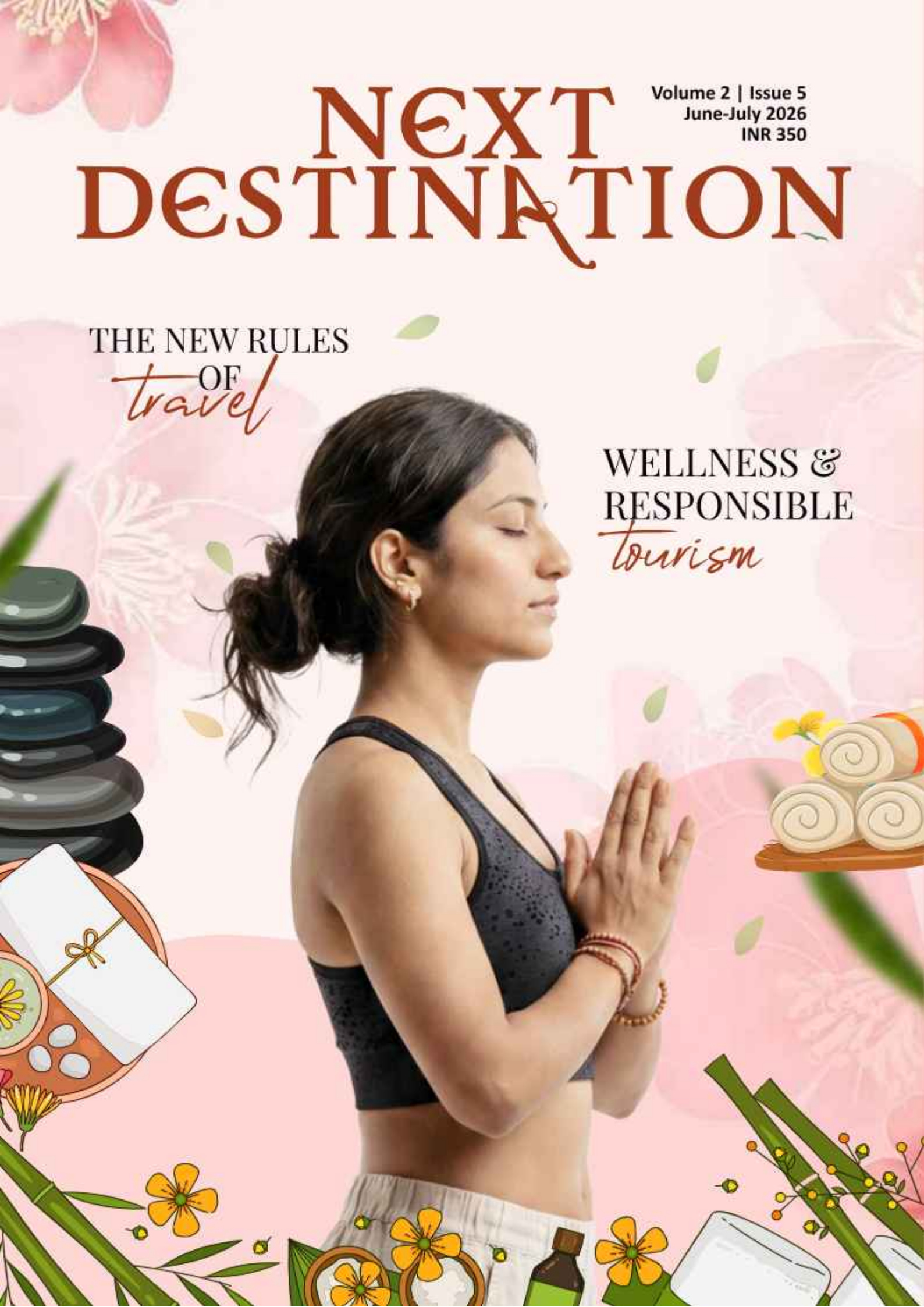


NEXT DESTINATION

Volume 2 | Issue 5
June-July 2026
INR 350

THE NEW RULES
OF
travel

WELLNESS &
RESPONSIBLE
Tourism



The Boutique Collection

The Boutique Collection represents a curated portfolio of deeply individual boutique hotels—destinations shaped by thoughtful design, heritage, nature, wellness and community. Each is chosen for its authenticity and its ability to offer experiences that feel personal, immersive and enduring.

As a luxury sales, PR and marketing representation company, The Boutique Collection brings a nuanced understanding of the Indian luxury travel market. Through intelligent sales strategies, purposeful storytelling and targeted media and trade engagement, they build visibility with intent and transform presence into long-term value.

Backed by the strength and network of Outbound Marketing Pvt. Ltd., The Boutique Collection offers a more considered, hands-on and insight-led approach—ensuring personalized representation and long-term brand stewardship for every hotel they represent.

OUR SERVICES



Boutique Hotel
Sales



Brand
Alliances



PR and Integrated
Marketing



Digital and
Social Media



Projects and
Events

OUR CLIENTS



THE BLUE WATER
HOTEL AND SPA



GLENROSS LIVING



santani



HOIANA
RESORT & GOLF



Sensory Indulgences
Discover your story

For More Information Contact

Tonia Sehan +91 8800596866 | Tonia@theboutiquecollection.in



MAYFAIR

Hill Resort

Darjeeling

“

Time Travel in the Hills

Experience Darjeeling through timeless charm,
warm wood, and Himalayan calm.

”

MAYFAIR COLLECTIONS

SILIGURI | RAIPUR | GOPALPUR | JHARSUGUDA | KALIMPONG | GUWAHATI
BHUBANESWAR (LAGOON & CONVENTION) | PURI (HERITAGE & WAVES)
ROURKELA (GARDEN & WORLD CUP VILLAGE) | JUNGANA | DARJEELING
GANGTOK | PURNEA | GOA | ALIBAG | PARADEEP

NEW GEM UNVEILING SOON - MAYFAIR SANCTUARY, BHUBANESWAR



www.mayfairhotels.com

Contact us: +91 92375 00101

Contents



10

Healing is the new Luxury :
Khajornrit Khwanmongkol
outlines Thailand's
wellness vision

12

Responsible tourism
at a crossroads: Can
sustainability move
beyond marketing and
into mainstream travel?



18

The ultimate Varanasi
itinerary: How to
experience India's spiritual
capital to the fullest

26

These wellness retreats in
India deserve a place on
your travel list!



34

Discovering the art of riad
living at Riad Anata in Fez,
Morocco



40

What if the
best souvenir from your
holiday wasn't a thing?



Next Destination Team

Publisher and Editor-in-Chief
Ayushi Anand

Editor
Veenu Anand

Features Editor
Akshita Duggal

Editorial Team
Daisy Saxena
Ami Shah
Shafika Sengupta
Vedika Duggal
Mrasha Goel

Design
Jiyaur Rehman

Sales & Marketing
Sunil Anand
Anuj Kumar
Rajni Malhotra

Social Media Executive
Lavanya Puri

Head Office
B-23 Gulmohar Park,
New Delhi - 110049
RNI/DLENG/25/AO249

Material appearing in the magazine cannot be reproduced in whole or in part(s) without prior permission.

The publisher assumes no responsibility for material lost or damaged in transit.

Printed by : Kushal Enterprises
House no. 4005, street no. 3,
BAGICHI RAMCHANDER,
PAHARGANJ, Central Delhi, Delhi, 110055

Published by: Ayushi Anand on behalf
of Ayushi Anand,
Printed at New Delhi and
published at B-23 Gulmohar Park.

Letter from the

Editor-in-Chief

Every issue offers an opportunity to pause and examine the conversations that are shaping the future of travel. Some trends arrive with excitement and optimism, while others challenge us to question long held assumptions. This edition explores both.

Our cover story delves into one of the most debated topics in tourism today: sustainability. While responsible travel has become a central message across destinations, hotels, airlines and tour operators, an important question remains. Is sustainability becoming a genuine business practice, or is it still largely a marketing narrative? Through industry perspectives and expert insights, we examine whether action is truly matching ambition.

We also turn our attention to travel trade exhibitions, a cornerstone of the industry for decades. In an increasingly digital world, where meetings happen virtually and partnerships can be built online, do trade shows still justify the investment of time and resources? Industry leaders share their views on how exhibitions are adapting and why face to face interactions may remain more relevant than ever.

Wellness and responsible tourism continue to influence traveller choices across the globe. In an exclusive interview, Khajornrit Khwanmongkol, Director Tourism Authority of Thailand, New Delhi discusses the country's growing focus on wellness tourism and how Thailand is positioning itself as a destination for meaningful and holistic travel experiences.

At the heart of these stories lies a common theme which is the need for travel to create value beyond visitor numbers. Whether through sustainability initiatives, community engagement, wellness offerings or stronger industry collaboration, the future of tourism will depend on balancing growth with responsibility.

This issue is also published with a sense of loss. We extend our heartfelt condolences on the passing of Rajeev Nangia, whose dedication to the travel fraternity and contribution to the industry earned him the respect and admiration of colleagues across the sector. His legacy will continue to inspire many who had the privilege of working alongside him.

As always, we hope this edition informs, challenges and inspires meaningful conversations across our industry.

Ayushi Anand

Ayushi Anand

#NextDestinationGoals on

   @nextdestinationmagazine

www.nextdestination.co





Tourism's GDP contribution to exceed 7 per cent by 2030, foreign arrivals to reach 100 million by 2047: Gajendra Shekhawat

Union Tourism Minister Gajendra Singh Shekhawat has outlined an ambitious roadmap for India's tourism sector, projecting its contribution to the country's GDP to exceed 7 per cent by 2030 and reach the global benchmark of 10 per cent by 2047. He also said foreign tourist arrivals are expected to rise from the current 10 million to 100 million over the same period.

The minister highlighted that tourism currently contributes just under 6 per cent to India's GDP, while foreign exchange earnings from tourism account for around USD 35 billion. He noted that the sector already supports employment for more than 8 crore people and is poised to become one of the country's largest job creators.

Shekhawat attributed the sector's growth potential to India's expanding economy, improving infrastructure and increasing tourism demand. While acknowledging challenges such as infrastructure gaps, hotel capacity constraints and connectivity issues, he expressed confidence that ongoing investments and policy support would significantly strengthen India's position in global tourism by 2047.



India chairs first BRICS Tourism Working Group Meeting 2026

The first BRICS Tourism Working Group Meeting 2026 was convened virtually on May 25, 2026 under India's chairship, bringing together representatives from BRICS member nations to discuss key priorities for the tourism sector. The meeting was led by Shri Harikishore S., Joint Secretary, Ministry of Tourism, Government of India.

The session highlighted the importance of strengthening tourism cooperation in an evolving global landscape shaped by technological advancements, sustainability considerations and the need for greater resilience. Delegates exchanged views on emerging opportunities and challenges facing the tourism industry and explored avenues for deeper collaboration among BRICS countries.

The meeting concluded with a reaffirmed commitment to advancing cooperation across four priority areas: Artificial Intelligence and Tourism, Sustainability and Responsible Tourism, Tourism Skilling and Capacity Building, and Tourism Exchanges and Seamless Travel.

The discussions marked an important step towards fostering innovation, knowledge sharing and sustainable growth within the tourism sector across BRICS nations.

