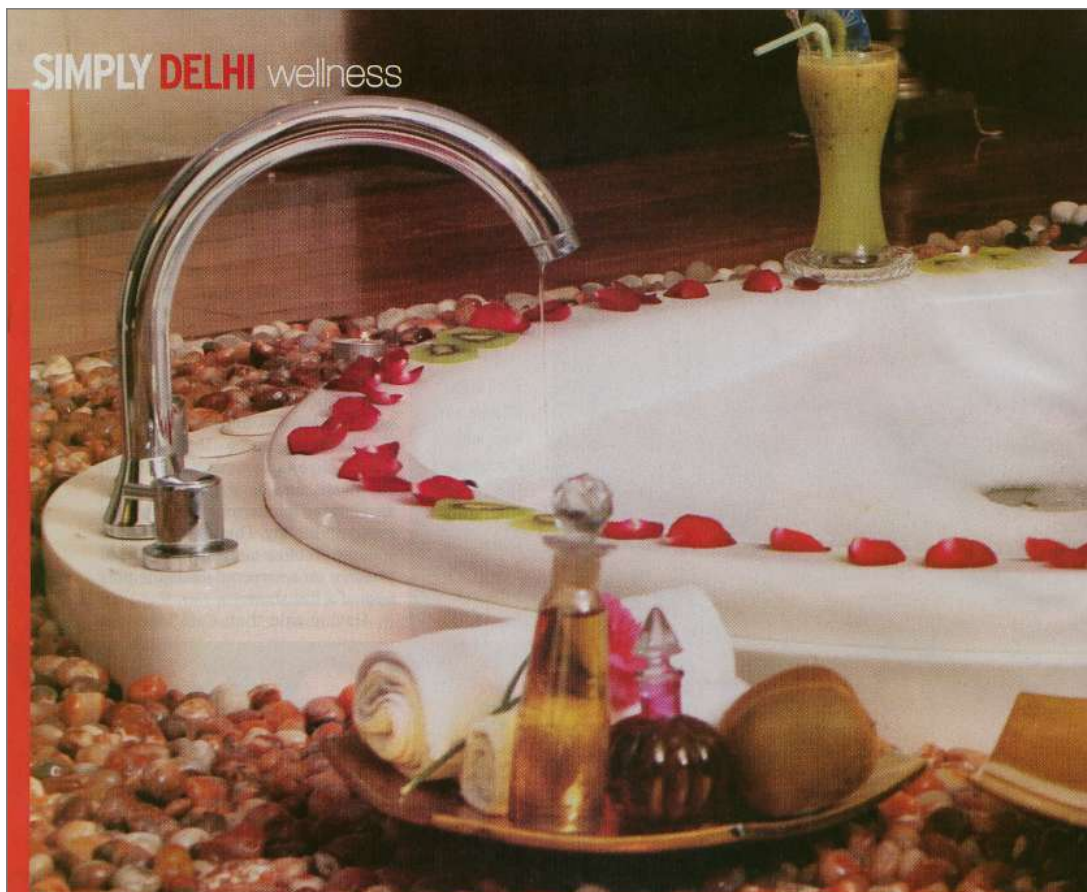


# India Today - Simply Delhi



GET A TASTE OF THE DELICIOUS NEW BODY TREATMENTS THAT OUR SPAS HAVE TO OFFER. SIMPLY DELHI DISCOVERED THAT MANY OF THE THINGS THAT TASTE GOOD MAKE YOU LOOK AND FEEL EVEN BETTER.

