

Today

The Weekend Chargers

The tedium, monotony and stress at work can leave a very bad taste by the end of the week. We take a look at how working women recharge their cells over the weekend.

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Fat paycheck or otherwise, long working hours can often get backbreaking, especially for women, who at the end of the day, have to take care of household chores too. Although these ladies do not have much time to indulge in leisure activities on weekdays, a lot of them have started pampering themselves with spa sessions, yoga and other interesting fitness therapies on weekends. This

helps them rejuvenate for the next hectic week.
Fashion choreographer

Money matters

- Asian Roots - B-5/15, Safdarjung Enclave - aroma massage- starts at Rs 1500
- Waves Spa and Salon: B7, ext- 100, Safdarjung Enclave - Rs 1000-2000 for a body wrap treatment
- Blossom Kochhar's Day Spa, E-12, 2nd floor, GK-1. Full body spa, starts at Rs 1000



Working women have taken to spa therapies to rejuvenate on weekends.

Rashmi Virmani has a very busy schedule but a one-and-half hour workout session is a must for her. "My workout regime alternates between tai-chi, kick-boxing and gym. On Sundays I spend four hours at my home spa. That's a luxury for me," she says.

These days spa treatments are not restricted to just aroma oil massages. Babita Khurana of Waves Spa takes pride in 30 kinds of exotic body wraps made of herbs, ocean salts, seaweeds, etc that their spa offers. "These wraps help in easing mental

and physical distress, and curing body tan. The hot stone therapy carried out with the help of special stones procured from Hong Kong is a success too," she says.

Today's corporate women are well informed and seem to be focussing on overall wellness - of mind, body and spirit. Shy Kalra, owner, The Production House puts it this way, "Besides my weekend spa therapies and yoga, I like

Quick Fix

Parineeta Sethi, editor, Asia Spa, suggests some interesting tips to keep office stress at bay.

- One can do spot meditation, which involves chanting a mantra in your mind for five minutes. That's really relaxing.
- Isometric exercises like contracting and releasing stomach, or pressing against a wall also helps in relieving the stressed muscles.
- If not a full spa treatment, one can go for just the back and neck massage, anytime during the week
- Use music therapy frequently. Playing a little music every now and then helps you get back some of the lost energy

my monthly tarot card prediction sessions with an expert. It's a great way to de-stress."

Beauty consultant and therapist, Blossom Kochhar claims that her full-body chocolate and coffee wraps are doing really well with the customers. "Since these women have really hectic schedules, they indulge in such exotic things whenever they have time. Vinotherapy-facials with wines and champagne are also a hit with them," informs Kochhar.

And at last, how do you keep your emotional quotient (EQ) satisfied? Well, these busy bees read a lot of spiritual stuff too! ■ (NS)

ALTERNATE THERAPY

PAMPER YOUR FEET!

If you believe that your body has self-healing properties, then you must believe in the power of reflexology too.

It is the practice of applying pressure on certain points of the feet, which are connected to other body parts. Putting



pressure on the points stimulates the corresponding body part, thus helping in the healing process.

In other words, if someone has a problem in a particular organ, it means that the vital energy of the body is blocked. Pressing the related pressure point on the foot unlocks the energy and speed



up the recovery.

Reflexology helps in treating stress, neck pain, back pain, digestive disorders and circulatory problems. So pamper your feet a little and relax. At: Amatra Spa, The Ashok, Rs 2,500 for one-hour session. ■ (AB)

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