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SS SPA REVIEW

Aujasya by The Leela is all about Healing in a Forest Retreat

Grounded in the philosophy of Ojas, the essential energy associated with vitality, resilience and radiance, Aujasya by The Leela Spa is guided by the trinity of balance — Shakti, Shanti and Soumya

Words | Bindu Gopal Rao

Drawing from **ancient Indian wellness traditions** and thoughtfully interpreted for the contemporary guest, **Aujasya** seeks to gently restore equilibrium between the body and mind. The philosophy extends beyond individual treatments to create a **holistic wellness experience**, where therapies, rituals, nutrition and the surrounding environment work together to encourage balance, renewal and a deeper connection with oneself.

Décor that mirrors the land

At the heart of the spa, water flows through a central fountain, creating a gentle sense of calm and continuity. Across all three levels, the architecture allows natural light and air to permeate the space, while earthy flooring and natural materials establish a strong connection with the landscape beyond. Rather than bringing nature in as a decorative element, the intention has been to make it an intrinsic part of the architecture and the overall wellness experience. The result is a space that feels open, grounded and tranquil, while reflecting the natural beauty and character of Coorg.

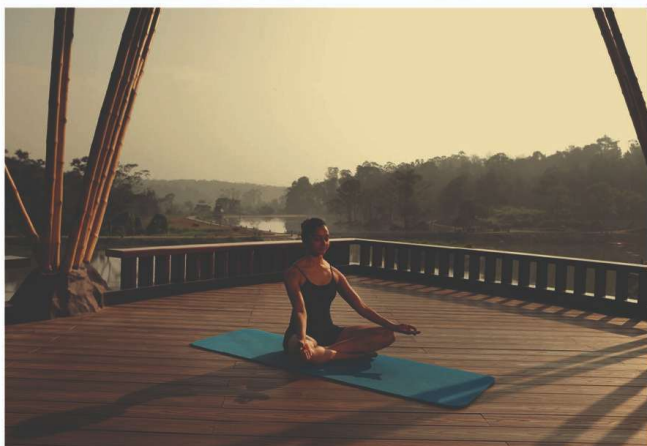


“ We have used locally and mindfully sourced laterite stone, bringing an earthy, natural character into the space. The architecture is designed to bring the elements of nature indoors ”

Dr Arun Kumar, Wellness Head,
The Leela Coorg Forest Sanctuary.

Products chosen mindfully

The spa has carefully selected products and brands that complement its treatment philosophy and commitment to a considered wellness experience. “For our Ayurvedic treatments, we use products from **Kerala Ayurveda Limited (KAPL)**, and for massages we use three specially selected oils from **RAS Luxury Skincare** — Relax, Refresh and Restore,” says Kumar. **Phytomer**, a French skincare brand known for its expertise in marine biotechnology is used for face treatments.



Training time

Training at **Aujasya by The Leela** is an ongoing process rather than a one-time onboarding exercise. "The team undergoes **monthly training programmes**, led by our in-house Spa Trainer, who continuously evaluates the therapies and identifies opportunities to further strengthen skills, consistency and the overall guest experience. Alongside technical and treatment-based training, our **Learning & Development team** conducts sessions focused on effective communication, personal development and other aspects of professional growth. Additionally, on a quarterly or half-yearly basis, corporate trainers conduct specialised programmes based on the evolving requirements of the team and the spa. This continuous approach to learning ensures that our therapists and wellness professionals remain aligned with the standards of a world-class spa and wellness experience," says Kumar.

The aromas of the session

I opt for an **Aromatherapy session** and my therapist Sumitha from Kerala leads me to the ladies wet area where I change and am shown my way to a sauna room. After a few minutes in the sauna, we enter the treatment room where my session starts with a foot ritual. I am asked to dip my feet in a bowl of warm water, and my feet are massaged with pink salt - a ritual aimed to release any negative energy. I am offered a glass of water before the start of the treatment. After my feet are dried, I am asked to lie face down on the spa bed where she



starts with the back massage. The oil - a blend of olive, sweet almond and sesame oil has a light fragrance. In synchronous massage strokes - using pressure of the palms and fingers my therapist ensures that all sore muscles are deeply relaxed. My legs are then massaged using a combination of long and short firm strokes that almost lull me into sleep. I turn over for the completion of the massage.treatment which ends with a head massage which one can choose to have with oil or, not based on your preference. After the treatment there is a five-minute steam session, and my therapist tells me to shower with plain water after an hour. Once I change, I head to the post session relaxation area that has round swings where I am served a tea made with saffron, cumin, and honey. As I look out at the greenery and wilderness, I feel a complete sense of calm. Perhaps it is the beautiful environs and the invigorating session, I feel ready for the next set of adventures that await. **SS**

Fact File

- **Name of The Spa:** Aujasya by The Leela Spa
- **Established:** January 2025
- **Founders:** The Leela Coorg Forest Sanctuary
- **Architect:** Abdul Manan
- **Area/Size:** 27,000 sq. ft.
- **Treatment rooms:** 25
- **Number of therapists:** 13
- **Signature Treatment:** Aujasya Signature Ritual
- **Timings:** 8 AM to 9 PM
- **Contact:** +91 9845911234
- **Address:** The Leela Coorg Forest Sanctuary, Kadagadal Post, Modur, Madikeri, Karnataka 571201.
- **Website:** www.theleela.com