

**WEEKEND**  
**Business Standard**

**Must-experience**  
**Spa treatments**



**MALABAR HEALING SPA TREATMENT**

Serena Spa, Kochi

Though quite a few spa treatments are offered here, we recommend the Malabar healing spa package that begins with a relaxing cleansing steam session followed by a "marma" massage or a full body massage. The therapy also requires masseurs to press firmly the body points with their feet and finally apply long, sweeping strokes with their hands on the person receiving the therapy. While these steps invigorate, the 180-minute treatment doesn't end just here. What follows is a herbal body scrub formula for cleansing, leaving the skin saturated with antioxidants. Completing the experience is the "dhara" treatment, the process of running a fine stream of warm oil on the forehead. To maximise the result of this spa experience, a break of four hours is recommended.

For more information log on to [www.koderhouse.com](http://www.koderhouse.com)

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**CLASSIC SWEDISH MASSAGE**

Ananda-in-the-Himalayas

The Swedish massage increases the oxygen flow in blood and releases toxins from muscles. It increases blood circulation and stimulates the skin and nervous system and soothes the nerves at the same time. The Swedish massage techniques includes long strokes, kneading, friction and tapping. From gliding strokes with palms to kneading movements with hands to



applying circular pressures with the palms of hands, try this awesome treatment at Ananda-in-the-Himalayas.

For more information, go to [www.anandaspa.com](http://www.anandaspa.com)

**BALINESE BOREH BODY MASK**

Asian Roots, New Delhi

Lasting for almost two

hours, Boreh, an ancient Balinese spice body mask, is regularly used at New Delhi's Asian Roots to treat people. The therapy involves "warming" the entire body to relieve it of tension.

Boreh is made from a mixture of indigenous herbs and spices including nutmeg, pepper, cloves, ginger, Javanese long pepper, curcuma heyneana and rice powder. Designed to increase blood circulation, the therapy includes body skin brushing and exfoliation followed by a detoxifying body massage to bring harmony to the mind and body.

For more information, go to [www.myasianroots.com](http://www.myasianroots.com)