

Unwinding in the hills

With summer round the corner, hills make for an ideal getaway and if a spa treatment is in your itinerary - head to the newly opened Suryavilas Resort and Spa, Solan.

By: Soumya Jain

Climbing up the winding roads, you will see the Suryavilas Resort and Spa nestled amidst the lush green environs. Located in Solan district of Himachal Pradesh, the resort is well connected from Chandigarh and Delhi. With refreshing green cover, fresh air and beautiful scenery all around, Suryavilas gives you exactly what you need: a tranquil and quiet holiday to relax and rejuvenate.


Suryavilas Resort and Spa welcomes guests with warm hospitality and a ginger and lemon tea. The destination resort offers everything under one roof. They have four categories of rooms - Deluxe room, Super Deluxe room, Premier rooms and Luxury suites. All the rooms have Plasma TV, mini-bar, separate wardrobe, DVD player and in-room dining facilities. The suite also has a private pool in-room and an open air Jacuzzi. If you don't want to miss your fitness routine, the resort has a gymnasium too.

Spa date

The Thalgo Spa at the Suryavilas offers a variety of treatments for the face and body. Mamta Singh Koli from Thalgo Spa said, "Thalgo is famous for its facials and body wraps. We are a completely oceanic brand where we use sea-based materials and ingredients." The Spa has six treatment rooms, one couple's room with a Jacuzzi and one Ayurveda room. The Spa has trained therapists and uses products by Thalgo. Therapists here will provide a thorough consultation before recommending a treatment. While the serene mountainous backdrop helps to calm and re-energise your soul, the spa treatments will make your skin breathe. The exceptional marine treatments help in hydrating the skin and work against ageing. Their facials are divided

into three segments - basic, specialised and advanced. The spa offers a wide range of body treatments which includes Body Peeling, Aromaceane peeling, luxurious Exfoliation Indoceane and Marine prelude. They have various body wraps like Thalgothermic wrap, Micronised Marine Algae Wrap (Signature Wrap), Toning Body Wrap, Frigi Thalgo Wrap and Bust Modelling Treatment. The spa also has a unique treatment known as 'Indoceane Journey' which combines four cultures together. It includes a sweet body scrub from Mediterranean, Cleopatra milk bath from Egypt followed with Asian Massage from India and Cream wrap from China.

Scrumptious experience

The staff at the resort and spa is dedicated and provides superb service. Their restaurant 'Curries@3000' serves every kind of cuisine, from Indian to Mediterranean and Chinese to Continental. They have a Coffee Lounge where one can choose from a variety of coffee drinks and baked delicacies. The recreation room has various games like pool for entertainment. There is a separate kids area where children can be engaged in various activities. If you are wondering - what else to do in Solan? Gaytri Bajaj, director, Suryavilas Resort and Spa sums up, "The resort is a complete destination for those who wish to do nothing except relax, laze and lounge." 

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