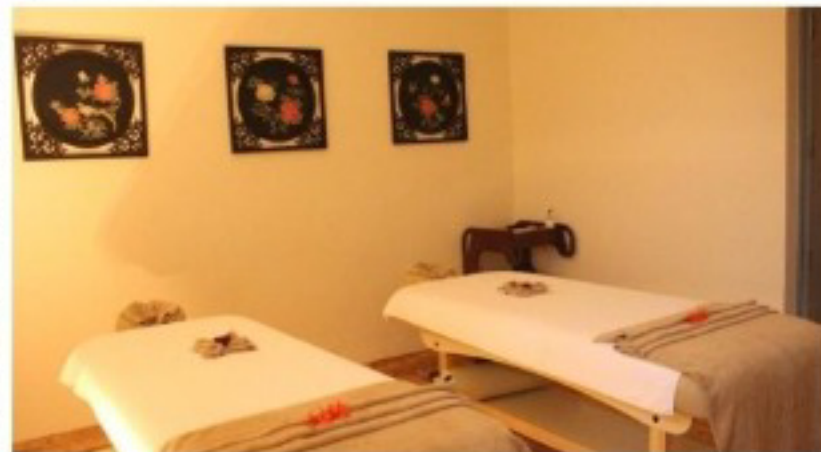
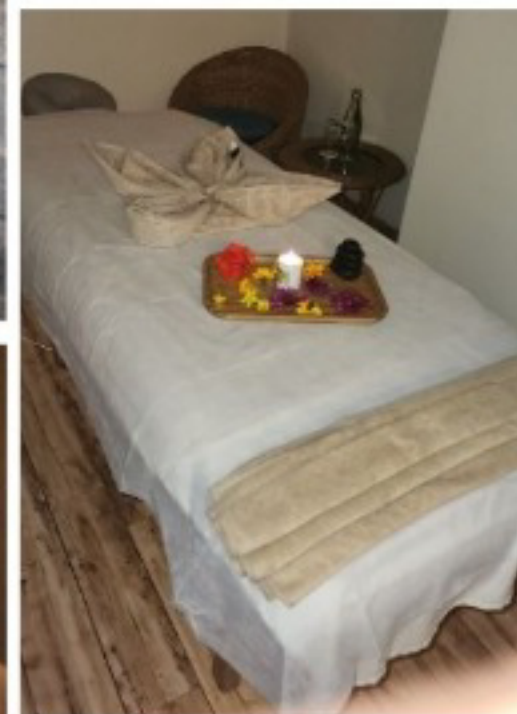
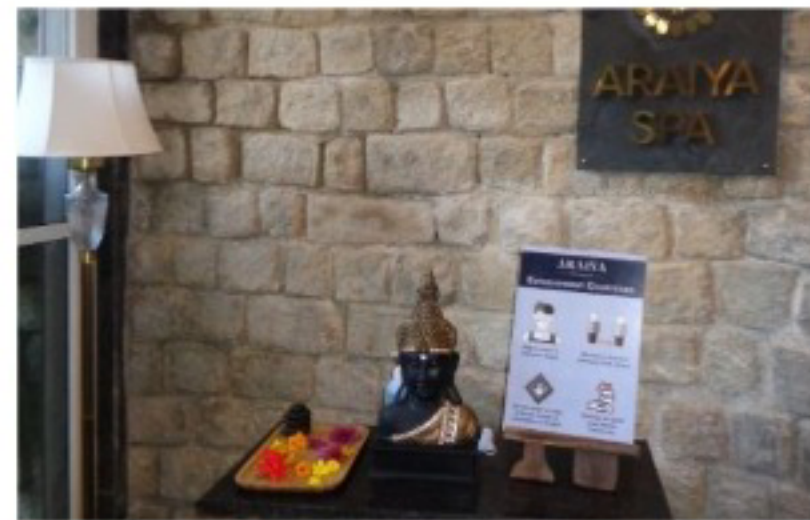
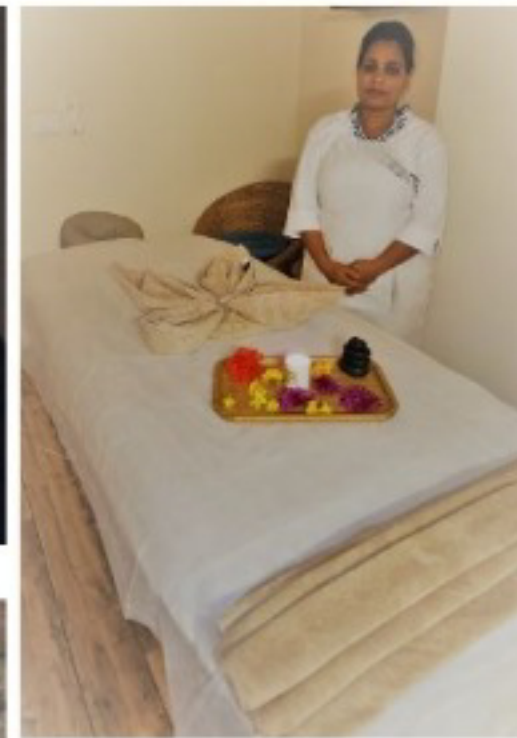
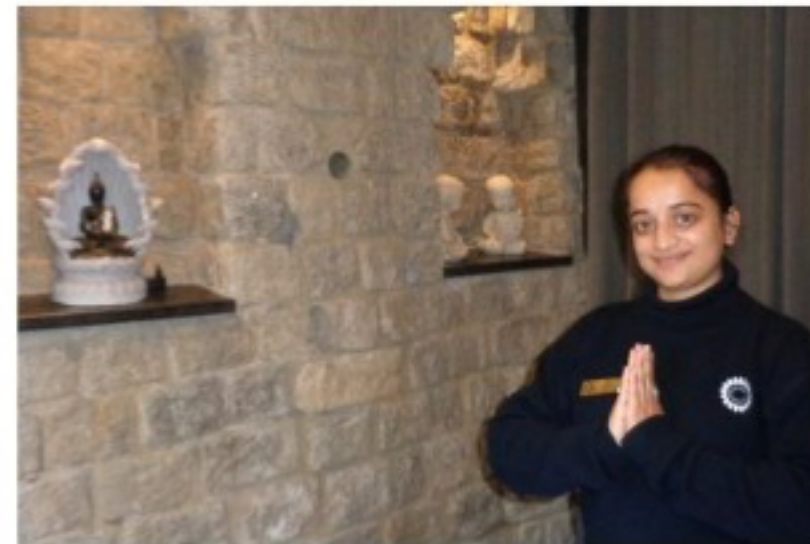


