

Silarsa



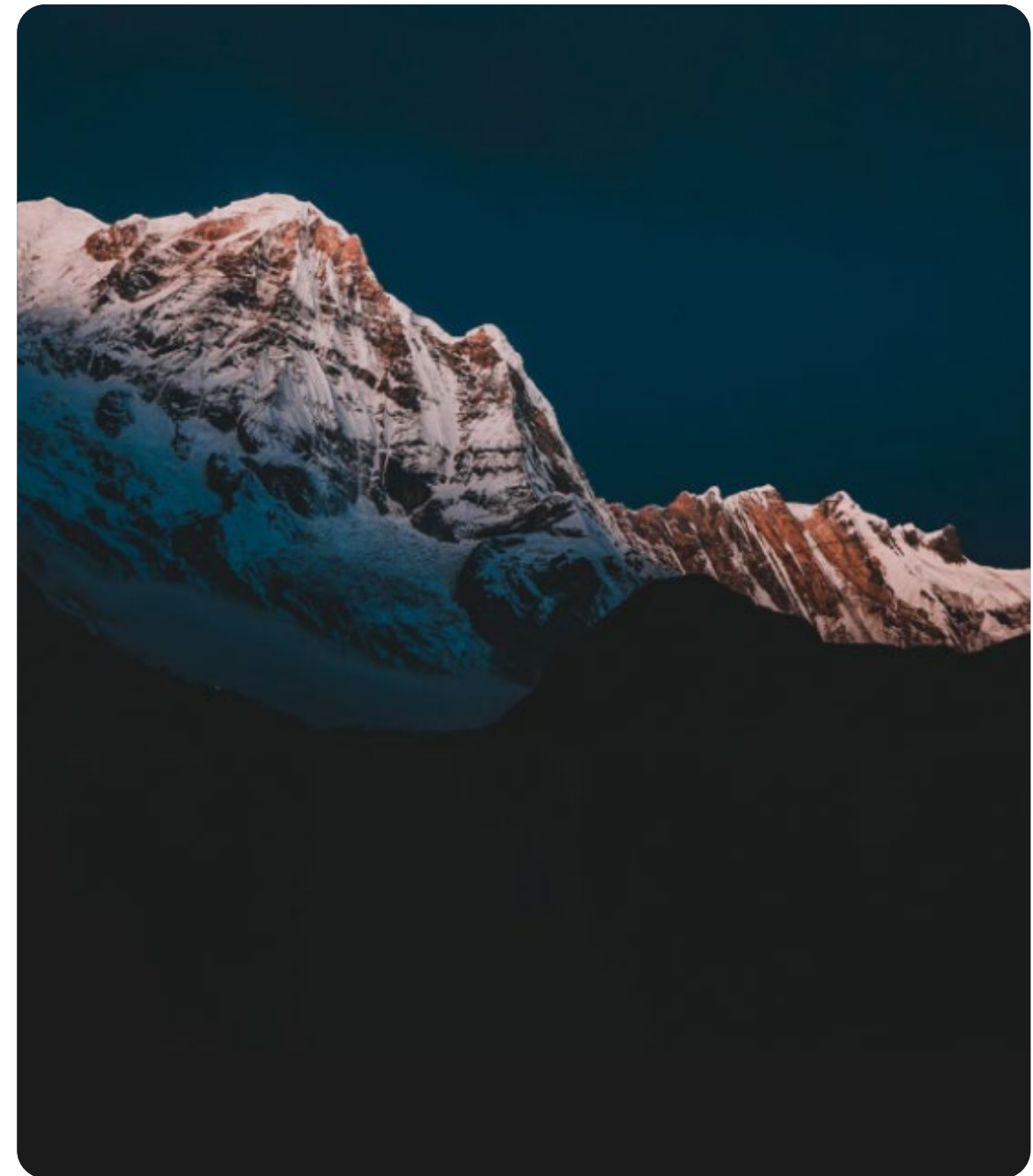
The Himalayas

STEEPED IN HISTORY AND MYSTERY

With a sense of grandeur, beauty and spirituality, the Himalayas influence every aspect of life at our mountain retreat. It was here that the beginnings of Yoga were developed over 5,000 years ago and where many of our Rishis retreated to connect with the rhythms of nature and the cosmos. That energy is still palpable and so is the stillness.

