**Contact:** 98459 11234  
**Address:** No 94/2, Kedakal, Post, Modur, Madikeri, Karnataka 571237  
**Website:** <https://timbertales.com/wellness/>