Unwind at Araiya Spa, Araiya Resort Palampur



A vacation far away from the daily grind to the misty mountains was indeed a much-needed break. At Araiya Palampur, a Norwood Heights Resort, located in the lower Himalayas of Kangra Valley, we found ourselves relaxed, revitalized and renewed in body, mind and spirit. The cool blue pool with mountain vistas on the terrace level would be ideal to take a few laps in summer.

--Gita Hari

Araiya Spa is a boutique spa in serene surroundings. It blends ancient Ayurvedic techniques and modern cosmetology. Yoga Instructor Nisha welcomed us with a warm smile. While I went with Abhyanga massage, my friend opted for Aromatherapy.

Therapist Anjana started with the head massage. Applying warm herbed oil, her nimble fingers almost put me to a relaxing slumber. This was followed by a face massage and the body, with long, firm strokes. As the medicated oil seeps into the skin, it increases blood circulation, removes metabolic waste and relieves anxiety, aches and circulatory disorders. Aromatherapy rendered by Rupa, with moderate pressure and floral notes, was equally calming and rejuvenating as evidenced by my friend Vinaya Prabhu.

Araiya Spa puts forth deep tissue massage, hot stone massage, and body scrubs too like Mint & Musk/Green tea/Saffron/Turmeric/Jasmine. Aroma Candle therapy using melted aroma candle wax provides a moisturizing effect. All these help relieve fatigue, stress and sleeplessness.

All that we needed was to fine-tune ourselves mentally and physically after our frenzied metro life, and Araiya Spa with its blissful location, organic food and bespoke therapies helped us calibrate by offering us an enhanced holistic experience!