

# Chef Alyssa Chesson's scenic getaway will inspire you to visit Hilton Shillim Estate Retreat & Spa

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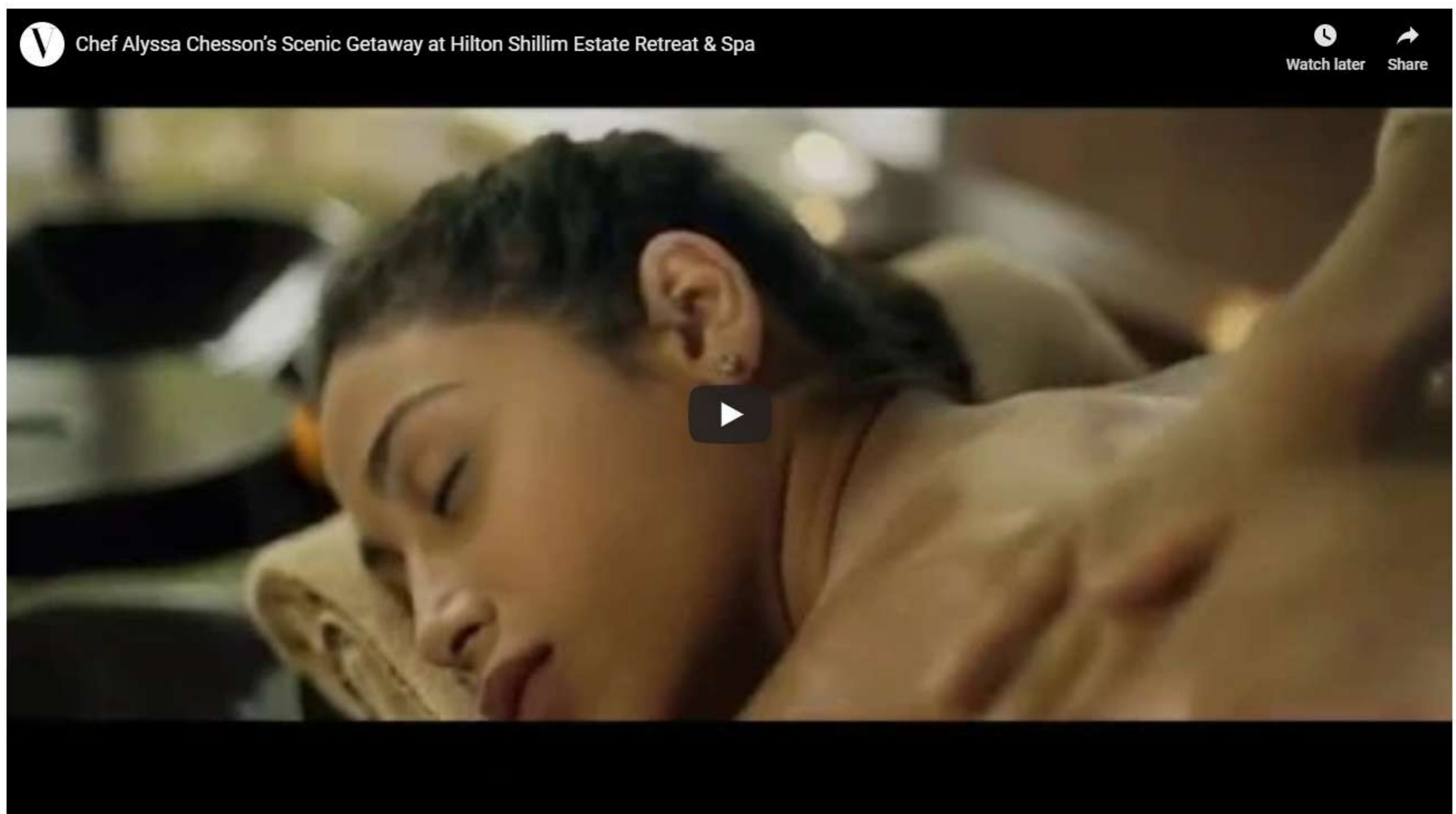
From yoga treatments to holistic wellness practices, get ready to embrace the Dharana Way of Life



It takes a lot to run a successful ice-cream label in Mumbai. Alyssa Chesson owner and chef at Bono Boutique is constantly stirring up a sweet revolution in her kitchen, experimenting with new flavours and working on new culinary projects. But the Le Cordon Bleu chef likes to take some time off from her manic days to indulge in some quality time in solitude.

The model-turned-ice-cream-maker's love for yoga often leads her to the Hilton Shillim Retreat to embrace their Dharana Way of Life which is an amalgamation of Ayurveda, yoga, wellness, natural therapies, nutrition treatments and modern diagnostics that aim at holistic well-being.

Set across 3000 acres of beautiful, restored forest land, nestled in Sahyadri mountain ranges with a dramatic background of misty peaks, Hilton Shillim Estate Retreat & Spa is an ideal getaway for those looking for some R&R. We traced the chef's steps at the blissful eco-wellness retreat to bring you six things you must do during your stay at this beautiful forest retreat.



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## Experience the Dharana Way of Life

Embark on a journey of complete spiritual and physical well-being at the Dharana Wellness Centre at Hilton Shillim. The minute you step into the eco-wellness retreat you will be greeted with a Dharana Welcome Ritual that includes a foot bath. Dharana at Shillim aims to help rebalance your body by activating your physical, mental and energetic health with yoga, meditation and other ayurvedic focused treatments in in the wilderness setting. Sign up for any of their wellness packages where your meals will be custom made, as per a doctor's recommendations. All their meals follow a farm to table concept – meaning everything is healthy, organic and clean.

## Yoga in the mountains

Serene, untouched and raw, disconnect from the chaos and the madness of the city life during the wellness programmes at the spa retreat. Like Chesson find your inner peace during a yoga session at Vishrama – a stunning spot at an elevated level, overlooking the verdant views of the valley.

## Water Therapy

There are few things in the world that are as calming as healing session in the water. Make your way to Hilton Shillim's private deck with a scenic infinity pool to try a Watsu massage while floating on water. The experience will instantly leave you rejuvenated and thoroughly refreshed.

## Nature Trails

Trek through the lush forests to discover the breathtaking flora and fauna of the region. Expect to spot 508 species of birds and almost 5000 different kind of flowering plants. Like Chesson you can also visit the organic farm or join excursions to the nearby Maratha forts and Buddhist rock caves.

## Indulge in a transformational culinary journey

Hilton Shillim Estate Retreat & Spa offers food for the soul that is inspired by the five elements of Ayurveda. Choose from an artfully created menu featuring Macrobiotic, Ayurveda, European, Mediterranean cuisines. The plethora of delicacies is made using fresh, seasonal produce and the slow cooking technique that preserve natural flavours of the food.

## Pottery

Looking for an outlet to channel stress from your everyday mundane life? Try pottery and painting session at the Shillim Estate Retreat & Spa that'll instantly help shed your stress. After your session, head to their meditation cave to end your day in complete silence and seclusion. Here healing sounds, echoing chants followed by complete silence promise an extremely blissful.