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# Stun the Sun

Thanks to summer packages at spas, pampering needn't be an expensive indulgence anymore

## EXPRESS FEATURES SERVICE

THE Indian summer is a cruel season, as any PYT who has fought rashes and sunburn will attest. The answer lies inside the cool, scented interiors of the city's most fashionable spas — but for most of the year these seem like an expensive indulgence. This summer, things are different — several spas have launched summer packages that promise not to rip apart your budget.

Check out the Vanilla Essence at Aura, The Park, where, for Rs 2,350, you can get a concoction of freshly crushed vanilla beans and choco-coconut cream gently massaged into your skin for one hour. Or, there is the Mango Mélange at Rs 1,750, where the active ingredients of mango and yoghurt soothe the damage caused by the Delhi sum-

mer during a massage that lasts 75 minutes. "These not only make you look good but also, and more importantly, feel great from within," says Saurabh Khanna, manager, Aura.

Asian Roots tackled one of the biggest problems of the season — tanning. Their summer offering called Sunshine Treatment, goes all the way, from body scrub to get rid of the dead skin and the tan to a Balinese massage, incorporating rhythmic strokes almost like a Hawaiian dance, against the back and neck before a final skin lightening process. "The use of rose and sandalwood aroma oils is ideal for this summer," says Anni Kanwar, owner of Asian Roots. The cost: Rs 4,500.

At the Thai spa and aromatherapy outlet, Harnn, at Saket's MGF Metropolitan mall, the summer package, called Harmonising Ritual, is a com-

plete two-hour deal that comes for around Rs 4,200. This includes a facial and a 60-minute massage, as well as a rebate voucher worth Rs 250 for Harnn's boutique.

But for those who are looking for a quick session, Lambency Chandan Sparsh in GK-II offers treatments like reflexology or a mini facial without massage for around Rs 800. Also on offer is a complimentary body polishing treatment for every Rs 5,000 spent on spa therapy services like the Classical massage or the Aromatherapy massage, as well as two vouchers worth Rs 250 from United Colours of Benetton.

**CONTACT:**  
**ASIAN ROOTS: 46103000**  
**CHANDAN SPARSH: 40587983**  
**HARNN: 45682000**  
**AURA: 23743000**