Indiatourism Delhi supports Swachh Paryatan Abhiyan at Qutub Minar



Indiatourism Delhi, under the Ministry of Tourism, Government of India, extended its support to the Swachh Paryatan Abhiyan, an initiative of the Indian Association of Tour Operators (IATO), through a cleanliness drive organised at Qutub Minar, a UNESCO World Heritage Site on May 30, 2026.

The initiative aimed to promote cleanliness, environmental awareness and responsible tourism practices among visitors. Participants actively undertook cleaning activities within and around the monument complex, highlighting the importance of preserving India's rich cultural and historical heritage.

Adding an educational dimension to the campaign, students from the Institute of Hotel Management (IHM), Pusa presented a Nukkad Natak that emphasised cleanliness, civic responsibility and sustainable tourism. Through engaging performances, the students encouraged visitors to contribute towards maintaining public spaces and heritage sites in a clean condition.

The Swachh Paryatan Abhiyan reinforced the message that clean and sustainable tourist destinations are a collective responsibility and are essential for enhancing visitor experiences while safeguarding India's heritage assets.

Delhi cuts VAT on aviation turbine fuel to 7 per cent



The Delhi government has reduced the value-added tax (VAT) on aviation turbine fuel (ATF) from 25 per cent to 7 per cent in a move aimed at supporting the aviation sector and easing cost pressures on airlines.

Announcing the decision, Chief Minister Rekha Gupta stated that the revised tax rate will remain in effect for an initial period of six months. The measure comes amid continued uncertainty in global fuel markets driven by geopolitical tensions in West Asia.

ATF constitutes a significant portion of airline operating expenses, making fuel taxation a key factor influencing airfares and overall industry costs. The reduction is expected to improve operational

economics for carriers and potentially benefit passengers through greater pricing stability.

According to the government, the decision could result in a revenue impact of nearly INR 985 crore. Despite this, VAT on ATF remains an important source of revenue for Delhi. The move is also aligned with efforts to strengthen connectivity, support economic activity and enhance the competitiveness of India's aviation sector.



**IATO to host
41st Annual
Convention in
Visakhapatnam from
Sept 10 to 13, 2026**

The Indian Association of Tour Operators (IATO) has announced that its 41st Annual Convention will be held in Visakhapatnam, Andhra Pradesh, from September 10 to 13, 2026. The inaugural session will take place on September 10 at 4 pm, while the convention will conclude on September 12, followed by post convention tours across Andhra Pradesh from September 13 onwards.

Novotel Visakhapatnam Varun Beach will serve as the official venue, hosting registrations, business sessions and evening programmes. The Hon'ble Chief Minister of Andhra Pradesh and the Union Minister of Tourism are expected to attend the inaugural ceremony, alongside senior tourism officials and representatives from State Tourism Departments.

The convention will feature business sessions on key tourism issues, the IATO Run for Responsible Tourism, recognition awards and entertainment programmes. A key highlight will be the Indian Tourism Fair Travel Mart on September 11 and 12, bringing together tourism stakeholders from across the country.



**TAFI convention 2026 to be held in
Rhodes, Greece**

The Travel Agents Federation of India (TAFI) will host its 2026 convention in Rhodes, Greece, from October 4 to 7 under the theme, "Connecting Legacies, Crafting Futures." The theme reflects the association's four decade journey while focusing on future growth and innovation for the travel industry.

The convention will celebrate the historical and cultural connections between India and Greece, bringing together two civilizations linked by centuries of heritage, philosophy and exchange. The event's core committee comprises TAFI members who have demonstrated strong leadership across various chapters and will guide the convention's strategic direction. Delegates can expect a mix of business sessions, industry discussions and knowledge sharing opportunities designed to address key trends and challenges shaping the tourism sector. The programme will also offer extensive networking opportunities, fostering collaboration and meaningful dialogue among industry professionals.

In addition, participants will explore the cultural and historical landmarks of Rhodes through curated sightseeing experiences, while collaborative sessions will focus on developing innovative strategies for the future of travel and tourism.



Arabian Travel Market 2026 rescheduled for second time, moved to September

Arabian Travel Market 2026 and ATM Travel Tech 2026 have been rescheduled for the second time, with the events now set to take place from September 14–17, 2026, at the Dubai World Trade Centre. Originally moved to August earlier this year, the revised dates were confirmed following consultations with exhibitors, partners, and industry stakeholders to ensure stronger participation, engagement, and business opportunities across the travel trade sector.



Air India temporarily revises international flight schedule through August 2026

Air India has announced a temporary adjustment to its international flight network from June to August 2026, citing ongoing airspace restrictions in certain regions and elevated jet fuel prices that continue to impact global airline operations.

The airline said the decision is aimed at improving operational efficiency, reducing disruptions and ensuring a more reliable travel experience for passengers during the period. Despite the changes, Air India will continue to operate more than 1,200 international flights every month across five continents. The carrier will maintain services to key destinations across North America, Europe, the United Kingdom, Australia, the Far East, Southeast Asia, SAARC countries and Mauritius.

Passengers affected by the schedule revisions will be offered assistance through alternative flight arrangements where possible, complimentary date changes or full refunds, depending on eligibility. Air India said customer support will remain available through its contact centre and digital channels.

The airline added that the temporary measures involve route specific adjustments and are expected to remain in place until August 2026.

Philippine Airlines appoints STIC Travel Group as GSA in India



Philippine Airlines has appointed STIC Travel Group as its exclusive General Sales Agent in India. The partnership further strengthens STIC Travel Group's portfolio of airline representation services and underscores its commitment to enhancing engagement between Indian travellers and international carriers.

Philippine Airlines operates more than 70 flights to destinations across Asia and other global markets, serving a diverse mix of leisure, corporate and group travellers through its extensive network. With this appointment, STIC Travel Group will support the airline's presence in India and work closely with the travel trade to promote its services and expand market reach.

Hong Kong International Airport opens new Terminal 2 departure facilities



Hong Kong International Airport has commenced departure operations from its new Terminal 2, marking a significant milestone in the airport's expansion and modernisation plans. The new terminal will initially serve 15 airlines, which have begun relocating their check in services to the facility. Developed as part of the airport's long term growth strategy, Terminal 2 has been designed to enhance passenger convenience through greater automation and advanced technology.

Spanning 300,000 square metres, the terminal features 68 self bag drop counters, 58 smart check in kiosks and 108 hybrid check in counters. It also introduces facial recognition enabled security gates and upgraded screening channels that allow passengers to keep laptops and small liquid containers inside their cabin baggage during security checks.

Arrival operations are expected to commence next year, subject to passenger demand. The terminal also houses a food court, retail outlets and large LED displays designed to create an engaging travel environment. Airport authorities said the new facility will further strengthen Hong Kong's position as a leading international aviation hub while enhancing the overall passenger experience.



Taj Bush Lodge opens in Greater Kruger, South Africa

Indian Hotels Company (IHCL) has announced the opening of Taj Bush Lodge in Greater Kruger, South Africa, marking the debut of the first of three luxury wilderness lodges planned in the region under the Taj brand.

Located within the Big Five Balule Nature Reserve, the six key lodge has been designed to blend seamlessly with its surroundings through thatched roofs, warm wood accents and earthy interiors inspired by the region's heritage. Guests can enjoy home cooked meals crafted from seasonal produce and wellness therapies at Taj's signature J Wellness Circle. The lodge also offers a range of experiences, including game drives, bush breakfasts, traditional South African braais, Kruger safaris, boat cruises on the Olifants River, quad biking adventures and visits to local wildlife attractions and conservation centres.



COMO Hotels and Resorts appoints One Rep Global as India representative for Phuket and Bhutan properties

Luxury hospitality representation company One Rep Global has been appointed as the official India representative for COMO Hotels and Resorts properties – COMO Point Yamu, COMO Uma Paro and COMO Uma Punakha. The move further strengthens One Rep Global's expanding luxury hospitality portfolio in the Indian market.

The partnership comes amid rising demand from Indian luxury travellers for immersive, wellness-focused and experience-led holidays. While Thailand continues to remain one of India's strongest outbound destinations, Bhutan has also witnessed growing interest among high-value travellers seeking spiritual and culturally enriching escapes.

Located overlooking Phang Nga Bay, COMO Point Yamu is known for its contemporary design, wellness offerings and private celebration experiences. Meanwhile, COMO Uma Bhutan's twin lodges in Paro and Punakha focus on authentic cultural immersion and meaningful travel experiences rooted in Bhutanese heritage.



As global travellers increasingly seek meaningful and restorative travel experiences, Thailand is repositioning itself as a holistic wellness destination that goes far beyond traditional spa and massage offerings. In an interaction with Khajornrit Khwanmongkol, Director, Tourism Authority of Thailand, New Delhi, shared how the country is redefining luxury through healing, sustainability, spirituality, and long-term wellbeing.

According to Khwanmongkol, Thailand's 'Amazing Thailand: Healing is the New Luxury' campaign focuses on experiences that restore emotional balance and help travellers reconnect with themselves.

He explained that Thailand is now blending traditional Thai wisdom with modern medical excellence to create highly personalised wellness journeys. Luxury resorts across the country are increasingly offering longevity programmes, genomic testing, holistic healing therapies, and customised wellness consultations within premium resort settings.

Emerging wellness destinations take centre stage

While Phuket and Koh Samui continue to remain strong wellness destinations, Khwanmongkol revealed that Thailand is actively promoting lesser-explored regions under its 'New Thailand' vision. Destinations such as Khao Lak in

Healing is the new Luxury : *Khajornrit Khwanmongkol* **outlines Thailand's wellness vision**

Vedika Duggal

Phang Nga are emerging as eco-serenity hubs offering spacious nature-led wellness experiences ideal for Indian multi-generational families. Meanwhile, Bang Kachao and the Chao Phraya River region are being positioned as urban wellness sanctuaries for bleisure travellers and wedding groups seeking quick rejuvenation experiences close to Bangkok.

Northern Thailand is also witnessing growing demand among wellness travellers: According to Khwanmongkol, destinations such as Chiang Mai and Chiang Rai are attracting visitors looking for spiritual healing, meditation retreats, fresh air, and immersive nature experiences away from polluted urban centres.

Rise of mental wellness and digital detox

Highlighting changing traveller behaviour, Khwanmongkol noted that mental wellness and digital detox experiences are rapidly gaining momentum, particularly among Indian travellers dealing with burnout and high-stress lifestyles.

Thailand is now



The Insider Edit



Thailand's wellness tourism strategy. Through initiatives such as the STAR (Sustainable Tourism Acceleration Rating) rating system and Carbon Footprint Hotels programme, the Tourism Authority of Thailand is encouraging environmentally responsible hospitality practices while strengthening traveller confidence in sustainable tourism experiences.

Luxury wellness resorts are increasingly incorporating farm-to-table dining, organic wellness cuisine, Ayurvedic-inspired menus, and eco-conscious

developing programmes focused on sound healing, meditation, and strictly no-device wellness retreats designed to encourage mindfulness and emotional healing. At the same time, luxury fitness retreats featuring Muay Thai training, yoga, and sports science are becoming increasingly popular among younger travellers.

The country is also witnessing a rise in long-duration wellness stays and wellness sabbaticals, with travellers opting for immersive two-to-four-week programmes focused on self-renewal and holistic healing.

“ We redefine luxury not by the price tag, but by experiences that restore the mind and allow travellers to reconnect with what truly matters. ”

Sustainability shapes Thailand's wellness roadmap

Khwanmongkol emphasised that sustainability has become central to



architecture into their offerings. Many properties are also catering specifically to Indian travellers through curated vegetarian and vegan dining experiences prepared by Indian chefs.

