

Path and purpose

A typical spa weekend seems outdated compared to these five-star tailor-made health programmes. *Vogue* India speaks to three women to discover their journey through this world of holistic well-being. By **Aditi Bhimjyani**



THE GOOD LIFE
Tahira Kashyap
Khurrana by the lake

VIVAMAYR, ALTAUSSEE, AUSTRIA

TAHIRA KASHYAP KHURRANA, 36, AUTHOR AND FILMMAKER

The beauty of Altaussee filled my heart and lungs, which are otherwise predominantly clouded by an AQI of 300.

The simple life: At VIVAMAYR, you are welcomed with big smiles and traditional dresses; I felt the effects of detoxification as soon as I checked in. Each day began with a visit to my doctor, blood tests and a quick tummy massage. Based on the results, my concerns and my comfort levels, I undertook massages, intravenous infusions and hydrotherapy, among other treatments.

Clean eating: Water and herbal infusions were found in every nook. Between meals, there was broth at noon. The good folk here had tips to share too, like drinking water half an hour before and after a meal. I followed this, despite being given two tablespoons of food (buckwheat, corn or soy bread) along with a lesson: chew at least 30 times, even the broth.

Understanding your body: I did my allergy tests using kinesiology. Eliminating the intolerant elements from my diet reduced my bloating as well as the IBS symptoms I had been battling for 10 years. I indulged in an algae mud wrap, wherein I lay in an inflated plastic tube set afloat. I did a foot wrap too, which made me feel miserable about the toxins in my body, as the water in which my feet were dipped turned mucky. I also did a metabolic assessment and discovered that I shouldn't run beyond a speed of 8, as too much lactic acid tends to accumulate in my body. After a few days, I began to feel more energetic; my body stayed alkaline. VIVAMAYR's philosophy lies in detoxification—my weight loss was a subsequent side effect. >

“The health gurus available to us in India speak the same language. If we can connect our roots to our body and mind, we can come up with the most ideal regimen for ourselves

