

IHCL SeleQtions opens its first property in Ayodhya, adding to the offerings at the spiritual destination

The Residency Signature hotel, offering modern rooms and multiple dining options, opens in Madurai

BYOND the familiar world of heated stones and standardised resort therapies, South India's approach to wellness unfolds in a far more intimate way. Here, healing is closely connected to geography, seasons, local ingredients and practices passed down through generations. For travellers seeking an authentic experience of regional wellbeing, these traditional rituals offer a glimpse into how communities have long balanced the body and mind through natural therapies.



Karnataka

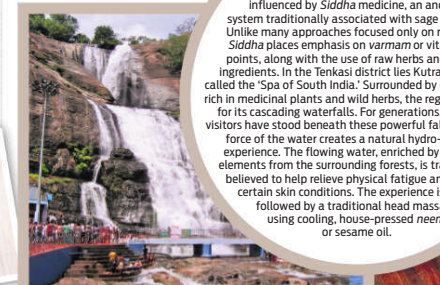
In the state's coastal regions and mist-covered highlands, wellness remains closely tied to household traditions and seasonal rhythms. Around Mangaluru and Udupi, Saturdays are traditionally associated with *Erne Snana* or the oil bath. The ritual involves a careful application of warm castor oil or pure coconut oil infused with *brahmi*, massaged into the scalp and body. It is washed off using natural ingredients such as *seekkal* and green gram paste instead of conventional soap. The practice is traditionally believed to help maintain balance and prevent excess body heat. In Coorg, wellness takes a more forest-based form. After the monsoon rains, local communities gather *madd thopp*, the leaves of *Justicia Wynaedensis*. On a particular day in August, these leaves are believed to develop 18 distinct medicinal properties. Boiled into a deep purple extract, they are used in sweet puddings to protect against joint pain and respiratory ailments.

Concluding our wellness travel series, we head toward the South this week. Discover how communities across the region turn local landscapes and ancient practices into traditions of healing...

THE ART OF



Tamil Nadu



Here the wellness heritage is deeply influenced by *Siddha* medicine, an ancient system traditionally associated with sage Agastya. Unlike many approaches focused only on remedies, *Siddha* places emphasis on *varmam* or vital energy points, along with the use of raw herbs and natural ingredients. In the Tenkasi district lies Kutralam, often called the 'Spa of South India'. Surrounded by dense forests rich in medicinal plants and wild herbs, the region is famous for its cascading waterfalls. For generations, local and visitors have stood beneath these powerful falls, where the force of the water creates a natural hydro-massage experience. The flowing water, enriched by botanical elements from the surrounding forests, is traditionally believed to help relieve physical fatigue and soothe certain skin conditions. The experience is often followed by a traditional head massage using cooling, horse-pressed *neem* or sesame oil.



Andhra Pradesh & Telangana

Across the Deccan region, traditional wellness is closely linked to folk medicine, known locally as *Natu Vaidyam* and highly specific dietary practices. Places such as Uruvakkonda in Anantapur and certain areas of Guntur are known for practitioners who use herbal poultices made from ingredients such as egg white, turmeric and wild jungle weeds. These treatments are traditionally used to support joint alignment, ease deep-tissue inflammation and improve posture. Given the region's naturally spicy cuisine, especially the famous Guntur chillies, local wellness traditions also focus on restoring internal balance. Cooling practices include consuming *gongura* (sorrel leaves) and drinking generous amounts of fresh buttermilk blended with crushed *curry leaves* and *asafoetida*. These traditional dietary practices are believed to soothe the digestive system and help flush out accumulated heat from the body.

HEALING PRACTICES AT A GLANCE

AYURVEDA
Oil therapies, herbal detox & rejuvenation

SIDDHA
Herbal medicine, *varmam* therapy, detox & longevity

YOGA & MEDITATION
Breath, posture & mindfulness

DIET & RITUALS
Seasonal foods, herbal drinks & daily routines

NATURAL THERAPIES
Hydro-massage, steam, poultices & plant baths



Kerala

God's own country may be globally recognised for Ayurveda, but the most culturally significant time to experience its wellness traditions is not necessarily the peak tourist season. The monsoon month of *Karkidakam*, usually between July and August, holds special importance in the state's healing calendar. During this period, locals follow *Karkidaka Chikitsa*, a seasonal rejuvenation practice, making it an ideal time for therapies such as *abhyanga* — a synchronised full-body oil massage using medicated sesame oil — along with steam treatments. A central part of this seasonal wellness routine is *Karkidaka Kanji*, a nourishing medicinal rice gruel prepared with broken red rice, coconut milk and a blend of 15 to 30 indigenous herbs, including garden cress, fenugreek and cumin.



PUBLIC NOTICE

Notice is hereby given to public at large that the following property is being offered for sale by the Government of Karnataka. The property is situated at the intersection of the main road and the side road, near the bus stop. The property is being offered for sale at a public auction. The details of the property are as follows:
1. Plot No. 10/1, 10/2, 10/3, 10/4, 10/5, 10/6, 10/7, 10/8, 10/9, 10/10, 10/11, 10/12, 10/13, 10/14, 10/15, 10/16, 10/17, 10/18, 10/19, 10/20, 10/21, 10/22, 10/23, 10/24, 10/25, 10/26, 10/27, 10/28, 10/29, 10/30, 10/31, 10/32, 10/33, 10/34, 10/35, 10/36, 10/37, 10/38, 10/39, 10/40, 10/41, 10/42, 10/43, 10/44, 10/45, 10/46, 10/47, 10/48, 10/49, 10/50, 10/51, 10/52, 10/53, 10/54, 10/55, 10/56, 10/57, 10/58, 10/59, 10/60, 10/61, 10/62, 10/63, 10/64, 10/65, 10/66, 10/67, 10/68, 10/69, 10/70, 10/71, 10/72, 10/73, 10/74, 10/75, 10/76, 10/77, 10/78, 10/79, 10/80, 10/81, 10/82, 10/83, 10/84, 10/85, 10/86, 10/87, 10/88, 10/89, 10/90, 10/91, 10/92, 10/93, 10/94, 10/95, 10/96, 10/97, 10/98, 10/99, 10/100, 10/101, 10/102, 10/103, 10/104, 10/105, 10/106, 10/107, 10/108, 10/109, 10/110, 10/111, 10/112, 10/113, 10/114, 10/115, 10/116, 10/117, 10/118, 10/119, 10/120, 10/121, 10/122, 10/123, 10/124, 10/125, 10/126, 10/127, 10/128, 10/129, 10/130, 10/131, 10/132, 10/133, 10/134, 10/135, 10/136, 10/137, 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