Local wisdom and community wellness experiences

Thailand's wellness ecosystem is also deeply rooted in local communities and indigenous healing traditions.

Khwanmongkol highlighted that therapies such as Tok Sen massage and traditional herbal healing techniques from Wat Pho are now being elevated through storytelling and immersive cultural experiences.

He pointed to Krabi as a successful example of Thailand's future wellness direction. Through the 'Krabi Go Green' initiative, the destination has successfully combined eco-tourism, community-led wellness experiences, and premium hospitality, helping it gain recognition in the 'Green Destinations Top 100 Stories 2025.'

“ Coming to Thailand is no longer just about shopping or nightlife. It is the ultimate reward – healing oneself at a superior level to restore maximum balance. ”

Thailand aims to become Asia's wellness capital

Looking ahead, Khwanmongkol said Thailand's long-term vision is to establish itself as 'The Wellness Capital of Asia' by seamlessly integrating Thai healing traditions, modern medicine, sustainability, and transformational travel experiences.

He added that Thailand's hosting of the Global Wellness Summit 2026 will further strengthen the country's position as a global wellness leader capable of delivering immersive and long-term wellness journeys for travellers worldwide.





Responsible tourism at a crossroads: Can sustainability move beyond marketing and into mainstream travel?

Aditi Yadav

As sustainability becomes one of the most discussed topics in global travel, the industry faces a defining challenge.

Are travellers genuinely making decisions based on responsible tourism principles or does sustainability still struggle to compete with price, convenience and comfort? Travel trade leaders, hoteliers and cruise industry veteran share their perspectives on the opportunities, challenges and realities shaping the future of responsible tourism.

Responsible tourism has moved from the margins to the mainstream conversation. Across the travel industry, sustainability is now woven into destination campaigns, hotel strategies, cruise operations and travel advisor

discussions. Travellers are increasingly aware of climate change, overtourism, biodiversity loss and the social impact of tourism. Wellness, authenticity and meaningful experiences have become key drivers of travel decisions, creating new opportunities for responsible tourism to gain traction.

Yet despite the growing visibility of sustainability, questions remain about whether it is truly influencing traveller behaviour. While many consumers express support for environmentally and socially responsible travel, industry stakeholders continue to see a significant gap between what travellers say and how they book. Cost, convenience and comfort continue to dominate purchasing decisions, even as sustainability becomes a growing

consideration.

At the same time, tourism businesses are under increasing pressure to demonstrate that their sustainability commitments go beyond marketing narratives. Greenwashing concerns have created scepticism among consumers, while the growing demand for authentic, low impact and community focused experiences is forcing businesses to rethink how tourism products are developed and delivered.

The challenge facing the industry today is no longer whether sustainability matters. Rather, it is whether responsible tourism can become commercially viable, operationally practical and attractive enough to influence mainstream travel behaviour.

Cover Story

Beyond the buzzword

For Abbas Moiz, President, TAFI, one of the biggest challenges facing responsible tourism is that while the term has become increasingly popular, genuine understanding remains limited.

“Responsible and Sustainable Tourism is often used as a buzz phrase, but I do not believe most travellers or travel advisors truly understand it.”

He believes responsible and sustainable tourism is often discussed extensively across the industry, yet many travellers and even travel advisors do not fully understand what it entails. As a result, sustainability rarely becomes a primary factor influencing booking decisions. Price and convenience continue to dominate consumer priorities, particularly among mainstream travellers.

Moiz estimates that for a large majority of travellers, sustainability remains

secondary when compared to affordability and accessibility. While many travellers appreciate the idea of responsible tourism, they are not necessarily willing to change their behaviour or spending patterns to support it.

“Greenwashing has become common and is often used to support short term sustainability measures.”

The issue becomes even more complicated when it comes to verifying sustainability claims. With more businesses positioning themselves as environmentally responsible, distinguishing genuine commitment from marketing language has become increasingly difficult. According to Moiz, advisors often face practical limitations when attempting to evaluate sustainability credentials, making it challenging to verify every claim in detail.



Abbas Moiz
President, TAFI

He also believes that responsible tourism cannot become mainstream unless sustainability becomes part of broader societal behaviour. Education and awareness must begin long before travellers start planning holidays. Only then can sustainability become a natural consideration rather than a specialised topic.

Bridging the gaps between intent and action

Paras Lakhia
Honorary Treasurer, TAAI

“There is still a huge gap between what consumers say and what they book”

Paras Lakhia, Honorary Treasurer, TAAI, shares a similar perspective and believes the travel industry continues to face a significant disconnect between consumer intentions and booking behaviour.

According to him, sustainability is increasingly recognised and appreciated, but travellers still prioritise practical considerations such as price, quality, convenience, location and brand reputation. A sustainable product may gain attention, but it must also remain competitive in every other aspect of the travel experience.

This creates a challenge for tourism businesses attempting to promote responsible travel options. Sustainability alone is rarely enough to secure a booking. Instead, responsible tourism products must demonstrate value while remaining accessible and easy to book.

Lakhia believes transparency is essential

in building credibility. Hotels, destination management companies and tourism suppliers should be able to demonstrate their commitment through certifications, partnerships and measurable initiatives rather than relying solely on promotional messaging.

He also emphasises the importance of education. Many travellers express support for sustainable tourism but are unsure how to identify responsible options or what actions constitute a genuinely sustainable holiday. Increasing awareness among both consumers and industry stakeholders will be critical in helping responsible tourism move beyond a niche category.

“Sustainable tourism should not be treated as a niche.”

Building a framework for change

Ajay Prakash, Immediate Past President, TAFI believes the conversation around responsible tourism must extend beyond traveller behaviour and focus on structural transformation across the industry.

“The future lies in redefining luxury around authenticity, conservation, community engagement, wellness and meaningful experiences”

According to him, tourism itself contributed to many of today's challenges by promoting luxury through excess and consumption. For years, success was measured through larger resorts, higher visitor numbers and greater levels of consumption. Today, however, travellers are increasingly seeking authenticity, conservation, wellness and meaningful

experiences.

Prakash believes sustainability must become integrated into mainstream tourism rather than remaining a specialist offering. Responsible tourism should not be positioned as a compromise but as a more enriching and future focused way to travel.

“Sustainability is visible in operational culture, not just in brochures.”

He argues that genuine sustainability can be identified through operational practices rather than marketing campaigns. Waste management, local employment, responsible sourcing and community engagement provide a far clearer indication of commitment than promotional materials.

Governments, tourism boards and industry



Ajay Prakash

Immediate Past President, TAFI

associations also have a critical role to play. Incentives, regulatory frameworks and measurable standards can help encourage businesses to adopt responsible practices while remaining commercially viable.

For Prakash, responsible tourism must ultimately become the operating framework for the industry rather than an optional add on.

Hospitality's sustainability reality check

While travel advisors and industry leaders debate consumer behaviour, hospitality brands are increasingly focused on implementation. For hotels and resorts, sustainability is no longer simply a marketing initiative. It has become an operational responsibility that influences guest experiences, resource management and community relationships.

One of the most significant developments within hospitality is the growing convergence between wellness and sustainability. Increasingly, luxury travellers are seeking experiences that support personal wellbeing while also respecting local communities and natural environments.



Madifushi Private Island: Redefining luxury through nature

For Ibrahim Inad, Commercial Director, Madifushi Private Island, Maldives, sustainability and wellness are deeply intertwined. He views nature itself as the foundation of the guest experience. From the island's natural landscape and marine environment to its wellness offerings, the focus is on creating experiences that feel restorative while remaining connected to the destination.

“Today's luxury traveller especially from markets like India, Europe, and Australia – isn't impressed by marble lobbies anymore. They want space, silence, and something real. They want to feel the place, not just stay in it.”

Inad also acknowledges the growing challenge of greenwashing within hospitality. Rather than focusing solely on guest facing sustainability initiatives,

Madifushi tracks operational metrics related to energy consumption, sourcing and environmental performance. The emphasis is placed on measurable action rather than promotional messaging.

“Everyone has a 'sustainability page' on their website now. But there's a difference between posting about saving towels and actually doing the work.”

Inad believes luxury itself is evolving. Modern travellers increasingly value space, authenticity, privacy and genuine connections with nature over traditional displays of extravagance. Healthy reefs, natural landscapes and meaningful local experiences have become important components of the luxury experience.

Community engagement is equally important. Through local employment initiatives, environmental programmes



Ibrahim Inad

Commercial Director,
Madifushi Private Island, Maldives

and partnerships with island communities across Meemu Atoll, the resort seeks to ensure that tourism benefits extend beyond its own operations.





Anantara Lawana Koh Samui Resort

Connecting wellness and sustainability

Narain Dass, Assistant Director of Sales, Anantara Lawana Koh Samui Resort, views wellness and sustainability as part of a single philosophy.

“Luxury today is becoming less about excess and more about meaning, privacy and connection to place.”

Many of the resort's wellness experiences draw directly from the surrounding natural environment. Activities such as yoga, sound healing and immersive outdoor experiences encourage guests to slow down and reconnect with nature.

Supporting these experiences is a comprehensive sustainability programme that includes organic herb gardens, biodiversity initiatives, toxin free landscaping and circular resource systems. The resort's sustainability efforts have earned Green Growth 2050 Platinum

certification for 2025 and 2026, reflecting a long term commitment to responsible operations.

For Dass, modern luxury is increasingly defined by meaningful experiences and connections to place. Sustainability is not positioned as a separate initiative but as an element that enhances the overall quality of the guest experience.

Travellers may not always ask detailed questions about sustainability practices, but they increasingly notice and appreciate responsible operations when these are integrated naturally into their stay.



Narain Dass

Assistant Director of Sales
Anantara Lawana Koh
Samui Resort.

“Sustainability is no longer viewed as separate from luxury.”

KK Collection: Sustainability through community

For George Cooper, Chief Executive Officer and Founder of KK Collection, Sri Lanka, sustainability is most effective when it becomes part of everyday operations.

Wellness and sustainability naturally go hand in hand.

The collection integrates wellness and sustainability through nature inspired design, locally sourced ingredients, traditional healing practices and close engagement with surrounding communities. Rather than treating sustainability as a separate programme, it influences how the properties operate on a daily basis.

Community support remains a central

focus. The collection works closely with local suppliers, artisans and residents while also supporting village initiatives related to education and infrastructure. Guests are encouraged to engage with these efforts, creating opportunities for deeper connections with the destination.

Cooper believes travellers are becoming increasingly skilled at distinguishing authentic sustainability from performative messaging. As a result, hospitality brands must ensure their commitments are reflected through action rather than marketing alone.

Guests today can easily recognise the difference between performative messaging and genuine intent.



George Cooper

Chief Executive Officer and Founder, KK Collection

Cruising's new wellness and sustainability journey



Naresh Rawal

Senior Vice President Sales India and Middle East, Star Dream Cruises

Wellness today means very different things compared to a few years ago.

The cruise industry is also experiencing significant change as traveller expectations evolve. According to Naresh Rawal, Senior Vice President Sales India and Middle East, StarDream Cruises, the Indian outbound cruise market has expanded well beyond traditional family travel. Younger professionals, couples, celebration groups and incentive travellers are increasingly exploring cruise holidays as a convenient and value driven way to travel.

