



Clockwise from left: A couples spa therapy room at Manja Spa; oils and natural ingredients are used for treatments at the spa; and aromatic fresh flowers add to the experience



way, acutely conscious of its role in the local environment. It is set amid 120 acres of sprawling coffee plantations, with nature walks and responsible fishing activities to help the young and restless pass the time.

As for me, I headed straight to the spa at the first chance (the room package itself comes with a 45-minute spa treatment for every guest). Named after one of south India's favourite medicinal herbs, the turmeric, Manja Spa was an airy and welcoming space, with miniature water channels scattered through the building.

Befitting the mood and theme of the place we were in, my treatment began with a coffee scrub. As a diehard coffee lover, I was thrilled with the idea of using coffee to cleanse the body (since I usually use it only to clear the mind). And what a fragrant and intoxicating treatment that turned out to be. As my therapist's smooth hands rubbed the slightly rough concoction all over, I thought I could actually hear the sound of dead skin peeling off!

She followed this up with a classic 'Abhyangam' massage for an hour using warm, medicated oils and steady, relaxing strokes. By the end of these two hours, I was ready to fall into deep sleep in my bed. And that was exactly what I did, although I could swear that the beguiling aroma of coffee seemed to float into my dreams all through the night. 🌿

CAFFEINE HIGH

Set amid the plantations of Coorg, The Ibnii makes sure you get your fill of coffee, whether via its setting or through its innovative spa therapies

BY CHARUKESI RAMADURAI

The most spectacular bit of my stay at The Ibnii in Coorg was right upon reaching the resort. This experience, in fact, was so special that I am hesitant to reveal it and spoil the surprise for future visitors.

There is no formal check-in process; as soon as we stepped out of the car, we were taken through a small enclosure, on to a long and

narrow hanging bridge, to finally reach an open lounge with low walls. There, we were surrounded by acre upon acre of open space, lush green coffee plantations as far as the eye could see, with the bluish-brown hills enveloping this entire scene at a distance. What a welcome!

Ibnii calls itself an eco-luxe resort, and it lives up to this billing in every

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