Creating the conditions for our guests to find joy and inner peace, we will curate an immersive Himalayan experience. Deep in sacred mountains steeped in history, meaning and mystery, our guests will connect with nature.

The wild beauty, fresh mountain air and clear sunlight will satisfy their aesthetic, intellectual and spiritual thirst.





An invitation to pause, a state of balance

Based on the principles of Vedic Wisdom, we invite guests to pause and establish their connection with the rhythms and cycles of nature.

We offer an opportunity to reflect and appreciate this moment, connecting with something greater. Sensing natural rhythms and cycles, our guests will discover their own light that shines brightly within.

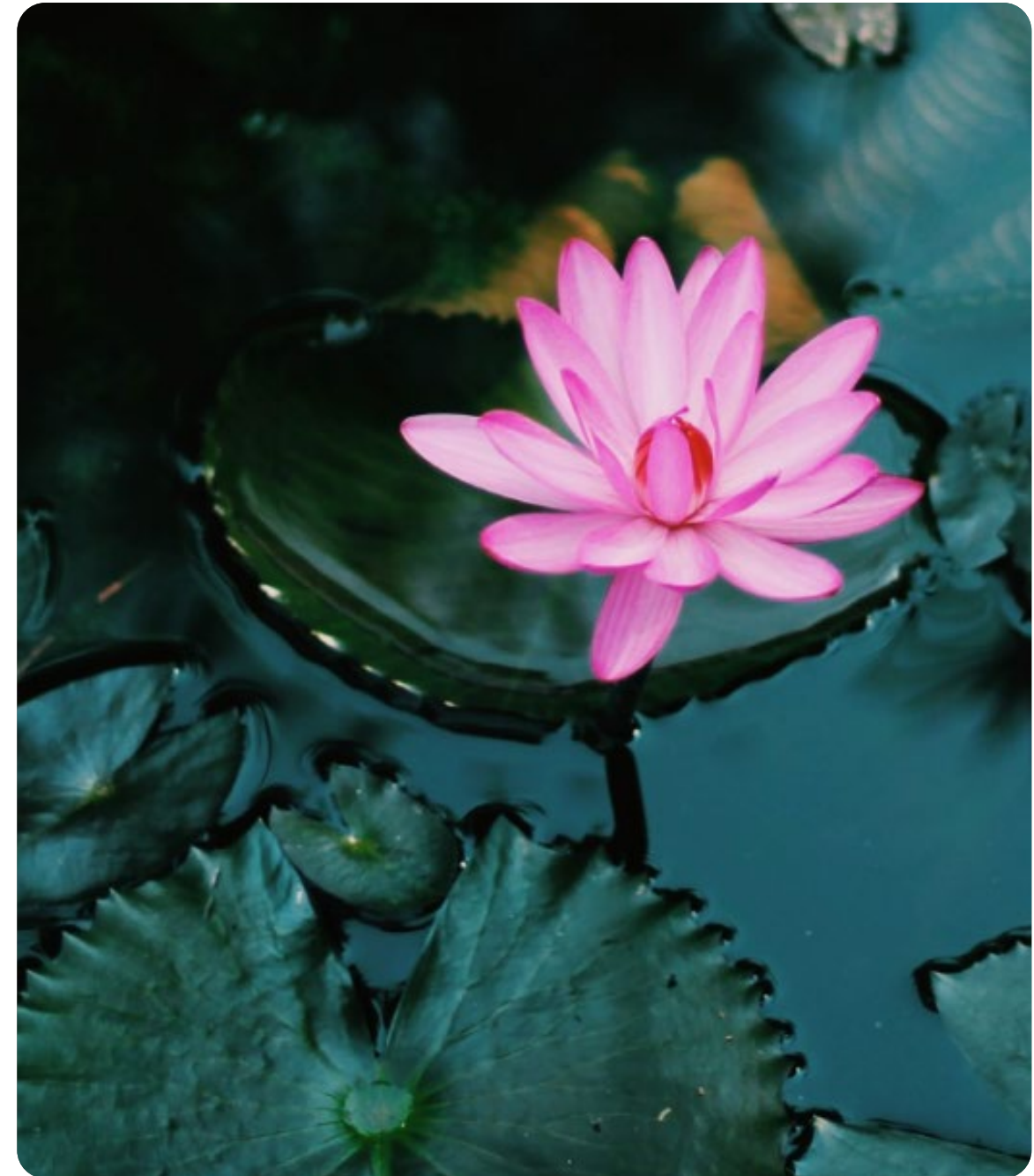
Our invitation is to take a pause from daily life to re-energise, re-connect and retreat into the calm and stillness of Sitara Himalaya. In this way, guests can take something of that back to their regular lives and perhaps even tweak their daily routine to get closer to a state of balance.