Wellness has emerged as an important part of this evolution. Cruise guests are looking for more holistic experiences that support physical and mental wellbeing throughout their journey. Wellness programmes now extend beyond spas to include fitness activities, workshops and lifestyle focused experiences.

Cruising is also benefiting from growing interest in slow travel. Unlike traditional holidays that often involve frequent transfers and tightly packed itineraries,

cruises allow travellers to explore multiple destinations while maintaining a more relaxed pace.

One of the biggest advantages of cruising is that the journey itself becomes part of the holiday experience.

At the same time, sustainability is becoming an increasingly important operational priority. StarDream Cruises continues to invest in energy efficiency technologies, waste management systems, fuel optimisation measures and environmentally responsible shore experiences.

Nature based excursions, walking tours and community focused activities are helping create more meaningful connections between travellers and destinations while supporting responsible tourism objectives.

The ultimate Varanasi itinerary

How to experience India's
spiritual capital to the fullest?

Daisy Saxena





Few cities in the world are as layered, captivating, and spiritually profound as Varanasi. Believed to be among the oldest living cities on earth, this sacred destination on the banks of the Ganges has drawn pilgrims, scholars, artists, musicians, and travellers for thousands of years.

Yet Varanasi is not a city that can be experienced through a checklist of monuments. Its magic lies in the sunrise boat rides, hidden temples, bustling lanes, legendary street food, silk weaving traditions, and countless interactions that unfold throughout the day. To truly understand Varanasi, one must immerse oneself in its rhythm and allow the city to reveal itself gradually.

For travellers seeking to experience the very best of Banaras, here is the ultimate itinerary that combines spirituality, culture, food, heritage, and local life.

Day one: Discovering the soul of the Ganges

Every memorable Varanasi journey should begin before sunrise. Head to Assi Ghat while the city is still wrapped in darkness. As dawn approaches, the atmosphere slowly transforms. Devotional music fills the air, yoga practitioners gather along the riverfront, and priests begin morning rituals. The famous Subah-e-Banaras programme offers a beautiful introduction to the city's spiritual and cultural traditions through yoga, Vedic chanting, music, and

meditation.

From Assi Ghat, board a traditional wooden boat for a sunrise cruise along the Ganges. This is arguably the most magical experience in Varanasi. As the first rays of sunlight illuminate the river, the ghats come alive. Pilgrims descend the steps for ritual baths, priests perform ceremonies, and local residents begin their daily routines. The riverfront unfolds like a living theatre where centuries old traditions continue uninterrupted.

The boat ride passes several iconic ghats including Dashashwamedh Ghat, Kedar Ghat, Darbhanga Ghat, and the sacred Manikarnika Ghat, where cremation rituals take place throughout the day.

After returning to shore, enjoy breakfast at Ram Bhandar, a local institution known for its kachori sabzi and jalebis. It is one of the most authentic ways to begin the day in Banaras. The morning is best spent exploring the narrow lanes surrounding Vishwanath Gali.

This labyrinth of streets forms the historic heart of Varanasi. Flower sellers, sweet shops, silk merchants, shrines, and hidden temples line every corner. Wandering through these lanes is an experience in itself.

The walk naturally leads to the Kashi Vishwanath Temple, one of Hinduism's most revered shrines dedicated to Lord Shiva. The temple remains the spiritual centre of the city and attracts millions of



devotees every year.

For lunch, make your way to Kashi Chat Bhandar and order the famous tamatar chaat. Rich, tangy, spicy, and unlike any other chaat in India, it remains one of the defining flavours of Banaras. The equally popular palak patta chaat deserves a place on every food lover's list. Spend the afternoon exploring the ghats on foot.

While Dashashwamedh Ghat attracts most visitors, quieter stretches such as Lalita Ghat and Kedar Ghat reveal a more intimate side of the city. As evening approaches, return to Dashashwamedh Ghat for the spectacular Ganga Aarti.

Arrive at least an hour early or choose to watch the ceremony from a boat anchored on the river. Giant brass lamps, sacred chants, incense, and synchronised rituals transform the riverfront into one



Travel Goals

of India's most unforgettable spiritual spectacles.

Conclude the day with dinner overlooking the river at Pizzeria Vaatika Café near Assi Ghat, a favourite among both locals and travellers.

Day two: Heritage, silk, and the legacy of Sarnath

Begin the second day with a leisurely breakfast and a traditional cup of chai served in an earthen kulhad.

The morning is dedicated to Sarnath, located a short drive from Varanasi. One of Buddhism's most important pilgrimage sites, Sarnath is where Gautama Buddha delivered his first sermon after attaining enlightenment. The peaceful surroundings provide a striking contrast to the energy and intensity of Varanasi.

Explore the Dhamek Stupa, ancient monastic ruins, Buddhist temples, and landscaped gardens. The Archaeological Museum houses some of India's most significant historical treasures, including the Lion Capital of Emperor Ashoka, which later became the national emblem of India.

Return to Varanasi for lunch before heading into the city's weaving districts.



Neighbourhoods such as Madanpura and Lallapura are home to generations of Banarasi silk artisans. Visiting a weaving workshop offers a fascinating glimpse into one of India's most celebrated textile traditions.

Watching a master weaver create intricate patterns on a handloom is an experience that highlights the extraordinary craftsmanship behind every Banarasi saree.

The afternoon can also include a visit to Bharat Kala Bhavan at Banaras Hindu University. This exceptional museum houses paintings, manuscripts, sculptures, textiles, and decorative arts that

chronicle the region's cultural history.

Take time to explore the university campus and visit the New Vishwanath Temple, known for its peaceful atmosphere and impressive architecture.

As evening falls, immerse yourself in another side of Varanasi's cultural identity by attending a classical music performance if one is available during your stay. The city has long been associated with Hindustani classical music and continues to nurture this rich artistic tradition.

Before returning to your hotel, stop at the legendary Blue Lassi Shop. Hidden within



Travel Goals



the old city's winding lanes, this tiny establishment serves thick malai lassi in earthen cups and remains one of Varanasi's most beloved culinary landmarks.

Day three: Experiencing the real Banaras

The final day is best spent slowing down and embracing the city's everyday rhythm. Start with a morning walk along the ghats rather than another sightseeing excursion.

Observe local life unfolding naturally. Wrestlers train in traditional akharas. Priests prepare offerings. Elderly residents gather for conversations overlooking the river. Children fly kites against the backdrop of ancient temples and palaces.

Spend time at Assi Ghat and Tulsi Ghat, where daily life often takes precedence over tourism. Continue your exploration by wandering through the city's lesser known lanes. Visit local markets, discover hidden shrines, browse bookshops, and stop frequently for chai.

Some of Varanasi's most memorable moments occur without planning. Lunch presents another opportunity to sample local favourites such as chura matar, rabri, and seasonal sweets.

The afternoon can be devoted to exploring the city's musical heritage, interacting with local artisans, or simply sitting beside the river and watching life unfold.

Before leaving Varanasi, no traveller should miss the opportunity to enjoy authentic Banarasi paan. More than a culinary tradition, it represents a cherished aspect of the city's cultural identity.

As sunset approaches on your final evening, choose a quieter ghat away from the crowds. Sit by the river and watch the changing colours of the sky reflected in the waters of the Ganges. Listen to temple bells ringing in the distance and observe boats drifting silently across the river.

It is in these quiet moments that Varanasi often leaves its deepest impression.



Essential recommendations for your Varanasi itinerary

Must experience

- Sunrise boat ride from Assi Ghat
- Subah-e-Banaras cultural programme
- Kashi Vishwanath Temple
- Dashashwamedh Ghat Ganga Aarti
- Sarnath excursion
- Banarasi silk weaving workshop
- Bharat Kala Bhavan
- Banaras Hindu University



Must eat

- Kachori sabzi and jalebi at Ram Bhandar
- Tamatar chaat at Kashi Chat Bhandar
- Palak patta chaat at Kashi Chat Bhandar
- Malai lassi at Blue Lassi Shop
- Banarasi paan
- Seasonal sweets and local street food

Exploring Varanasi beyond the temples

Varanasi is not a city that reveals itself in a few hours. It demands time, patience, and curiosity. Beyond its temples and ceremonies lies a destination rich in food, music, craftsmanship, philosophy, and human stories. It is a city where every sunrise feels sacred, every lane carries history, and every encounter offers a glimpse into traditions that have endured for centuries.

For travellers willing to immerse themselves fully, Varanasi delivers one of the most rewarding and transformative experiences in India.

Long after the journey ends, memories of the Ganges at dawn, the aroma of street food, the glow of evening lamps, and the timeless energy of Banaras remain impossible to forget.

MALAYSIA

TURNS UP THE VOLUME ON EVENT TOURISM WITH RAIN RAVE WATER FESTIVAL IN BUKIT BINTANG

Ayushi Anand



Kuala Lumpur found an entirely new rhythm as Bukit Bintang transformed into a giant open-air celebration of music, culture and water-soaked revelry during the Rain Rave Water Music Festival, held from April 30 to May 2, 2026.

What began as a city-centre music festival quickly evolved into something much larger, a strategic tourism initiative designed to position Malaysia as a destination capable of blending large-scale entertainment with authentic cultural experiences. Stretching across the vibrant Bukit Bintang district around Pavilion Kuala Lumpur and neighbouring malls, the festival brought together international DJs, Malaysian cultural performances, artisan markets and street food experiences, creating one of the city's most energetic tourism activations in recent years.

But beyond the music and water cannons, Rain Rave reflected a larger ambition from Tourism

Malaysia which is to create destination-led events that encourage travellers to visit specifically for experiences that cannot be replicated elsewhere.



"This festival's number one objective is to attract tourists coming from all over the world and create more content in Malaysia," said Mohd Amirul Rizal Abdul Rahim, Director General, Tourism Malaysia, during a luncheon arranged for the MegaFam Participants on the sidelines of





the event. "We have many events in Malaysia and almost 80 per cent of them focus on our culture. This time we added the music festival element, but we still maintained our cultural identity through food, craft booths and performances", he said.

The concept appeared to resonate strongly with visitors. According to officials, the opening day itself witnessed nearly 50,000 attendees, including approximately 30,000 visitors during the evening performances alone. By the second day, the numbers surged even higher.

"The police had to increase deployment because the crowd kept growing."

As the tropical evening rains mixed with choreographed water sprays and pulsating music, Bukit Bintang turned into a giant urban carnival. Massive crowds danced beneath flashing lights while DJs including DJ Mira, DJ Coco and DJ Julian kept the energy levels high late into the night.

Yet unlike conventional electronic music festivals, Rain Rave consciously retained a strong Malaysian identity.

The festival was divided into three immersive sections – Rhythm of Cultures, Rhythm of Flavours and Rhythm of Rain. The cultural zone showcased traditional crafts, heritage-inspired installations and local artistry, while Rhythm of Flavours featured over 50 food stalls serving Malaysian street favourites alongside international cuisine. The main concert zone, meanwhile, became the heart of the celebration where water cannons, live performances and

crowd interactions created a lively festival atmosphere rarely seen in Kuala Lumpur's city centre.

Rizal believes such events can play an important role in strengthening Malaysia's urban tourism offerings while simultaneously generating economic activity for hotels, restaurants and retail businesses.

What surprised organisers most, however, was the number of travellers who flew into Malaysia specifically for the festival.

"There were groups of tourists who came only because of this event," Rizal revealed. "We saw visitors from Indonesia and even four groups from India travelling for Rain Rave. That surprised me!"



