



known as papain, which softens and revitalizes the skin. The fresh fruit pulp is gently massaged into your skin, then wrapped and left for a while to be absorbed.

**Price: ₹1000+ Taxes (for 30 minutes)**

The saffron and turmeric skin smoother is an exfoliating scrub of rice powder, saffron, turmeric, sandalwood, aromatherapy oil mixed together and applied to the whole body. Slow long strokes used to apply the mixture sloughs off dead skin and smoothes the skin. This specialised treatment is used to reach a state of cleanliness and purity through the use of various herbs and oils and is completed with a warm shower.

**Price: ₹2000+ Taxes (30 minutes)**

### Radiant, rehydrating facials

**At: The Oberoi Gurgaon**

This season, The Oberoi is offering three therapies to rehydrate and rejuvenate: one is Mukh Lepan, an Ayurveda facial that cleanses and nourishes your face to draw out impurities and toxins while nourishing

and rehydrating, leaving your skin radiant. This facial includes an Ayurveda massage of the head, neck and shoulders. The second one is Kaya Lepan, which is a full body exfoliation. This therapy uses rice, alkaline, honey and salt to exfoliate the body, cleanse and tone, leaving you with healthy and glowing skin. The third one is the Tridant therapy. This is a customised massage that uses rhythmic soothing strokes, applying medium pressure. Excellent for releasing muscular knots, increasing circulation and removing stress and tension from the body.

### Green tea, sea salt therapies

**At: The LaLit Jaipur**

Start with an organic green tea and drenched sea salt scrub, rich in minerals and antioxidants. Green tea is well-known for its skin healing and detoxifying properties and reactivates dying skin cells. Follow this up by the Relax signature massage, a traditional European style massage where aroma oils are worked into the body, using long, deep strokes to knead out tension.

This blissful therapy induces a sense of peace and well-being, improves blood circulation and lymphatic drainage and aids in the elimination of metabolic wastes.

The spa is spread over 18000 sq. ft. on two floors. Ayurveda products from GMP certified authentic Kerala pharmacy, along with aroma oils from Forest Essentials are used. There are 15 luxurious treatment rooms spread equipped with Loma bed, and housed with individual in-room steam and bath.

### Homemade fruit scrubs

**At: JW Marriott Chandigarh**

Ankit Rawat, Spa Manager, Quesada Spa, JW Marriott Chandigarh says, "We are offering fruit-based scrub, body polish and soothing body massages as per the needs of each individual. All the products are homemade fresh, prepared as per the requirements. Cooling papaya-orange body polish, Watermelon-strawberry body scrub followed by fresh-picked strawberry face mask and soothing full-body massage with the essence of calming blossom aromatic oils."

Application of tropical fruits nourishes the skin. The essential oil blends calm down the mind and helps the senses to restore their true value.

The USP of the spa is that it is based in the heart of the city and is easily accessible. There is a well-trained team of professionals, using world-famous natural and organic products. Treatments are customised under the guidance of masters and consultants.

### Get body beautiful

**At: Niramanya Retreats**

Niramanya's cooling summer treatments are a combination of therapies which cool the body and refresh the mind during sluggish summer months. These therapies nourish the skin using soothing oils and cooling therapies that target shrivelled cells and organs to replenish them. It is great for strained eyes to relax the mind. Therapies such as Rasayana, 'Slim body by Ayurveda, Body purification and detoxification program, Kayakalp program and Ayurveda stress and strain buster helps you to get through summer. It not only

cools you down but rejuvenates leaving you alert, and optimistic while reducing depression and anxiety. The summer special therapies include season's specific diet programmes, yoga workouts and meditation, geared up for the season.

**At: Imperial New Delhi**

For women, this is the time to get body beautiful. Unwind in the hydrotherapy suite with aromatic steam infusion, before a skin-defining ritual with luminous diamond dust mud application, made from crushed diamonds. Gently polish the skin, followed with a full body massage that aids

lymph drainage and increases flexibility. This is excellent for cellular regeneration while rebalancing the body's natural energy. Finish with a Nelson Rose facial effective for the skin and a beautifully sensorial experience. Your therapist will do a personalised consultation tailored to suit your skin's needs.

Another therapy reduces muscle tension combines Ahyanga massage with warm herbal poultices massaged into the joints and muscles. After this, warm oils are poured slowly and continuously on the forehead to calm and balance the mind. This is excellent for jetlag and insomnia post a busy day. ■