Generosity in thought, word and deed

A spirit of generosity is evident throughout all aspects of our retreat. We invite our guests to regard Sitara Himalaya as their home-from-home, a truly welcoming sanctuary.

There are no extras, as everything, with a few exceptions, is freely available, just as it would be when staying with friends or family. No bills to sign - all meals, all drinks and all indoor and outdoor experiences are already taken care of.

Our generosity is genuine and heartfelt. We are honoured to receive guests and our efforts to make them feel at home, free from the pressures of the outside world, knows no bounds.





Cultural sustainability

KEEPING OUR TRADITIONS ALIVE

In line with Good Earth's philosophy, cultural traditions keep us rooted and they allow us to preserve wisdom through the ages. It is our responsibility to keep these traditions alive and share the legacy with future generations.

The importance of sustaining culture and crafts cannot be over emphasized. At an economic, and cultural level, we would be impoverished if we were to devalue our crafts, as they are the wellspring of our creativity and provide livelihood to millions of men and women across the country.

Sitara Himalaya always looks to employ the talents of local designers, artisans, craftsmen/women, farmers, producers and manufacturers.

Saukhya

JOYFUL WELLBEING

Saukhya has many meanings. It has connotations of both pleasure and calm, of comfort and delight, of healing and peace. To us, Saukhya means joyful wellbeing, the state of being comfortable, healthy and happy. This is our guiding light at Sitara Himalaya, the state we seek to achieve for all our guests.

It means much more than the state of being in good health. It goes deeper than wellness. Everything that heals us, that comforts us, that brings us peace radiates Saukhya. It is the indescribable bedrock upon which joy and happiness and laughter exist. Saukhya is the contentment at the heart of our turning world.







*The environment, always changing,
always stunning.*







*Layered interiors that are residential in feel,
reflecting the Good Earth ethos and personal
touch of Anita Lal*





Starlight room: Intimate celebrations, marriage proposals and simply being one with the universe.

We also have a telescope to see the magnificence of the night sky





10 guest rooms, each adorned with hand woven silk wall coverings inlaid with gold thread. The rooms vary only in their view and in the colour scheme. Each provide a layered richness and thoughtfulness in amenities provided



*The kitchen team work with local ingredients
to produce set daily menus that reflect the
different regions of the Himalayas*