Travel Goals



The success of the festival also reinforced a growing global tourism trend where travellers increasingly plan holidays around concerts, sporting events and experiential festivals. Tourism Malaysia sees Rain Rave as part of this broader shift.

"Event-based tourism can attract visitors just like MotoGP or international sporting events do," Rizal explained. "This one is our own creation and now we have to maintain and sustain it."

The tourism board is already looking at expanding Malaysia's cultural event calendar in the coming months. Officials revealed that June will witness one of the country's biggest cultural celebrations centred entirely around Malaysian music, dance and heritage. Plans are also underway for a large-scale cultural street parade inspired by international carnival-style celebrations, but uniquely Malaysian in character.

Despite global economic uncertainties and rising airfare costs linked to fluctuating fuel prices, Tourism Malaysia reported encouraging growth figures during the first quarter of 2026.

"The numbers still show positive growth of 5.4 per cent compared to the first quarter last year," said Rizal.

Outside the festival grounds, the city offered travellers an immersive mix of experiences. A ride aboard the Kuala Lumpur Hop-On Hop-Off bus provided a sweeping introduction to the capital's landmarks, while Immersify Kuala Lumpur showcased the city's growing interest in digital and experiential attractions. At LaLaport Bukit Bintang City Centre, shoppers explored one of Kuala Lumpur's newest lifestyle hubs before making their way toward the

evening festival crowds.

The contrast between Kuala Lumpur's contemporary attractions and its historic quarters became even more visible the next day. Around Central Market and Petaling Street, travellers wandered through colourful heritage lanes lined with local handicrafts, traditional eateries and bustling street vendors. Stops at cafés and restaurants such as Pak Tok, Oga and ZUS Coffee offered a brief respite from the tropical humidity before continuing deeper into the city's cultural pockets.



A visit to Batu Caves added another dimension to the journey. Towering limestone formations, the iconic golden Murugan statue and the vibrant rainbow staircase provided one of Malaysia's most visually striking experiences.

Adventure tourism also played its role in the itinerary. Activities at FunPark including Skyline Luge, zip lining and



Skyline HyFly reflected Malaysia's growing focus on attracting younger travellers looking for experiential and adrenaline-driven holidays alongside traditional sightseeing.

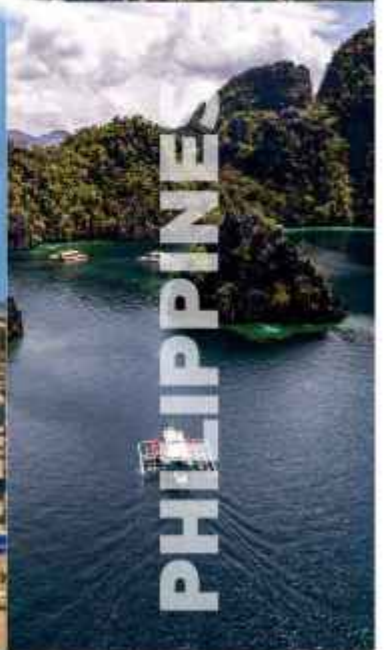
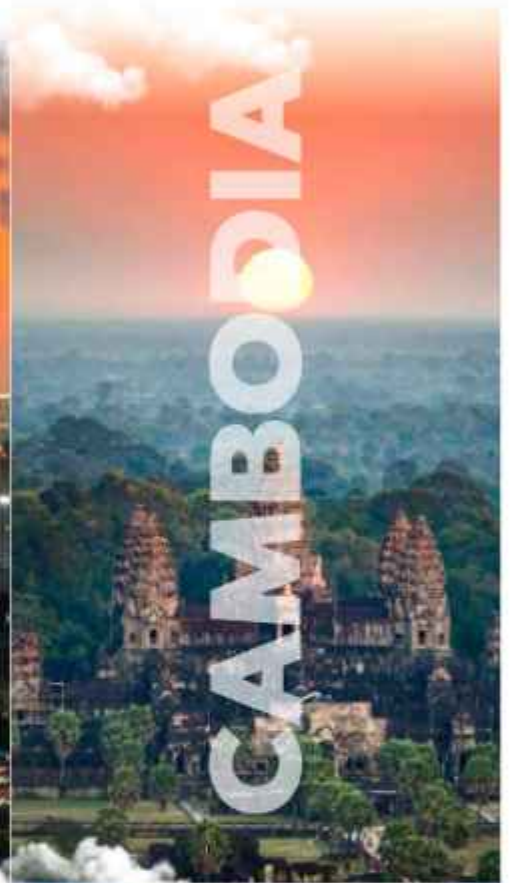
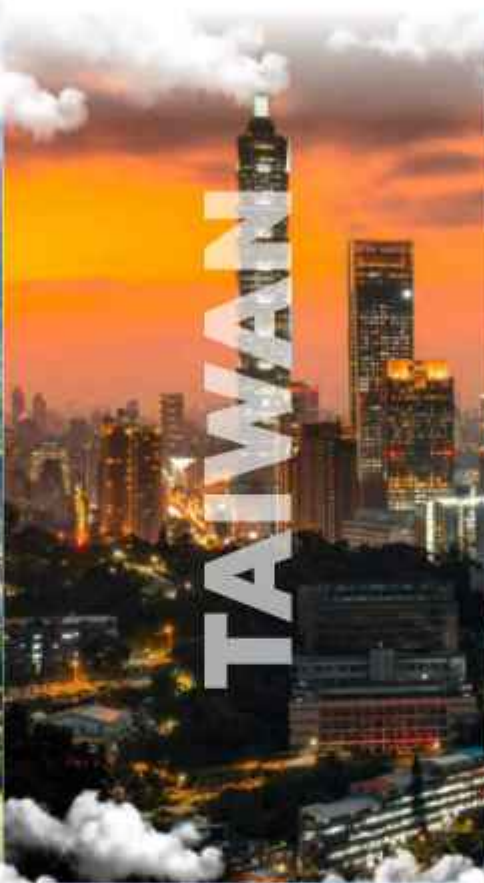
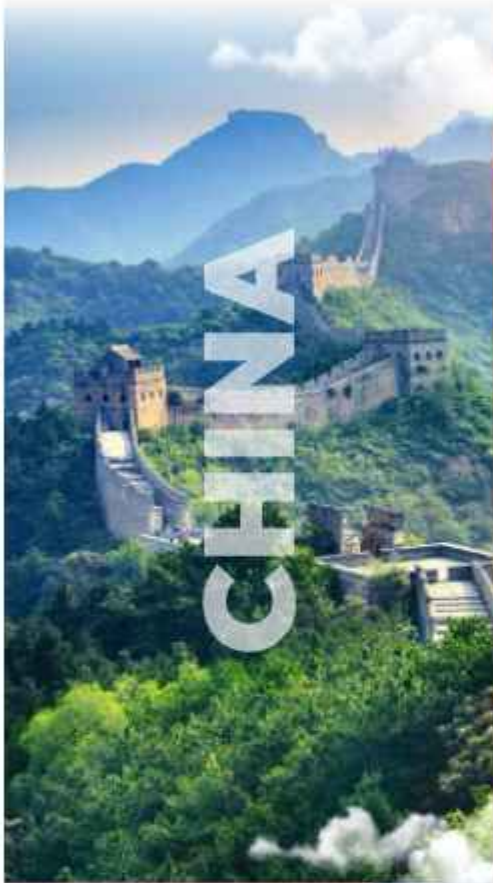
Back in the city, Bangunan Sultan Abdul Samad offered a quieter, more nostalgic side of Kuala Lumpur. Illuminated beautifully against the night sky, the colonial-era landmark served as a reminder of how seamlessly Malaysia blends heritage with urban modernity.

The journey concluded in Putrajaya, where a relaxing lake cruise arranged by Pulse Group offered a calm contrast to the high-energy atmosphere of Rain Rave. Surrounded by striking architecture and serene waterfront views, the experience showcased another side of Malaysia, one defined by tranquillity, design and modern urban planning.





OA FAREAST ASIA



OA Globe DMC Corp. Office

Antriksh Thakur House, Unit No. 304, 3rd Floor, Makwana Road, Marol Naka,
Andheri East, Mumbai 400 059. Tel: +91 7039 069 830



These wellness retreats in India deserve a place on your travel list!

Vedika Duggal

India has long been synonymous with wellness. From the ancient science of Ayurveda and yoga to meditation, naturopathy, and holistic healing, the country offers a diverse range of retreats that help travellers disconnect from the chaos of everyday life and reconnect with themselves. In recent years, wellness tourism has evolved beyond traditional spa holidays, with travellers seeking immersive experiences that focus on physical, emotional, and spiritual wellbeing.

Whether you are looking to reset your lifestyle, manage stress, improve fitness, embark on a detox programme, or simply spend time in a peaceful environment, India offers an impressive selection of wellness retreats. From the Himalayan foothills to the backwaters of Kerala, these are some of the country's most renowned wellness retreats. Keep reading as we tell you why they deserve a place on your travel bucket list.

Ananda in the Himalayas

Arguably India's most celebrated luxury wellness retreat, Ananda in the Himalayas occupies a former Maharaja's palace overlooking the Ganges valley. Set amidst 100 acres of forested landscape, the retreat combines Ayurveda, yoga, meditation, emotional healing, and fitness programmes with world class hospitality.

Guests can choose from customised wellness journeys focused on stress management, weight loss, immunity enhancement, sleep improvement, and holistic healing. Daily yoga sessions are complemented by meditation, Vedanta philosophy, and personalised therapies.

Why visit?

The combination of luxury, personalised wellness programmes, stunning

Himalayan views, and highly qualified wellness experts makes Ananda one of the finest wellness destinations in Asia. It is ideal for first time wellness travellers as well as seasoned retreat enthusiasts.

Address:

The Palace Estate, Narendranagar, Uttarakhand 249175



Six Senses Vana



Nestled within a sal forest in Dehradun, Six Senses Vana has established itself as one of the most transformative wellness retreats in the country. The retreat follows a highly personalised approach where every guest undergoes a detailed consultation before receiving a customised programme.

The wellness offerings combine Ayurveda, Tibetan healing, yoga, meditation, fitness, nutrition, and mindfulness. Guests are encouraged to embrace simplicity, mindfulness, and self reflection during their stay.

Why visit?

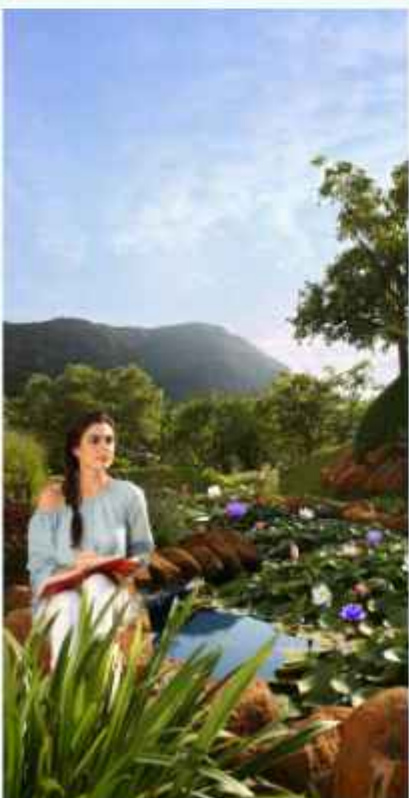
The retreat's ability to blend traditional healing systems with modern wellness practices creates a deeply transformative experience. The serene forest setting further enhances the sense of calm and introspection.