## beauty and the

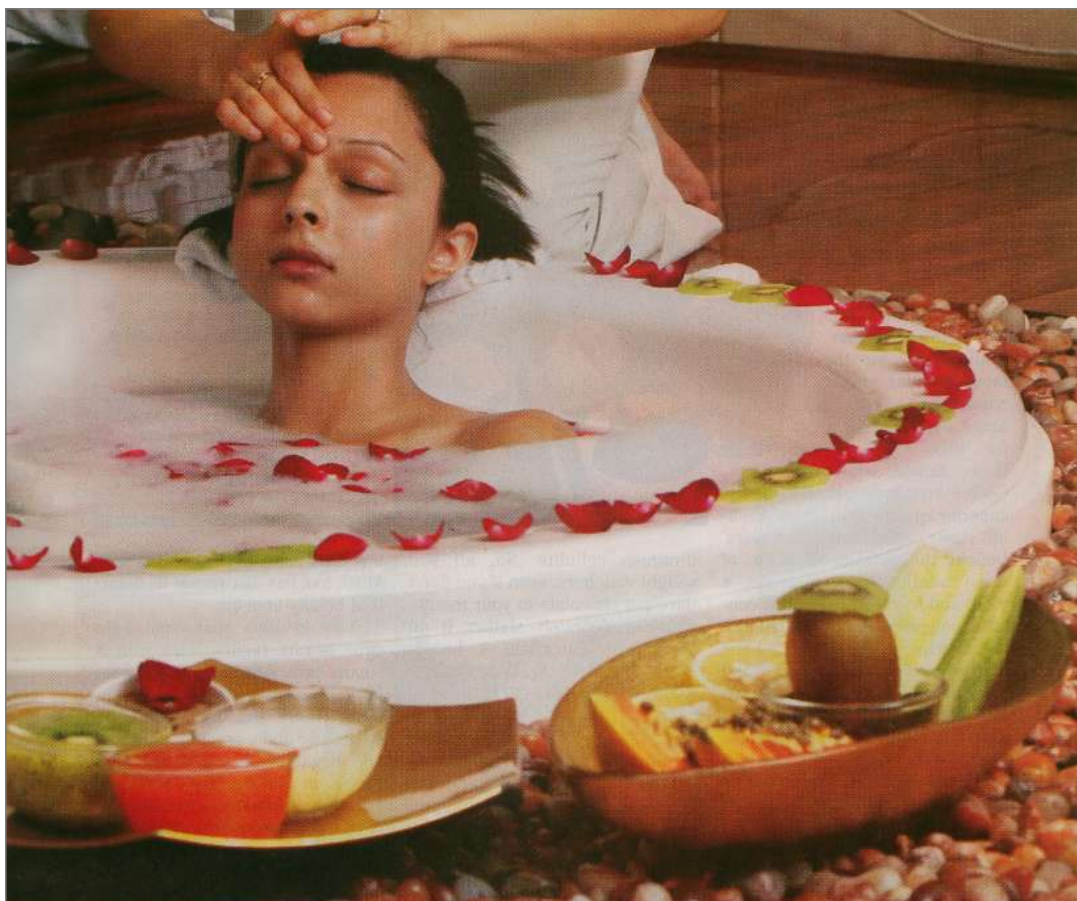
**T**ake a dip in a sea of chocolate, wrap yourself in coffee, wash your body with kiwi extract or soothe your senses with red wine. And if that isn't enough to satiate your appetite, there's always caviar. The capital's spas have come up with a platterfull of good-enough-to-eat beauty treatments that will leave you looking good and feeling divine. Here's how.

### ■ KIWI KINETICS

If there's nothing like a fresh, fruity drink to cool your cockles, imagine its effect on tired, sun-tanned skin. Keeping this in mind, Amatrra at The Ashok has come out

with an exotic kiwi treatment package especially for the season. But let us warn you, try this only if you have an entire day at your disposal because this is a very elaborate process. First, you are ushered into a meditation room where a therapist chants mantras which they claim are good for your body, mind and soul. Post-meditation, you are taken to the treatment room where you are given a reflexology massage. Just as you begin wondering when the efforts will bear fruit, the actual treatment begins. You have the choice of a kiwi massage, body polish, bath, facial, manicure, pedicure, or all of them. A nutritious

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## feast

fruit that contains vitamin C and E, kiwi reportedly adds radiance to the skin and helps remove tanning. In other words, fair and lovely in a day. Duration: All day for the complete package (massage, scrub, bath, facial, manicure and pedicure). Price: Rs 9,600 (individual treatments cost Rs 400 to Rs 2,500). At: Diplomatic Enclave, 50-B Chanakyapuri. Tel: 24122921-25.

### WINE SHINE

Think of wine, both red and white, and champagne; and images related to luxury, to indulgence and the good life are conjured up. Picture a facial with red wine, a

Amatrra offers kiwi treatments that give radiance and nourishment to the skin and help remove tanning.



pedicure with white and a body wrap with champagne. Step into Blossom Kochhar's studio and that vision is yours for the asking. "You can choose a treatment depending on the outcome that you desire," says Kochhar. So if you wish to remove the lines on your face, go for red wine. For skin lightening and brightening, go for white wine

and if you would rather have tightening, then its champagne.

From the scrub, to the toner, to the cream, to the pack; all use wine as the main ingredient. The medium is also used for the body massage. "It is exotic, it is fun and it is relaxing. That's why we have so many people opting for the wine package," says Kochhar. Duration:

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1 hour, 25 minutes. Price: Rs 1,200 to Rs 2,000. At: E-12, Greater Kailash-1. Tel: 41730155.

**CHOCOLICIOUS**

Imagine being wrapped in Godiva goodness. At Reeta Juneja Spa, the chocolate wrap made from this Belgian brand is by far the most popular beauty treatment. "We get about five clients a week for this," says owner Reeta Juneja, who prefers Godiva over Indian brands for its superior quality and longer shelf-life. Aptly called Chocolate Lovers' Delight, the package offers one of three treatments: a massage, a wrap and a scrub. "Chocolate contains polyphenols, an anti-oxidant which helps reduce signs of ageing and glycerides, which plump and firm the skin. Being rich in minerals like magnesium, potassium and calcium, it also promotes healthy cell growth." But the best part comes from the presence of theobromine in chocolate: it reportedly helps burn fat and



**MIXED DOUBLES**

A trip to the spa on one's own can get a bit boring. Why not ask your partner to join in and double the fun?