*An impeccable focus on food quality and
plating presentation*



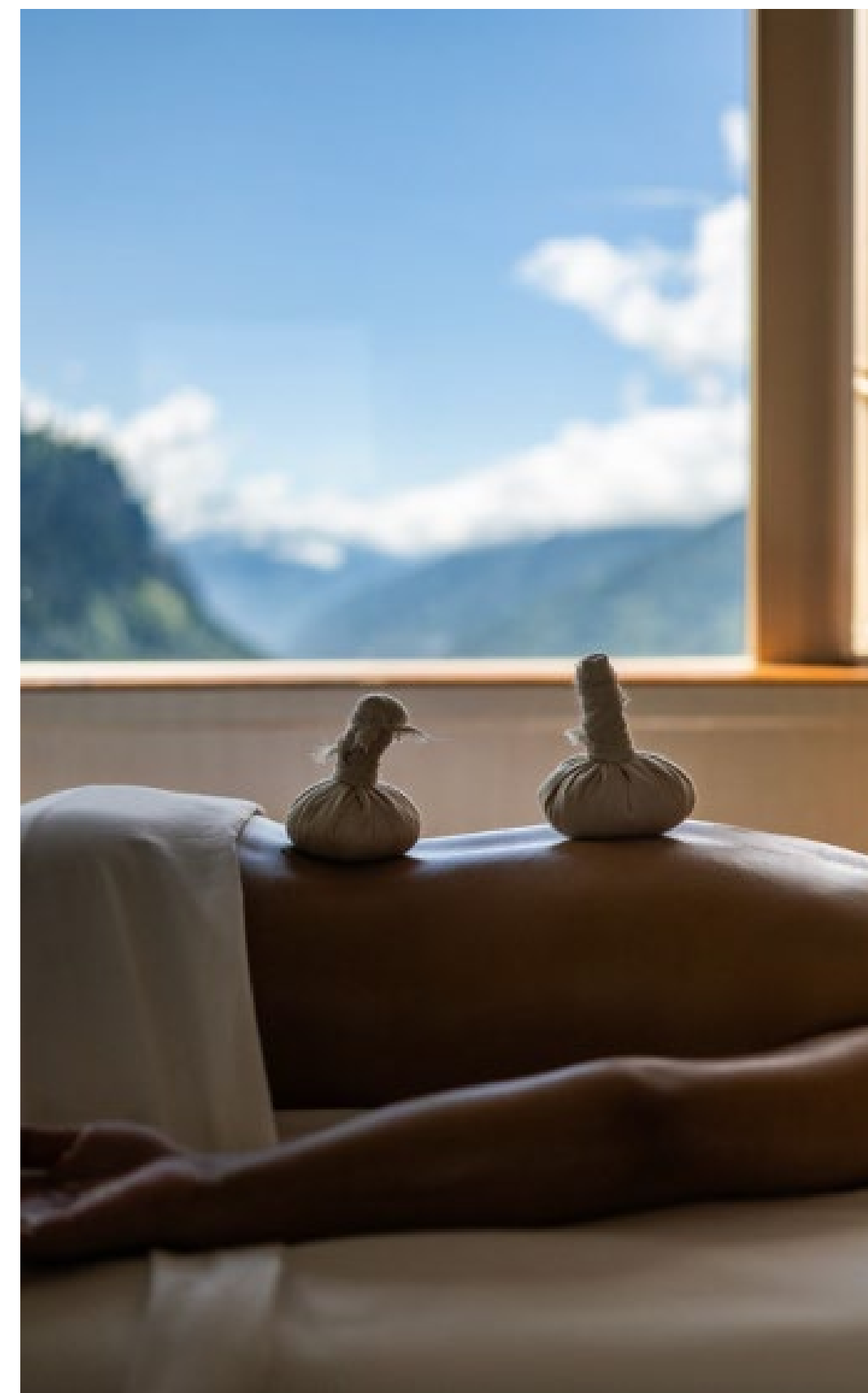


The Shanthi room, an intimate space for meditation, reflection and contemplation, yoga and sound therapy