Address:

Mussoorie Road, Dehradun, Uttarakhand 248001



Atmantan Wellness Centre



Perched above the picturesque Mulshi Lake near Pune, Atmantan Wellness Centre is known for its structured wellness programmes and impressive natural setting.

The retreat offers programmes focused on fitness, detoxification, weight management, stress reduction, anti ageing, and emotional wellbeing. A multidisciplinary team of doctors, nutritionists, therapists, and fitness experts works closely with guests throughout their stay.

Why visit?

The lakeside location offers a refreshing

escape from urban life while the evidence based wellness programmes provide measurable results. The retreat is particularly popular among professionals seeking a comprehensive health reset.

Address:

Mulshi Lake, Pune District, Maharashtra 412108



Travel Goals

Somatheeram Ayurveda Village



authentic form while enjoying Kerala's tropical beauty. The combination of traditional treatments, yoga, and ocean views creates a deeply restorative environment.

Address:
Chowara Beach Road, Kovalam, Kerala
695501



Kerala remains the heartland of Ayurveda and Somatheeram Ayurveda Village is among the pioneers of Ayurvedic wellness tourism in India.

Located along the Arabian Sea coast, the retreat specialises in authentic Ayurvedic therapies administered under medical supervision. Programmes range from detoxification and rejuvenation to treatments for lifestyle disorders.

Why visit?

Guests experience Ayurveda in its most



CGH Earth SwaSwara



Overlooking the Arabian Sea near Gokarna, SwaSwara focuses on holistic wellbeing through self discovery rather than clinical wellness.

The retreat integrates yoga, meditation, healthy cuisine, Ayurveda, art therapy, and nature immersion. Unlike many wellness retreats, SwaSwara encourages guests to slow down and explore creativity alongside physical wellbeing.



Why visit?

Its unique emphasis on emotional and creative wellness makes it stand out. The dramatic coastal setting and intimate atmosphere appeal to

travellers seeking reflection and personal growth.

Address:
Om Beach Road, Gokarna, Karnataka
581326

Shreyas Retreat

Just outside Bengaluru, Shreyas Retreat has gained international recognition for its yoga focused wellness experiences.

The retreat offers intensive yoga programmes, meditation sessions, wellness consultations, and spa therapies within a peaceful garden

setting. Guests can participate in karma yoga activities, adding a meaningful dimension to their stay.

Why visit?

Shreyas offers a highly authentic yoga experience without compromising on comfort. The personalised attention and small guest numbers create an intimate and nurturing atmosphere.

Address:
Nelamangala, Bengaluru Rural District, Karnataka 562123



Niraamaya Retreats Surya Samudra

Perched dramatically on a cliff overlooking the Arabian Sea, Niraamaya Retreats Surya Samudra combines wellness with one of the most beautiful coastal settings in India.

The retreat offers Ayurvedic treatments, yoga, meditation, and personalised wellness plans. Traditional Kerala architecture and spectacular sea views contribute to a sense of tranquility.



Why visit?

The location alone makes it worth visiting. Guests can enjoy comprehensive wellness experiences while being surrounded by stunning ocean panoramas.

Address:
Pulinkudi, Mullur, Kovalam, Kerala 695521



Travel Goals

AyurYoga Eco Ashram



For travellers seeking an authentic and affordable wellness experience, AyurYoga Eco Ashram offers a refreshing alternative to luxury retreats.

The retreat specialises in yoga teacher training, Ayurveda, meditation, and sustainable living practices. Accommodation is simple but comfortable, allowing guests to focus on inner transformation rather than external distractions.

Why visit?

It provides a genuine ashram style

experience and attracts travellers interested in deeper learning rather than luxury amenities. The retreat is especially popular among international yoga enthusiasts.

Address:

Village JP Hundi, Kannenur Post, Hobli, Hullahalli, Karnataka 571314



The Beach House Goa

The Beach House Goa has carved a niche for itself by combining wellness with the relaxed atmosphere of coastal Goa.

Programmes include yoga, meditation, mindfulness, detoxification, and emotional wellbeing workshops. The beachfront location allows guests to enjoy long walks, ocean breezes, and beautiful sunsets as part of their wellness journey.



Why visit?

It is perfect for travellers who want a wellness retreat without feeling disconnected from the laid back charm of Goa. The atmosphere is relaxed, approachable, and welcoming.

Address:

Sernabatim Beach, Colva, Goa 403708



Dharana at Shillim

Located amidst the Sahyadri mountains, Dharana at Shillim focuses on preventive healthcare and holistic wellbeing through a scientific approach.

Guests undergo comprehensive health assessments that help create personalised programmes incorporating nutrition, movement, stress management, sleep optimisation, and mindfulness.

Why visit?

The retreat successfully bridges modern science and traditional wellness

philosophies. The expansive natural surroundings further support healing and rejuvenation.

Address:
Shillim Village, Pune District,
Maharashtra 410406



The rise of wellness tourism in India

The rise of wellness tourism reflects a broader shift in traveller priorities. Increasing stress levels, digital fatigue, and lifestyle related health concerns are prompting more people to seek meaningful travel experiences that contribute to long term wellbeing.

India's advantage lies in its centuries old wellness traditions. Ayurveda, yoga, meditation, and holistic healing systems are deeply rooted in the country's cultural heritage. Unlike many destinations where wellness is an added attraction, in India it forms an integral part of daily life and philosophy.

Today's wellness travellers are also looking for personalised experiences. Many of the country's leading retreats



offer tailored programmes that address specific goals such as weight management, stress reduction, sleep improvement, emotional wellbeing, and preventive health.

Another factor driving demand is the growing acceptance of wellness travel among younger generations. Wellness retreats are no longer seen as destinations exclusively for older travellers or those recovering from illness. Increasingly, millennials and Gen Z travellers are incorporating wellness experiences into their annual travel plans as part of a proactive approach to health.

Choosing the right wellness retreat

Before booking a retreat, travellers should consider their primary objectives. Those seeking authentic Ayurvedic treatments may prefer Kerala based retreats such as Somatheeram or Niraamaya. Yoga enthusiasts may find Shreyas Retreat or AyurYoga Eco Ashram more suitable. Travellers looking for luxury and comprehensive wellness assessments might gravitate towards Ananda, Six Senses Vana, Atmantan, or Dharana at Shillim.

Duration also plays a crucial role. While short three to five day stays can provide relaxation and basic rejuvenation, more significant health transformations often require programmes lasting one to three weeks.



It is equally important to assess the qualifications of therapists, doctors, yoga instructors, and wellness practitioners. Reputable retreats maintain high standards of professional expertise and personalised care.

India's wellness landscape is remarkably diverse, offering everything from luxury Himalayan sanctuaries and coastal Ayurvedic retreats to immersive yoga ashrams and science backed health centres. Each of these retreats offers a unique pathway towards better health, deeper self awareness, and meaningful rejuvenation.

In an increasingly fast paced world, wellness travel is no longer a luxury reserved for a select few. It has become an investment in physical vitality, mental clarity, and emotional balance. Whether you are embarking on your first wellness journey or seeking a deeper transformational experience, these retreats showcase why India remains one of the world's leading wellness destinations.

Travel trade shows under pressure but far from irrelevant

Mrasha Goel

The travel trade show landscape is facing increasing pressure in 2026. Arabian Travel Market (ATM), Dubai has been rescheduled twice, while rising operational costs, geopolitical uncertainties, fluctuating airfares and cautious business sentiment are forcing companies to reassess where and how they invest. Even established events such as Travel Trade Maldives (TTM) are navigating a more challenging environment as accessibility, travel costs and return on investment come under greater scrutiny.

Yet, despite these headwinds, industry leaders believe trade shows remain a critical component of tourism business development. What is changing is not their relevance, but the way companies approach them.



Mario Enzesberger
*Founder and CEO,
Liberty International Tourism Group*

According to Mario Enzesberger, Founder and CEO, Liberty International Tourism Group, uncertainty actually increases the importance of face to face interactions.

"Global unrest and economic headwinds don't eliminate the need for trade shows; they sharpen it. When uncertainty dominates, buyers need to look their partners in the eye. That trust cannot be replicated on a screen."

Having operated through the fall of communism in Central Europe, the global financial crisis and the COVID-19 pandemic, Enzesberger believes the strongest trade shows are those that create genuine business opportunities and restore confidence during difficult times. He argues that companies are no longer attending events simply for visibility. Instead, they are carefully

selecting platforms where meaningful business conversations can take place.

This shift is also reflected in how return on investment is measured. Rather than focusing on visitor numbers or brand exposure alone, companies are increasingly evaluating qualified meetings, conversion rates, long term partnerships and repeat business generated from trade show participation.

Krishna Mohan Alapati, Managing Director, Southern Travels, believes the industry has become significantly more strategic in its approach to exhibitions and roadshows.

"Travel is a trust driven industry, and trade shows provide a platform for direct engagement with partners, tourism boards, airlines and customers."

Alapati notes that while businesses are exercising greater caution with marketing budgets, withdrawing from trade events altogether can weaken market presence and future growth opportunities. Instead, companies are focusing on participating in the right events with clearly defined objectives and measurable outcomes.

Interestingly, both industry leaders observe that while attendance at some events may have softened, the quality of conversations has improved. Buyers attending trade shows today are arriving with stronger intent, clearer agendas and a genuine mandate to conduct business.



Krishna Mohan Alapati
Managing Director, Southern Travels

Enzesberger points out that buyers have become less interested in exploratory discussions and more focused on finding immediate solutions. Alapati agrees, adding that discussions are increasingly centred around commercial viability, flexible policies and long term partnerships rather than casual networking.

The evolving environment is also forcing organisers to rethink the traditional exhibition model. Both industry leaders emphasise the need for curated buyer seller meetings, appointment driven formats, stronger pre-event matchmaking and technology enabled networking tools. Success can no longer be measured by footfall alone. Meaningful business outcomes and long term value creation have become the true indicators of relevance.



Quiet Distinction

A considered collection of stays, where design, intention, and atmosphere come together with effortless grace.

Where Business meets *Effortless Stays*

A seamless setting for corporate experiences, where work, rest, and refined service come together.



PLUME HOTELS



EXPOINN SUITES & CONVENTION



THE MOR STAYS

By Indeva Hotels & Resorts

Designed for Focus. Built for Connection.

Meet with Intent



Discovering the art of riad living at *Riad Anata* in Fez, Morocco

Ayushi Anand



There is perhaps no better way to understand Fez than by staying in a riad. Beyond the bustling souks, centuries-old alleyways, and vibrant artisan quarters of Morocco's cultural capital lies a quieter world hidden behind unassuming doors.

These traditional Moroccan homes, built around central courtyards, offer visitors a glimpse into a style of living that has remained largely unchanged for generations. In a city where the medina itself feels like a living museum, staying in a riad is not simply accommodation. It is an essential part of the experience.

Nestled within the ancient medina of Fez, Riad Anata captures this spirit beautifully. Located just a short walk from many of the city's historic attractions, the riad serves as a sanctuary from the sensory overload that makes Fez so fascinating.

Like many traditional riads, the property

reveals itself gradually. What appears from the outside as a modest entrance opens into a tranquil interior where light, craftsmanship, and thoughtful design come together to create a sense of calm. The contrast is striking. One moment,

visitors are navigating the lively maze of the medina. Next, they are surrounded by silence broken only by the gentle sounds of daily life within the riad.

