



SPA CUISINE-“THERE IS A HEALTHY SOUL IN A HEALTHY BODY”

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Abstract:

Whatever the school of thought, whether oriental or occidental the aim of every spa is to bring about complete wellness experience for the guests. Wellness comes from inside out; hence no spa experience is complete without healing foods. Foods at spa must complement the cleansing treatments administered to the body for them to be fully effective. This is where the dietician and chef come into picture. While the dietician will recommend the foods suitable for individual, it is the chef who will finally put it on the table. And because health foods are notorious for being unpalatable, it falls upon the chef to present healthy food in a manner that becomes pleasurable gastronomic experience

KEYWORDS:

Spa Cuisine, natural ingredients,

INTRODUCTION:

A spa is a centre for treatments and has grown to include relaxation, an opportunity to unwind and get pampered. It has now become the hub of social mingling where we also try to catch up on the personal touch in our otherwise unconnected lifestyles. The spa has always lured people with its exotic and relaxing treatments and the promise of rejuvenation. In India, the spa has been around since ancient times. Spa food or more in common terms “Spa Cuisine” is highly misunderstood. For long time, it has been bestowed with a reputation of being flavorless, not filling and boring. However, in reality spa cuisine can be really delicious. While the definition of spa cuisine may differ from spa to spa, there are general benefits one can always count on. India has emerged as being not only a heritage destination, but also caters to travelling trying to explore different cuisines and health conscious mind. As the saying goes “There is a healthy soul in a healthy body”, Spa food is transforming into a cuisine itself.”

A healthy cuisine is important while experiencing Spa treatments, due to hectic work schedule, high stress levels, and junk foods are easily available in the markets which are ready to eat. Thus, Spa cuisine offers a great choice to the clients who merge with healthy food & relaxation. This gives the client an opportunity to recreate themselves away from the busy & not healthy habits of food.

India is fast growing as a hub of spa Industry. India has always been associated with Vedic food, relaxation and rejuvenation of body and soul. Health is always important which gave a birth to sattvic food or healing food.

NATURAL INGREDIENTS:

Spa cuisine sticks to using fresh and natural ingredients that are good for an individual and are wholesome in nature. The menu created at The Leela Palace has dishes that are presented with a marriage of

complete balanced nutritive diet and plethora of aromatic flavors'. Organic fruits and vegetables would top the list of ingredients. Good quality of salt like Maldon salt which is sought out by health conscious and gourmets alike. All dishes for the spa cuisine are cooked in olive oil. It is ensured that processed foods with high sodium, chemical, and preservatives are completely avoided

SEASONAL APPROPRIATE:

The use of seasonal ingredients avoids much of storage and chemical used in processing and storage systems.

COLOURFUL:

The meals served at spa are very colorful and inviting as well. The aspect of using colorful vegetables not only ensures that the food is rich in nutritive value but also makes it visually appealing.

Well-balanced and Nutritious: meals served at spas often concentrate on providing balance and variety in dishes they serve. Spa Cuisine is a good blend of macronutrients such as protein, carbohydrates and fats. These recipes also take care of essential nutrients such as vitamins and minerals'. Flavor and taste are most important for satiating appetite. Creative desserts such as blueberry cheesecake can be a good example.

QUALITY INGREDIENTS:

One can be sure that the food is high in quality. Home grown sprouts, baby vegetables, lettuces and herbs are used to offer quality food. It is preferred to keep the cooking to a bare minimum that maintains optimum nutrients retention.

TASTE AND FLAVOUR:

Instead of focusing on large quantities of mediocre tasting food, spa cuisine focuses on satiating ones appetite by delivering appropriately portioned dishes that are high in quality, taste, and flavor. The method of cooking that applies in a spa menu is mostly steamed, poached, and grilled rather than fried so that more stress is given on low calorie & healthy food.

UNIQUENESS AND CREATIVITY:

Very often, spas created recipes that use spices and ingredients that are not traditionally used. Using a single unique ingredient cannot make a special dish. The key for success lies how delicately the ingredients are combined in the right ratio to create flavors' that will scintillate the senses and offer a delicious dining experience.

OBJECTIVES:

The objectives behind the research article are: To study the importance of Spa Cuisine. To assist the guests understand about healing food and to create awareness amongst the Spa clients & to make it more palatable.

CONCLUSION:

The words used to describe Spa cuisine are uncomplicated food which does not include any myriad steps of cooking procedures and intricate decorations. Uncomplicated flavors right seasoning and correct cooking to complement the natural taste and flavors' are the mantras of spa cuisine, Fresh ingredients of the best quality are the core of cooking, Contemporary Modern presentations new cooking techniques are what Spa Cuisine is about, Inspired Cooking is always inspired by colleagues, mentors, guests, books, TV programs and Innovativeness.

While many hotels and resorts have long offered both fine food and fine spa, the two weren't traditionally paired together as a package. That's changing in a big way, as fine dining and spa-ing are being aggressively paired, packaged, marketed, and savored together as never before. Creative culinary-plus-spa experiences have become a massive trend because they are massively appealing: a logical, sensory, lifestyle combo for both pleasure seekers and true connoisseurs.

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