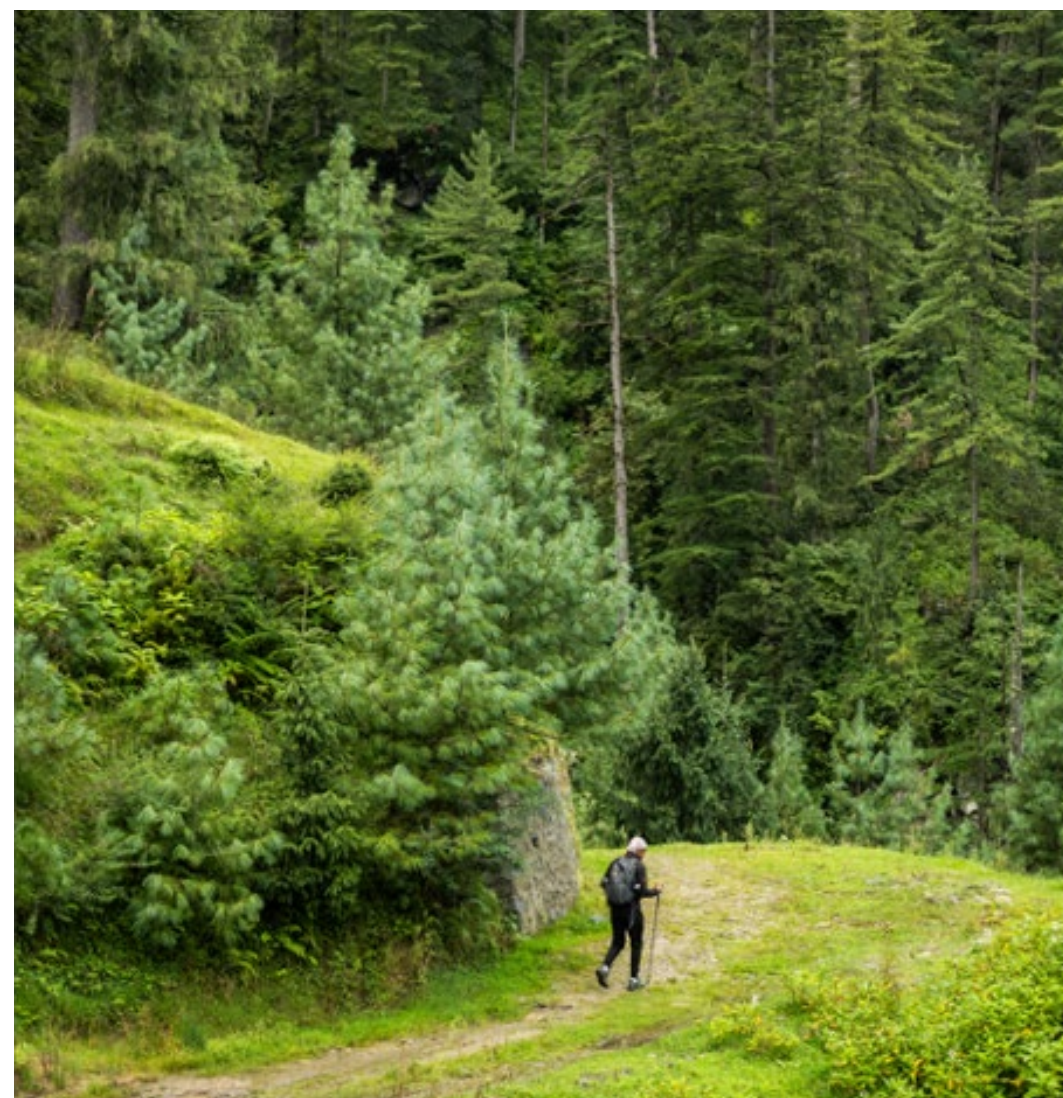
The Svasthi area, providing a place for mindful movement, unwinding and treatments

The signature two hour Mangalam journeys each reflect the vedic principles of Air, Fire, Water, Earth and Space bringing in Sound healing, meditation and breathwork alongside body treatments



