



### In the O zone... with a chocolate hammam!

**At: Six Senses Spa, Jaypee Greens Golf and Spa Resort**

Summer dials your skin and senses like no other season. Which is why you need to get in the much-needed endorphins into your system and get a glow to your face and body! And if it's chocolate that does the trick, well, what can be more indulgent. The new Royal Hammam Organic Chocolate Therapy at Six Senses Spa, Jaypee Greens Golf and Spa Resort promises to do just that. Sin-free, pleasure-rich and cooling with luxury, the therapy is irresistible, it stimulates all the senses and induces tension. If you have not guessed by now, this treatment is extra special due to the very nature of chocolate and its effect on the mind, spirit and body. Enjoy a blissful, indulgent body experience that delivers extra long-lasting hydration.

**Price:** Single ₹6200 plus tax  
 **Couple:** ₹10,000 plus tax

### Cleansing by the Ganga

**At: Ganga Kinare, Panchakarma spa session**

Rejuvenate yourself by the majestic Ganga, the river known to wash away not just all your sins but your worries, too. Ganga Kinare, the riverside boutique hotel on the banks of the Ganges, takes you through a revitalising expedition with its Panchakarma spa package at its in-house Ayur Ganga Spa. Equipped with two steam rooms, four massage rooms, authentic neem beds from Kerala and their own oils prepared in-house, the spa offers a mix of Ayurvedic Treatments and Western therapies for absolute relaxation.

Panchakarma, a Sanskrit word, means 'five actions' or 'five treatments'. It

is a process that is used to clean the body of toxic materials. It is the ultimate mind-body-healing experience for detoxifying the body, strengthening the immune system, and restoring balance and well-being. It is one of the most effective healing modalities in Ayurvedic Medicine promoting **Detoxification and Rejuvenation**. This treatment involves daily massages and oil baths, herbal enemas, nasal administrations, the many benefits of this purification process include increased energy, rejuvenation of mind and body, clarity of the mind, younger looking skin and eyes, restoration of regular sleep patterns, increased alertness and awareness, peaceful well-being, strengthened immune system, and restored balance of your emotional, mental, physical and spiritual aspects.

Weekly sessions are designed by your trained therapist; it helps obviously that you are in Rishikesh, the world capital of yoga.  
**Price:** 5 Night 6 Day Panchakarma package, starts from ₹35,200 per person

### Spa-ced out in the hills

**At: Hilton Shillim Estate Retreat & Spa**

Spread across 120 acres in the Western Ghats and a short drive from Mumbai and Pune, the Hilton Shillim Estate Retreat

& Spa features Among the largest and most comprehensive spa facilities in Asia.

The spa is now an ecologically-sustainable destination surrounded by 1,200 acres of natural beauty that offers the opportunity of complete seclusion and serenity while providing unparalleled luxury. It is not just a retreat that will leave you breathless with its enchanting surroundings but also a haven that will restore lifestyles.

The finest boasts of the largest spa zone with a 70-acre spa with state-of-the-art facilities, it will have resident masters who will offer personalised guidance on treatments that will best suit the guest. The treatments will combine ancient Asian and modern Western techniques to offer a range of rejuvenating treatments.  
**Price:** Starts from US\$ 400 per night.

### Papaya Body polish and more...

**At: NeoVeda Spa, The Metropolitan Hotel & Spa**

Try the refreshing summer therapies at NeoVeda Spa, The Metropolitan Hotel & Spa. These therapies use cooling parties that relieve your skin from damage caused due to sun-exposure and help in regaining the low glow and balance.

The papaya body polish: This wrap contains papaya pulp containing enzymes

# Summer in the Spa

For some much-needed R&R during this lazy season, what can be better than checking into a spa for a therapy specially designed to beat the heat? Here is our pick of where to go for what.

