

EXPRESS Newsline



Skin titillating: The rice flour massage at Espace and Blossom Kochhar's chocolate facial (inset)

Skin Deep

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WRAP up in sinfully delectable chocolate, followed by exquisite champagne. It may sound delectable, but this concoction is meant not for your taste buds, but for the skin! The regular creams and facials are passe, as the all-new, edible variety is now seeping into the market.

The chocolate sauce and vanilla ice-cream combo is now the Hot Chocolate Pack, a warm wax preparation that uses cocoa extracts and age-defying nutrients for skin nourishment. Priced at Rs 850 for the facial and Rs 1,200 for the body massage, its creator Blossom Kochhar explains, "It works if you are looking for a holistic de-stressing experience."

If that's too sweet for you, there's the Cafe Au Lait, which, as is evident by the name, banks on a coffee base to lighten the skin and remove cellulite. Priced at Rs 800, this is available at The Tivot Point, Greater Kailash.

For the weight watchers, there are also low-cal options. The Rice Flour Indulgence massage at Espace, The Radisson MBD Hotel Noida, draws on rice and yogurt to exfoliate dead cells. Followed by steam, this massage, costing Rs 2,500, takes place in a glass room. "It rejuvenates the skin and relaxes the body as the rice granules prolifically exfoliate the skin," promises Ajay Malik, spa manager at Espace.

A spicy treat is a guarantee with the Balinese Boreh at Asian Roots. Priced

Chocolate, nutmeg and saffron can be a feast for your skin as well

Rs 2,500, this body treatment comprising a paste prepared by using oils and spices like nutmeg and cloves, is aimed at generating body heat. "Ideal for winters, this treats dry skin and adds softness and glow," explains Roshini Roy, chief operating officer, Asian Roots. Likewise, there's also the Saffron Facial that is offered at Intercontinental Eros, Nehru Place, for Rs 1,200. "Sans any chemicals, this routine involves cleansing with milk, followed by a fresh cream and saffron massage and a face pack prepared with saffron, almonds and pulses," reveals Veena Loomba, manager at the parlour.



If you are still looking for something more exotic, then there are cham-

pagne treatments and facials comprising herbs, oils and rose petals apart from the drink, that tone your skin. Priced Rs 1,200 upwards at The Tivot Point, consultant Necta Raheja describes the experience of indulgence. "It's different from a regular facial or a scrub, as the champagne makes your skin soft and the fragrance leaves you on a sensuous high."

The harder drink, whiskey, is not left behind either, as the beauty parlour at Intercontinental Eros, offers a Whiskey Facial, exclusively for men. "This involves cleansing and whiskey massage followed by a face pack application and steam," shares Loomba. For women, there is a similar wine facial.

Now this is what we call demystifying beauty and going skin deep.