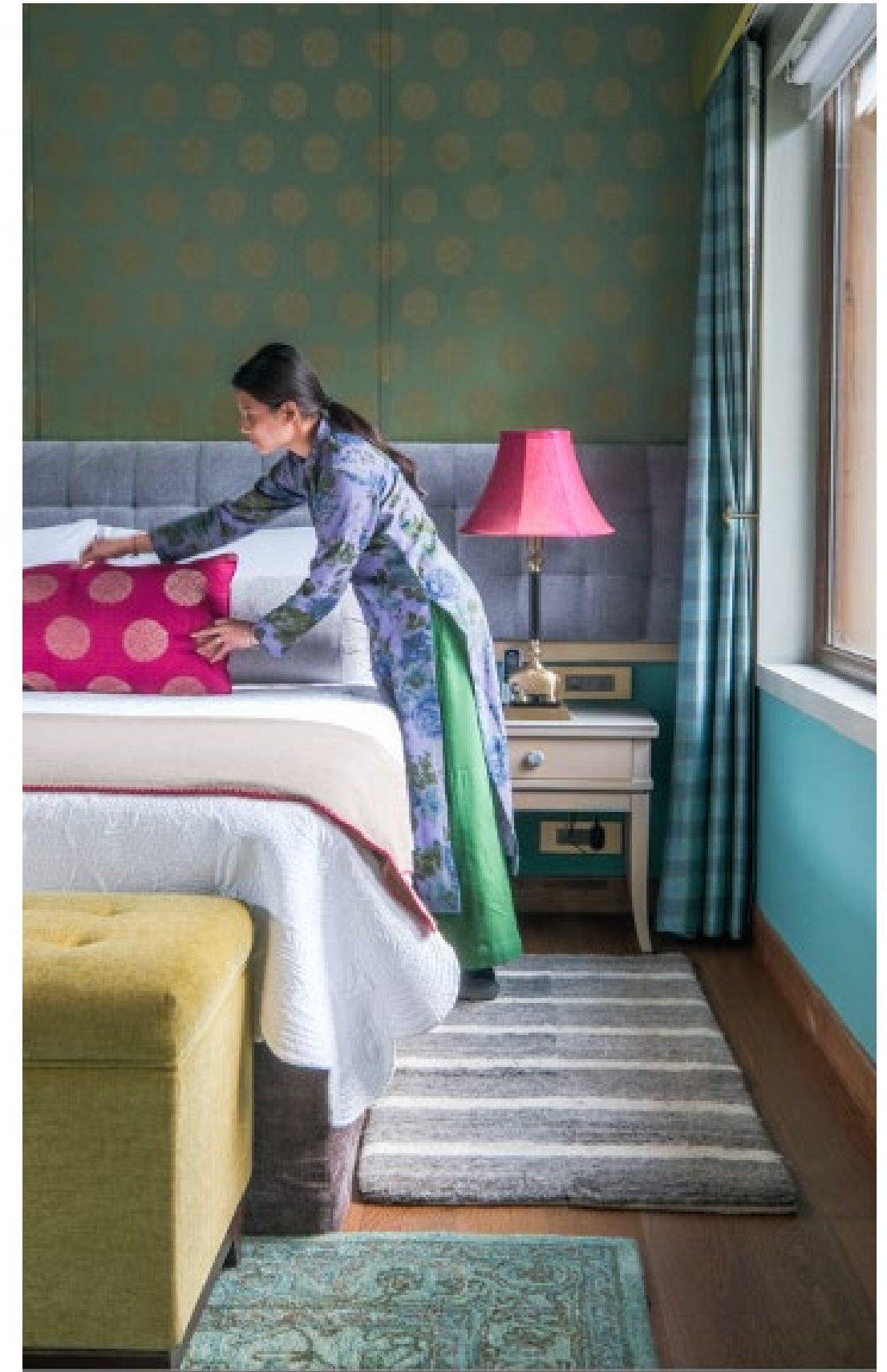


Local treks are graded to level of intensity and as the birthplace of the Vedas, take in significant spiritual locations. Treks can be combined with sound therapy and meditation, and supported with surprise picnic set ups





*75% of the team are from the local region.
We train to meticulous and uncompromising
standards and equally allow the team to express
their own individuality so that there is an
authentic and often intuitive rather than robotic
interactions with guests*





The team practise their beliefs and traditions during the workplace. These daily rituals are celebrated creating a pride in local culture and guests are invited to join, providing a visceral experience of being in the land of the Vedas



Press



FIRST LOOK

Ever the creative, Anita Lal, founder of India's iconic lifestyle brand Good Earth, has channelled her alchemist's heart into a new 35-bedroom garden retreat immersed in the spiritual magnitude of the Himalayas. Located at an altitude of 8,200 feet, 13km from Manali, on the way to the ancient Buddhist valleys of Lahaul and Spiti, Sitara Himalaya is not just a showcase for the Good Earth aesthetic. An extension of Lal's own holiday home (a two-minute walk away) and imbued with her unpretentious, embrace approach to life, here is a sanctuary in which to pause, reflect, reconnect with the natural world, meet interesting new friends, laugh, dance and re-remember the pulse of life.