What distinguishes Riad Anata is its



Hospitality



ability to balance authenticity with comfort. Owner Valeria Janczewski has carefully restored and curated the property while preserving its Moroccan character. Traditional zellige tilework, handcrafted details, carved wood features, and locally sourced furnishings celebrate the country's rich artistic heritage. Yet the overall aesthetic feels refined rather than overly traditional, blending contemporary elegance with centuries-old craftsmanship.

The result is a space that feels both timeless and welcoming. Each room has its own personality, while common areas encourage guests to slow down and

appreciate the details that often go unnoticed during a busy day of sightseeing.

One of the most memorable aspects of staying in a riad is the hospitality, and Riad Anata embraces this tradition wholeheartedly. Staff members are not simply there to manage operations. They act as cultural ambassadors, sharing stories about the city, offering local recommendations, and helping visitors navigate the complexities of Fez's labyrinthine streets.

Conversations often become part of the experience itself, providing insight into



the history, traditions, and daily life of one of the world's oldest continuously inhabited cities.

Food also plays a central role. Breakfast at the riad is a leisurely affair featuring a generous spread of freshly prepared local specialties. Served in the intimate surroundings of the riad, it offers a welcome contrast to the pace of the city outside and sets the tone for a day of exploration.

For travellers seeking a deeper connection with Moroccan culture, the riad also offers cooking experiences that introduce guests to traditional recipes and culinary techniques. These hands-on sessions provide another layer of cultural immersion and highlight the importance of food within Moroccan hospitality.

Perhaps the greatest luxury offered by Riad Anata is not found in its rooms or amenities but in its atmosphere. In a destination renowned for its energy and intensity, the riad creates a space where travellers can pause, reflect, and absorb the richness of their surroundings.

Fez is a city best experienced slowly. Its stories reveal themselves over time through conversations, architecture, flavours, and hidden corners. Staying in a riad such as Riad Anata allows visitors to become part of that story, offering an experience that feels far more personal than a traditional hotel stay. In many ways, it represents the essence of Fez itself: historic, welcoming, beautifully layered, and impossible to forget.



Trading Swedish serenity for Balinese bliss at The Metropolitan Hotel & Spa

Ayushi Anand



A spa day almost always begins with a familiar dilemma. Should one stick to the comfort of a classic Swedish massage or experiment with something new?

During my recent visit to the neoVeda Spa at The Metropolitan Hotel & Spa, I walked in fully convinced I would opt for the predictable Swedish therapy. But thanks to a gentle recommendation from Kavita Ghai, Head of Marketing, The Metropolitan Hotel & Spa, I ended up discovering the deeply restorative world of Balinese massage instead.

The neoVeda Spa offers an extensive range of wellness therapies designed to relax, detoxify, and rejuvenate. From traditional Ayurvedic rituals and aromatherapy massages to body scrubs, facials, reflexology, and holistic healing treatments, the menu caters to both seasoned spa enthusiasts and first-timers seeking an escape from New Delhi's relentless pace.

After a quick consultation and an even quicker change into a plush bathrobe, I made my way into the softly lit spa

room accompanied by calming instrumental music floating gently through the air. Almost instantly, the outside world seemed to fade away. The next 60 minutes were dedicated entirely to slowing down.

Having experienced Swedish massages before, I expected something similar – long gliding strokes and muscle relaxation. But midway through the Balinese massage, the difference became beautifully evident. While Swedish massage primarily focuses on kneading and relaxing different muscle groups, Balinese therapy feels far more immersive and therapeutic. It combines pressure point stimulation, deep tissue techniques, stretching movements, and rhythmic strokes that work from head to toe.

The therapist seamlessly alternated between gentle stretches and targeted pressure applications, creating a treatment that felt both energising and deeply calming at the same time. There was a noticeable emphasis on improving circulation and releasing tension stored in pressure points,

something I hadn't fully experienced during a Swedish massage before.

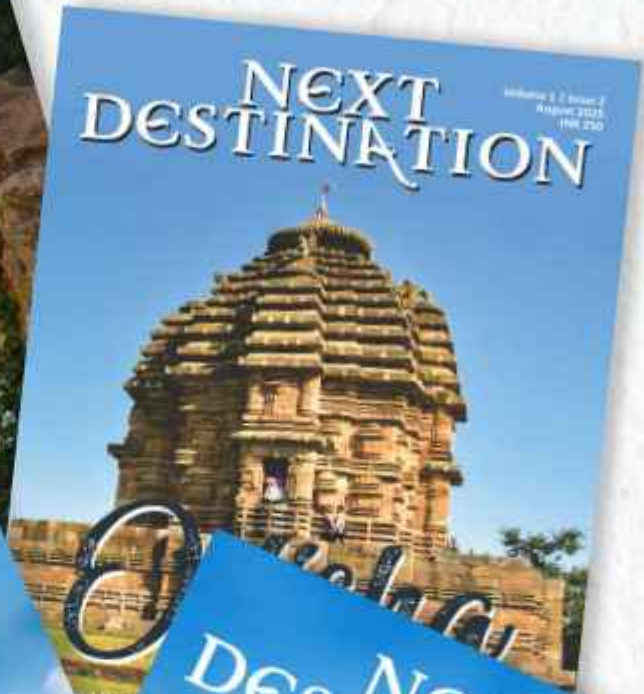
By the end of the session, the usual post-spa drowsiness had been replaced with an unexpected lightness. It felt less like simple relaxation and more like a complete reset for both body and mind.

Of course, no indulgent afternoon at hotel is complete without food. The experience concluded with a leisurely lunch at Zing, the hotel's vibrant all-day dining restaurant. Between bites of the crisp Toro's Nest, a flavourful chicken tikka salad, and comforting pasta, the transition from wellness to indulgence felt seamless. Sometimes, all it takes is a small nudge to step outside the familiar. And in this case, choosing Balinese over Swedish turned out to be the highlight of the day.

Where: neoVeda Spa at The Metropolitan Hotel & Spa

Bangla Sahib Road, Connaught Place,
New Delhi - 110001, India
Contact :-+91 11 42500200

NEXT DESTINATION



Subscribe to the
magazine and newsletter
for curated travel insights.

For advertising contact



nextdestinationmagazine@gmail.com

Pendulo Swing

celebrates the art of gathering through food



Left to right: Chef KD Rawat, Sahil Baweja, Chef Laksh Keswani



Left to right: Megha Talwar, Neha Talwar, Amal Sehrawat, Karan Puri



Left to right: Jinnie Gogia Chugh, Sahil Baweja, Karan Puri, Sidd Mohan, Rajesh Tara

Pendulo Swing by Chef Pin offered guests an exclusive preview of Pëndulo's new à la carte menu at Ambawatta One, Mehrauli, New Delhi. Designed as an intimate dining experience, the evening brought together guests around a shared table to explore the restaurant's distinctive Indie-Mex culinary philosophy. Drawing inspiration from both Indian and Mexican traditions, the menu highlighted the common threads that connect the two cuisines, including bold flavours, vibrant spices and a culture of communal dining. Each course showcased a balance of familiarity and innovation, with traditional ingredients reimaged through contemporary techniques. Smoke, spice, acidity and texture featured prominently throughout the meal, creating a dynamic and engaging dining journey.

The evening also introduced guests to

Pëndulo's newly launched à la carte menu, which builds on the ideas that have shaped the restaurant's acclaimed tasting experiences. Signature dishes such as the Habanero Butter Chicken, Chipotle Lobster, Mulato Chili Raan, Makhani Artichoke and Lamb Birria Taco reflect the restaurant's approach to blending Mexican influences with Indian flavours.

"The tasting menus allowed us to tell a complete story," said Sahil Baweja,

Founder of Pëndulo. "With the à la carte menu, we wanted guests to experience that same Indie-Mex DNA in a more instinctive way. These are dishes built around comfort, generosity and flavour, while still carrying the spirit of exploration that defines Pëndulo."

More than a menu preview, Pendulo Swing celebrated the shared experience of dining, where food, conversation and creativity came together around the table.



Royal China

serves a refined taste of authentic Chinese cuisine

Aditi Yadav



presented with understated elegance, creating a dining experience that is both memorable and satisfying.



For those seeking authentic Chinese flavours in the capital, Royal China, Delhi continues to stand out with its elegant ambience, impeccable service and thoughtfully curated menu. Located in the heart of the city, the restaurant has earned a reputation for its commitment to traditional recipes, premium ingredients and a sophisticated dining experience.

The menu showcases an extensive selection of Cantonese and Chinese specialties that celebrate both flavour and craftsmanship. Signature dim sums

remain a highlight, featuring delicate wrappers and carefully balanced fillings that reflect the culinary team's attention to detail. From fresh seafood preparations and expertly crafted stir fries to flavourful vegetarian dishes, every plate is designed to deliver authenticity while appealing to modern tastes.

Equally noteworthy are the restaurant's noodle and rice selections, complemented by handcrafted desserts that provide the perfect finish to a meal. Each dish is prepared with precision and

What sets Royal China apart is its ability to blend fine dining sophistication with genuine culinary heritage. Whether hosting a business lunch, celebrating a special occasion or simply enjoying a leisurely meal, guests are treated to a journey through the rich and diverse flavours of Chinese cuisine, making Royal China Delhi one of the city's most celebrated dining destinations.

Where : The Chanakya, LG03, The Chanakya Mall, Chanakyapuri, New Delhi - 110021
Contact : 084488 70872



What if the best souvenir from your holiday wasn't a thing?

The best thing travellers bring home today is not a keychain. It is a habit.

Akshita Duggal



There was a time when the success of a holiday could be measured by the souvenirs packed into a suitcase. Fridge magnets from Paris, hand-painted ceramics from Morocco, miniature landmarks from Rome, and enough keychains to fill an entire drawer served as proof of places visited and memories made.

Today, travellers are bringing home something very different. The most valuable souvenir from a journey is increasingly not an object but a habit. It does not sit on a shelf. It does not gather dust. It becomes part of everyday life.

A traveller returns from Finland and starts scheduling time for recovery. A visitor to Greece begins eating meals more slowly. Someone inspired by Bhutan learns to embrace a less hurried pace of life. Another traveller discovers the joy of daily walking in Switzerland or starts a mindfulness practice after a retreat in Bali.

As wellness tourism continues to grow, travellers are seeking experiences that extend beyond the duration of a holiday. They want rituals, routines, and perspectives that remain useful long after they have unpacked their bags. The result is a new kind of travel keepsake: the wellness souvenir.



What's Trending?



A group enjoying sauna in Finland

Finland: Learning the value of recovery

Few countries have influenced global wellness culture as profoundly as Finland. Visitors to Helsinki and the Finnish Lakeland region quickly discover that sauna culture is not a luxury reserved for special occasions. It is woven into everyday life.

For Finns, the sauna is not merely about heat. It is about recovery, relaxation, and creating dedicated time to disconnect from the pressures of daily life. Travellers often arrive expecting a wellness treatment and leave with a new perspective on rest.

Many return home determined to prioritise recovery, whether through regular sauna visits, digital-free evenings, or simply setting aside uninterrupted time to recharge. The lesson from Finland is simple: rest deserves a place on the calendar too.

Sweden: The wellness power of fika

In Sweden, one of the most meaningful wellness rituals revolves around coffee. Known as fika, the tradition encourages people to pause during the day, enjoy a coffee or tea, and connect with friends, family, or colleagues.

