



Love is in the Air at Spa getaways

As we approach Valentine's Day, the whiff of romance is in the air, and couples' spa getaways are a great way to celebrate the day.

Words | Bindu Gopal Rao

Valentine's Day is a celebration of important moments, love, and connection. Beyond chocolates and flowers, it's a lovely chance to take a break, unwind, and treat yourself. Here are some handpicked destinations to make the day count.

Ayurveda Calling

The V-Day Couple Package at Kairali Ayurvedic Centre in Palakkad is designed with flexibility and authenticity at its core. Abishek Ramesh, Executive Director, Kairali Ayurvedic Centre, says, "What makes this experience truly special for Valentine's Day is the opportunity for couples to begin their wellness journey together. The package allows them to consult with our Ayurvedic doctors, understand their body constitution (Prakriti), and consciously promise themselves a healthier life through Ayurveda".

Calming Cues

At Lee's Beauty Centre and Spa in Pune, the unique Valentine's Day Special Package has been carefully crafted to ensure a romantic, revitalising, and remarkable experience. "Massage here is infused with relaxing essential oils like lavender or rose, releases tension and stress while fostering a serene, romantic atmosphere. A hand and foot ritual that includes massage, grooming, and mild exfoliation completes the experience," says Leena Khandekar, Founder and Owner, Lee's Beauty Centre and Spa.

Luxe Getaway

At Naukuchia House in Uttarakhand, you can opt for a spa package that includes all this uber luxury. The Valentine's Day Spa Package is thoughtfully curated for couples seeking meaningful time together in a serene, nature-led setting. The experience includes accommodation in a well-appointed room with elegant in-room décor, creating a romantic ambience from the moment of arrival. The culinary journey continues with a cheese platter and amuse-bouche, followed by a specially crafted 5-course TDH menu.

Heritage Hues

This Valentine's Day, Saraca Hotel Lucknow invites couples to slow down and celebrate love within the refined elegance of a heritage residence. "Thoughtfully designed for intimate escapes, the experience begins with a signature five-senses welcome ritual, setting the tone for a stay rooted in warmth and tradition. Rooms can be personalised with bespoke décor, tailored to each couple's preferences, ensuring every detail feels considered," said Anant Kumar Anand, General Manager, Saraca Hotel Lucknow.

Zen Vibes

At Aura Spa, THE Park Hyderabad, an indulgent 'Be My Valentine' package is made for couples. It lets the couple experience the luxury of togetherness: a spa treatment priced at INR 7,000+ taxes. "Begin with a Gul-Ashaan romantic bath filled with fresh rose petals with the aromatic scent of jasmine, both together in a special Aura Couple Suite, which includes a 30-minute full-body exfoliation with freshly crushed coconut, followed by our signature aromatherapy massage for 60 minutes. A glowing facial for 35 minutes to pamper you and your partner on your special day and get ready for your evening date night," says Bandana Sundas, Associate Director – Aura Spa, THE Park Hyderabad.

Love Actually

This Valentine's Day, immerse yourself in a world of romance with The Ritz-Carlton, Bangalore's signature Spa Suite Experience. "The experience begins by our guests select any treatments from our curated spa menu for a total of 120 minutes, tailored to their needs. After this rejuvenating session, guests can enjoy exclusive access to our serene facilities, followed by a delightful high tea experience complemented with a glass of champagne—the perfect toast to love. The highlight of this enchanting escape is our Rose Petal Infused Milk Bath," says Sheric Dorairaj, Director of Spa, The Ritz Carlton, Bangalore.

Romantic Escape

This Valentine's Day, Radisson Blu Hotel Bengaluru Outer Ring Road offers a Valentine's Couple's

Escape experience, which is a thoughtful way for couples to slow down and focus on each other. The couple's escape package involves a 90-minute session delivered by skilled therapists in a serene spa environment. The treatment focuses on easing physical tension, soothing the mind and soul, allowing couples to relax side by side and truly switch off. The package is followed by a private Jacuzzi session for 30 minutes for the couple.



This Valentine's Day, celebrate love by slowing down and sharing moments of wellness that nourish both body and bond. From Ayurvedic rituals to luxe spa escapes, these experiences turn romance into a mindful, memorable journey together. SS