brass work by designer Vikram Goyal, hand-painted murals of mountain passes and hummingbirds, vases of flowers, the earthy smell of juniper berry incense. On one wall, two embroidered Chamba Rumal panels, sewn by knot women, depict scenes from the life of Krishna. She turns the embroidery around to show me the underside. The front and back are almost exactly the same. "I prefer craft. It gives me a feeling of a person, a hand, a heart," she says. Lal. "Ten spacious bedrooms (five downstairs, five upstairs) are covered in varying shades of a hand-painted Banarasi silk wallpaper depicting a sacred Buddhist motif of a Himalayan cloud. Up in the clouds is where guests sleep. Opening the curtains to a view

while he makes tamarind ice-cream or nutrient-dense but light delights, such as 'soft-bodied' soups made with 'just whatever vegetables we happened to have'. I can see why Anan and Anita get on. Both work in flow, both can create a masterpiece from what they casually find on hand, drawing on indigenous heritage soaked in excellence. Food at Sitara follows a journey through the Himalayan ranges: tandoori delicacies from the Khyber, decadent wazwan from Jammu & Kashmir, Anglo-Indian dishes from the colonial hill stations, the dham from Himachal. And from Ladakh? Steamy momos eaten outside on the candlelit veranda curled up under blankets and a starry sky, warm spiced apple today in hand.



DECORATING

Anita Lal's Sitara embodies the timeless luxury of her brand, Good Earth

Anita Lal has discovered and crafted her perfect haven. Sitara, overlooking the Kullu valley, is imbued with a deep respect for the mountain vernacular and the spirit of the place in which it is set.

By Cosmo Brockway

6 November 2023



CULTURE & LIVING

At Sitara Himalaya, the bridle around my head and heart was released

What is it about looking at nature's striking panorama straight in the eye that puts the world into perspective for even the most stolid among us? Elevated above the clouds at Sitara Himalaya is the answer

BY MEGHA KAPOOR

4 December 2023



Property Details

LOCATION & ACCESSIBILITY

- Located in Kothi, 18km before the Rohtang Pass, in Himachal Pradesh
- Daily flights from Delhi, Amritsar & Jaipur
- Chandigarh is a 6 hour travel time to property by car. We have our own Caravan which takes up to 6 guests and provides a “travel in style” experience

PROPERTY STAY, RATES & INCLUSIONS FOR OUR 10 ROOM PROPERTY

- Rack rate INR 85,000 / 70,000 for couple / individual
- Minimum booking - 3 nights
- Rates exclusive local tax (17%) and service (5%)
- Buy out set at 7 rooms sold, guarantee exclusivity and use of up to 10 rooms
- Adult only property (min. Age 12 years) no pets permitted

PEAK MONTHS. RACK RATE APPLIES

- May & June: Period to escape the heat from key Indian cities
- October & November: Celebrate of the outdoors. Sunny / warm days / cool nights

SHOULDER MONTHS: PROMOTIONAL RATES / + SEASONAL INCLUSIONS / BUY OUT AT 5 ROOMS

- December / January: Sunny / cold evenings. Festive season inclusions
- February - March: Snowfall, stillness in the mountains. Winter menus applied
- April: Celebration season (Sitara anniversary) with local cultural inclusions
- July & August: Monsoon season. Intense periods of heavy rain bring cooler temp
- September: Lush green & flowers in bloom. Warm temperature. Svasthi renewal seasons

Key Contacts

GENERAL MANAGER

Amit Singhvi

generalmanager@sitarahimalaya.com

+91 9827833648

RESIDENT MANAGER

Deepti Parandiyal

deeptiparandiyal@sitarahimalaya.com

+91 8594080129

SALES MANAGER

Namrata Rynjah

namratarynjah@sitarahimalaya.com

+91 9818047214

RESERVATIONS

Reema Singh

reservations@sitarahimalaya.com

+91 9311040686

PROPERTY ADDRESS

Sitara Himalaya

Vill. New Kothi,

P.O. Palchan, Tehsil Manali,

Himachal Pradesh - 175103

www.sitarahimalaya.com

How does anyone ever
leave here unchanged?