- "Our Adam and Eve room is a favourite with honeymooning couples," says cosmetologist Anita K Bhartiya of Amatrtra.
- Espace too has a 'couple treatment room.' Says spa manager Ajay Malik, "Company combined with luxury is always a great experience."
- Blossom Kochhar goes a step further and is more than happy to host an all-girls party at her spa. "Everyone, including the staff, had a blast the last time we had one," says Kochhar.

So what are you waiting for? Grab your partner and go get a twin treat.

diminish cellulite. So, all you weight watchers, even if you don't dare put chocolate in your mouth, you can definitely slather it on your face. Duration: 4 hours. Price: Rs 5,400. At: W-5, Greater Kailash-I. Tel: 41431171.

**RICE SPICE**

Rice has not only fed more people across the world than any other staple, it is also an integral part of treatments at spas in the

Far East. Now, Espace at Radisson MBD, too, has discovered its bountiful beauty benefits.

Like in other spas, you begin your beauty regime here with a steam bath. After which you step into an incense-scented treatment room where you are greeted by soft music and a smiling therapist. She begins with exfoliation and moves on to a full body massage. For this, she makes a small bundle of rice flour packed in cotton cloth,





Chocolate wrap ingredients (top); a client gets the relaxing and exfoliating "rice pure indulgence" at Espace

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dips it in curd, and massages in both circular and straight movements. This is followed by a shower, after which comes another full body massage. "This treatment diminishes cracks and dry lines and softens the skin. It also prepares your body for healthy cell growth and renewal," explains spa manager Ajay Malik. Duration: 90 mins. Price: Rs 2,500. At: Radisson MBD, Noida. Tel: 4300000.

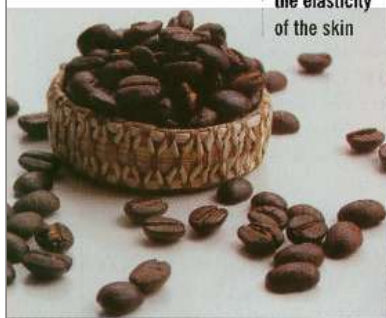
### CAVIAR CRAVINGS

The golden glow of the small egg-like, gel-based formula sparkles in the oh-so-white room. The soft, quick movements of the therapist are mesmerising; the scene is set for mission relaxation. The process begins with cleansing, moves onto exfoliation, then a steam, an eye massage and finally the caviar pack itself.

"We are the only ones to provide the La Prairie caviar firming treatment which is an over the top, luxurious experience," says Kamayani Kanwar, founder and CEO, Asian Roots. La Prairie is a Swiss company with spas all over the world; Asian Roots is the exclusive India licensee.

The treatment can be done on both the body and the face (depending on the time and the money you wish to spend). "Caviar extracts help control ageing as they work with the cellular skin cells and enhance elasticity," explains Kanwar. Duration: 90 minutes. Price: Between Rs 3,800 and Rs 7,000, plus

**Bean lean vlcc's divine smelling coffee wrap (right) is said to eliminate toxins and increase the elasticity of the skin**



A client gets a caviar treatment at Asian Roots. Caviar is believed to help control ageing and make the skin firmer.

taxes. At: B 5/15 Safdarjung Enclave. Tel: 41651010.

### COFFEE BREAK

Good news for all those who can't get enough of a caffeine fix. Now you can not only drink your coffee, you can paste it on too. In

Photograph: SANDHEEP SINGH, Model: KARTIK, Courtesy: VLCC



fact, it may do more for your outsides than it does for your insides, says Vidya Bhandary, technical spa trainer at Vandana Luthra's Curls and Curves (vlcc) which offers the coffee wrap.

The 35-minute regimen begins with a steam-and-clean session. That done, coffee paste is applied in generous doses all over your body and the therapist proceeds to massage your face and arms. The smell that suffuses the room is nothing short of divine.

"The wrap increases blood circulation, eliminates toxins, increases skin elasticity, breaks down fatty acids and reduces puffiness," explains Bhandary. "I always opt for natural treatments like these because they have anti-oxidising properties and help me combat stress." says marketing executive Namrita Barar. But what Barar loves most is the fact that the coffee wraps reportedly helps reduce the cellulite on her thighs. Duration: 35 minutes. Price: Rs 1,500. At: 62 Community Centre, Basant Lok, Vasant Vihar. Tel: 26155561.

■ by Richi Kale