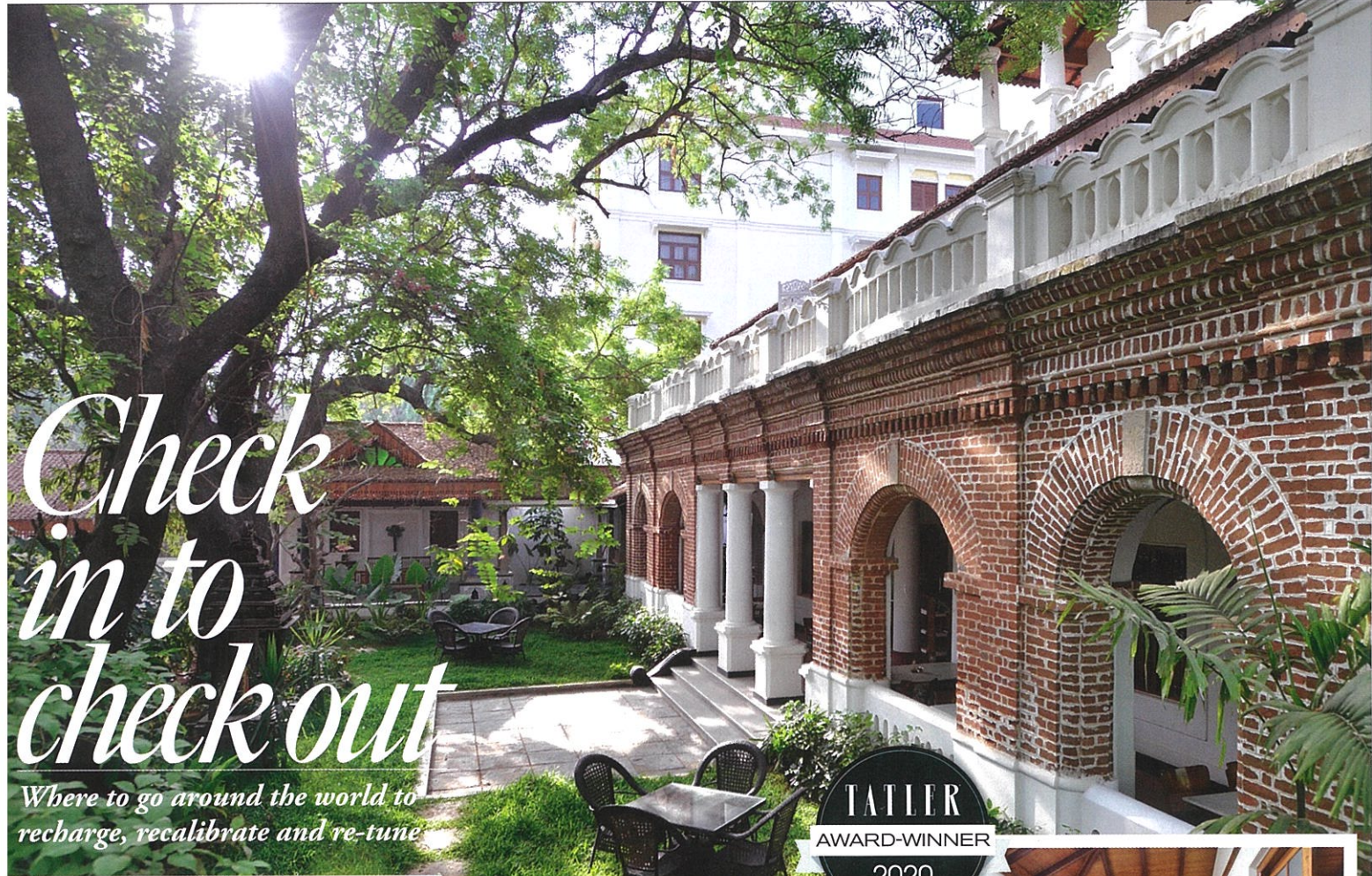


# TATLER<sup>®</sup>

## *Travel Guide 2020*

*The 101 best hotels in the world*





# Check in to check out

Where to go around the world to recharge, recalibrate and re-tune

## SVATMA Thanjavur, India

Few places are as spiritually nurturing as this oasis of birdsong, rippling water and shaded verandahs in Thanjavur, the capital of Tamil Nadu. Svatma's eight-day Siddha programme is a powerful detox with plentiful offerings of spiritual practices such as hatha yoga, chanting with a Vedanta priest, Nadi astrology and access to the Navagraha astrological temples (international power players fly in to reap the 'life-changing effects' of a visit to all nine of the Hindu temples). A strict but delicious diet of fruit and vegetarian thalis is combined with twice-daily detox treatments (think hot oil massages, reflexology and herb scrubs). Svatma boasts the first Swaram sound-healing chamber in India. This deeply restorative, acoustic therapy happens on a massage table that has been orchestrated to enhance the vibration frequency benefits of a Veena instrument (which has 27 strings to mirror 27 vertebrae) – and leaves you feeling like you've shed 10 years. Expect to experience an epiphany at Svatma, and return refreshed, thinner, glowing with super-shiny hair (after absorbing a week's worth of massage oil) and feeling the happiest you've ever been. *Ampersand Travel (ampersandtravel.com) offers seven nights, full board, from £2,450, including the Siddha and Sound Spa programme, flights, transfers and tours.*

*Svatma boasts the first sound healing spa in India*

