

Find Serenity at Sterling Palavelli Godavari's Subuthi Spa

Ayurvedic traditions meet the tranquil flow of the Godavari river at this serene retreat

Words | Bindu Gopal Rao



Escape the clamour of city life and journey to the serene banks of the Godavari River, where the Sterling Palavelli Godavari resort in Dindi, Andhra Pradesh, a state in south India offers a sanctuary for the senses.

Beyond the lush landscapes and the gentle lull of the river, lies Subuthi Spa, a haven of wellness inspired by the ancient wisdom of Ayurveda. The journey to this idyllic retreat, a scenic three-hour drive from Vijayawada Airport, is a transition in itself, and as my car turns into the last kilometre, the landscape morphs into a sea of coconut palms. The resort, a haven of

tranquility, boasts 51 rooms nestled amidst sprawling greenery, where the only sounds are the gentle rustle of leaves and the sweet melody of birdsong.

The Space

Subuthi Spa, perched overlooking the infinity pool and the majestic Godavari, offers a curated menu of Ayurvedic and Western therapies designed to rejuvenate and restore. The name itself, derived from "Su" (good) and "Buthi" (existence of the mind), speaks to the spa's holistic philosophy.



"Our spa offers the best of Ayurveda and Western therapies that are designed for treatments and rejuvenation. Located in a pristine setting by the river Godavari, the location offers a fresh and calm rural setting with an excellent Air Quality Index Relaxation is given at Subuthi, as the treatments, massages and therapies provide perfect peace" explains **Shitanshu Bhargava, Regional General Manager, Sterling Holidays.**

The Specifics

The spa's interiors, bathed in warm, natural light, exude an aura of tranquility. Cream and beige hues create a calming ambiance, while the delicate fragrance of therapy oils fills the air. Natural floral arrangements add a touch of elegance to the treatment rooms, each equipped with standard spa furniture and a private steam chamber. Subuthi Spa utilizes SNA Ayurveda products sourced directly from Kerala Ayurveda Centres, ensuring the authenticity and efficacy of their treatments.

The spa's expert therapists, trained by certified doctors from Kerala Ayurveda Centres, offer a range of traditional



Ayurvedic treatments. From the invigorating Udvartana, an herbal powder massage, to the radiant Mukhalepa facial and the deeply relaxing Shirodhara, each treatment is designed to balance the doshas and promote overall well-being. The therapists undergo regular training in specialized techniques like Nadi chikitsa, Acupressure, Abhyanga, and Shirodhara, ensuring a high level of expertise. Looking ahead, the resort plans to introduce personalized dietary plans, curated by doctors based on individual needs, further enhancing the holistic wellness experience.

The Session

My personal journey began with the Abhyanga, a full-body Ayurvedic massage using warm oils applied in the direction of arterial blood flow. The treatment begins with a soothing head massage using Ksheerabala oil, accompanied by a traditional prayer. The rhythmic strokes of my therapist Athira's hands, combined with the fragrant Dhanvantara taila (oil), eased my muscles, promoting deep relaxation and a sense of well-being. The massage ended with a gentle stretching session and a revitalizing steam bath. A cup of fragrant green tea provided the perfect conclusion to this invigorating experience. **SS**



FACT FILE

Name of The Spa: Subuthi

Established: 2019

Founders: Subuthi Spa is a legal brand name and is founded by Sterling Holidays

Architect: Ashish Agarwal

Area/Size: 1100 sq. ft.

Treatment rooms: 2

Number of estheticians: 2

Signature Treatment: Abhyanga

Timings: 9:00 a.m. to 8:00 p.m.

Contact: 079 6979 2036

Address: Yalamanchili Lanka Rd, near Palakollu, Dindi, Andhra Pradesh 534260

Website: <https://www.sterlingholidays.com/destination/palavelli-godavari>