

The Oberoi Spa at The Oberoi Udaivilas, Udaipur.



**Anshuman Sen**

PHOTOGRAPHER

**The assignment** Photographed this month's cover story "Wellness in Udaipur" (page 54). **Favourite spa experience** The steam room at the Oberoi Spa at The Oberoi Udaivilas. The closest I'll ever get to being poached alive. **Most relaxing spot in Udaipur** Anywhere in the shade with a view of the lake. **Don't leave without** Drinking some *bhaang thandai*. **Where you're headed next** The wine and beer shop a.k.a *theka* near my house. **Travel tip** When the going gets tough, the tough get going from there.



**Mala Barua**

WRITER

**The assignment** Wrote "Travelling With Hope" (page 46), a story about spiritual retreats in exotic lands. **Most memorable retreat** Inner Silence retreat in Bhutan with Amankora. **Your top spa experience** The Farm, the Philippines. **Treatment you'd fly back for** Rejuvenation at the Dior Institute, Paris. **Where you're headed next** Machu Picchu, Peru. **Never leave without** My best friend, my journal.