In cities such as Stockholm and Gothenburg, fika is treated almost as a necessity rather than an indulgence. For travellers accustomed to rushing through meals and multitasking constantly, the



Coffee tradition in Sweden

concept can be surprisingly transformative.

Many return home inspired to take proper breaks rather than eating lunch at their desks or rushing from one task to another. The souvenir is not the coffee itself. It is permission to slow down.

Greece: Rediscovering the joy of eating well

Visitors to Santorini, Athens, and Heraklion often arrive expecting stunning views and delicious food. What they frequently take home is a healthier relationship with eating.

Meals in Greece are rarely rushed. Fresh vegetables, olive oil, legumes, seafood, and seasonal ingredients dominate the

table. Dining is social and often stretches over several hours. Travellers quickly notice that food is enjoyed rather than feared.

Many return home inspired to cook more often, eat seasonally, and spend more time around the dining table instead of eating in front of a screen. The souvenir from Greece is not a bottle of olive oil. It is a more balanced approach to food.

Italy: The evening walk that changes everything

One of Italy's simplest wellness habits requires no equipment, membership, or special training. Known as the passeggiata, the evening walk is a cherished ritual across cities such as Rome, Florence, and Milan.

As the day winds down, locals head outdoors to stroll through streets and piazzas, often stopping to chat with neighbours and friends. For visitors, the habit serves as a reminder that movement does not always need to be structured exercise.

Many travellers return home embracing evening walks as a way to decompress, improve digestion, and create a natural transition between work and personal time.

Spain: Living life outdoors

Across cities such as Seville and Valencia, life unfolds outdoors. Parks, plazas, promenades, and public spaces serve as



The joy of eating in Greece

What's Trending?



Serenity in Seychelles

extensions of the home. Visitors often notice how much time locals spend walking, socialising, and simply enjoying fresh air.

In an increasingly indoor world, Spain offers a reminder of the wellbeing benefits that come from spending more time outside. The habit many travellers adopt is straightforward: making outdoor time a non-negotiable part of daily life.

Seychelles: Finding wellness by the water

The pristine beaches of Seychelles have long attracted luxury travellers, but many visitors leave with more than beautiful photographs. They discover the therapeutic effects of spending time near water.

Morning swims, barefoot beach walks, snorkelling excursions, and quiet moments by the ocean encourage a deeper connection with nature. The experience has become part of a broader movement known as blue wellness, which highlights the mental and emotional benefits of being around water.

Many travellers return home determined to spend more time near lakes, rivers, beaches, or coastal paths. The souvenir is not a seashell collected from the shore. It is a renewed appreciation for nature's calming influence.

Sri Lanka: The beauty of mindful mornings

In destinations such as Weligama,

Tangalle, and Ella, wellness often begins before breakfast. Sunrise yoga sessions, meditation classes, nature walks, and quiet reflection form part of everyday life at many retreats and boutique hotels.

Travellers quickly discover the value of starting the day intentionally rather than immediately reaching for a phone. Many continue the practice after returning home, creating morning routines that prioritise calm, movement, and mindfulness before the demands of the day begin.

South Africa: Reconnecting with natural rhythms

A safari in Kruger National Park is often



Wildlife encounters at Kruger National Park

described as life changing. While wildlife encounters are undoubtedly memorable, many travellers leave with something less obvious but equally valuable.

Life on safari follows the rhythm of nature. Guests wake with the sunrise and spend extended periods observing wildlife without distractions. The experience encourages people to slow down and pay attention to the world around them.

Many return home inspired to spend more time outdoors, watch sunrises, and reconnect with natural cycles that modern life often obscures.

Australia: Making movement part of everyday life

Australia's wellness culture is built around movement. Whether it is walking along Sydney's coastal paths, swimming in Perth's beaches, or hiking through Tasmania's wilderness, physical activity is seamlessly integrated into daily life.

In Sydney and Perth, travellers quickly notice that exercise often feels less like a task and more like a lifestyle. The habit they bring home is simple but powerful: moving more frequently and spending more time outdoors.

United States: Journaling and self-reflection

Wellness retreats in destinations such as Sedona, Ojai, and Scottsdale have helped popularise practices such as journaling, gratitude exercises, and self-reflection.

Visitors often discover that spending just a few minutes each day writing down thoughts, goals, or moments of gratitude can significantly improve mental wellbeing. Many continue the habit after returning home, turning a retreat experience into a lasting daily ritual.

India: Wellness through routine

India's contribution to global wellness extends far beyond yoga. Across wellness retreats in Kerala, Rishikesh, and Dehradun, travellers are introduced to Ayurvedic principles centred on balance and consistency.

The most enduring takeaway is often the

What's Trending?



Cleansing ritual in Türkiye

importance of routine. Simple practices such as drinking warm water in the morning, eating meals at regular times, winding down properly before bed, and aligning daily habits with natural rhythms are surprisingly easy to adopt. The souvenir is not a bottle of herbal oil. It is a healthier daily routine.

Bali: The art of intentional living

Few destinations have become as closely associated with wellness travel as Bali. Visitors flock to the island's retreats seeking yoga, meditation, healing therapies, and personal transformation.

Yet the most lasting souvenir is often a shift in perspective. Life in Bali encourages people to be more intentional with their time. Morning rituals, gratitude practices, mindful movement, and regular moments of reflection become part of daily life. Travellers frequently return home inspired to create space for these practices within their own schedules.

Türkiye: The ritual of the hammam

In Istanbul, wellness has been shaped for centuries by the tradition of the hammam. Part cleansing ritual, part social experience, and part relaxation therapy, the Turkish bath remains an integral part of local culture.

Visitors often leave with a greater appreciation for self-care and recovery. The lesson is not necessarily about visiting a hammam every week. It is about treating wellness as an ongoing ritual rather than an occasional reward.

Hungary: Making time for restoration

No city is more closely associated with thermal bathing than Budapest. Built atop natural thermal springs, the city's bathhouses have been attracting visitors for generations.

Travellers quickly discover that wellness

here revolves around slowing down. Hours can be spent soaking, relaxing, and allowing the body to recover. Many visitors return home with a newfound appreciation for rest and recovery, recognising that wellbeing is not only about activity but also about restoration.

Switzerland: Walking as wellness

In destinations such as Zermatt, Interlaken, and St. Moritz, wellness is often measured in steps rather than spa treatments. Walking is deeply embedded in Swiss culture. Whether exploring alpine trails or strolling through mountain villages, visitors discover how movement, fresh air, and nature combine to create a powerful sense of wellbeing. The habit many travellers take home is refreshingly simple: walk more.

Bhutan: Learning to slow down

Few countries have captured the world's imagination quite like Bhutan. Known for prioritising Gross National Happiness, Bhutan offers a striking contrast to the fast pace of modern life.

Whether hiking to Tiger's Nest Monastery or exploring quiet valleys and monasteries, travellers encounter a culture that values presence, reflection, and balance. Many leave with a powerful realisation: wellness is not always about doing more. Sometimes it is about doing less.



Slow living in Bhutan

5-minute quick exercises before boarding a long-haul flight

A simple pre-flight routine to improve circulation, reduce stiffness and arrive feeling fresher.

Hours spent sitting on a long-haul flight can leave travellers with tight hips, stiff necks, swollen ankles and aching backs. The good news is that just five minutes of movement before boarding can help prepare your body for the journey ahead.

No gym equipment required. No workout clothes needed. These simple exercises can be done at the airport gate, in a lounge or while waiting to board.





NECK STRETCH



LEG SWINGS



SHOULDER ROLLS



CALF RAISES

Events Recap



Maldives Foreign Minister Iruthisham Adam highlights stronger India-Maldives tourism ties during New Delhi visit.



Madifushi Private Island unveils luxury island experiences in India

Madifushi Private Island showcased its luxury hospitality offerings to India's travel trade and media through The Madifushi Soirée in New Delhi and Mumbai.





Minor Hotels hosts India Sales Mission 2026 In New Delhi

Minor Hotels hosted its India Sales Mission 2026 in New Delhi, bringing together hotel representatives from across Asia, the Middle East, Europe, and Australasia.



Egyptair marks 94 years In India with grand New Delhi celebration

Egyptair celebrated its 94th anniversary in India with a grand industry evening in New Delhi attended by over 200 guests from aviation, travel trade, corporate and diplomatic circles. The airline also announced an upcoming collaboration with UNESCO focused on cultural heritage and biodiversity preservation.



Events Recap



IWIA hosts its first members' networking evening

Indian Wedding Industry Association (IWIA), in collaboration with The Imperial New Delhi, hosted a cocktail evening for its members at Daniell's Tavern.



OTOAI hosts members' meets in Mumbai and Kolkata, strengthens industry camaraderie

The Outbound Tour Operators Association of India (OTOAI) hosted its Members' Meet Series across two key cities, with Kolkata on April 2 at Cal On, Hyatt Centric, followed by Mumbai on April 3, 2026, at Kyma, BKC, in association with myPartner by MakeMyTrip. Both gatherings brought together the OTOAI Managing Committee, the myPartner by MakeMyTrip team, and a strong turnout of members.



MANOHAR VILLAS

An oasis of quiet luxury

IN NEEMRANA




MANOHAR VILLAS
(Neemrana)
A Grand Resort By KAWATRA

www.manoharvillas.com

+91 87507 77770 | +91 93112 26375

Main, NH-8, Dughera Mod, Neemrana,
Hamjapur, Rajasthan 301705

APPOINTMENTS



Jyoti Mishra
joins Hyatt Place Bhopal
as General Manager.



Firoz Khan
joins Sunday Hotels as
Director and Channel
Head – Business Development, India.



Aejaz Shaikh
joins Taj Cidade de Goa
Heritage as Hotel Manager.



Deepak Kumar
joins Mayfair Bay Resort Paradeep
as General Manager.



Tarangini Sarvagyam
joins 1000 Island Hotels & Resorts
as Marketing Manager.



Saiby Kochar
joins Four Points by
Sheraton & Marriott Executive
Apartments Amritsar as Director of Sales.



Amit Gosain
joins Courtyard by Marriott
Navi Mumbai as General Manager.



Nitin Gohri
joins The Westin Goa
as Director of Operations.



Ruban Das
joins Hyatt Hyderabad
as General Manager.



Akash Gupta
joins Holiday Inn Gurgaon NH8
as Director of Sales & Marketing.



Reekshit Siddhanta
joins Taj Resorts Goa
as Deputy General Manager.



Shivankar Kodesia
joins Hyatt Place Hampi
as General Manager.



RESORTS & SPAS

Thoughtful Luxury. Distinctive Destinations

A curated collection of refined retreats, shaped by nature, design and a deep sense of place. Union Resorts offers experiences that feel personal, calm and effortlessly luxurious.



THE BLUE WATER



THE PARK



WATER GARDEN

Contact for more information
Tonia Sehan | +91 88005 96866

Meet India's travel leaders at the **FAIRWAYS & FLYWAYS**

Connect with influential travel buyers, tourism stakeholders, hospitality leaders and luxury brands over an exclusive evening of golf, networking and meaningful business conversations.

Why participate?

- Showcase your destination, hotel or brand to a curated audience of decision makers
- Build valuable partnerships in a relaxed setting designed for high impact networking and business growth.

 Qutab Golf Course, New Delhi

 August 2026

*An exclusive travel, tourism
and luxury golf sundowner awaits
your participation!*

To participate or explore partnership opportunities
contact us at info@nextdestination.co