



Detox Algae Wrap

The 50-minute treatment at the *Iosis Medi Spa* starts with a massage-cum-exfoliation lotion after which the body is cocooned with an algae body pack that combines

the properties of brown and red seaweed. Then you are wrapped in a cellophane sheet and further covered with the blanket to facilitate easy penetration. The heat generated also helps in absorption and removal of toxins through sweating. After this, a refreshing shower followed by intense moisturising leaves skin soft and supple. Rich in minerals, trace elements and vitamins, this treatment also stimulates the slimming process.

Link Palace, Lokhandwala, Andheri, Mumbai. Tel: 022 2635190

MEDICAL MIRACLE

Oxygen Facial

This O₂ Intraceuticals Rejuvenation Infusion at the *Asian Roots Medi Spa* takes years off your face in just 60 minutes and is suitable for all skin types. Combined with topical hyperbaric oxygen technology, the Intraceuticals Rejuvenation Serum stimulates regeneration of new cells while vitamins A, C, and E and green tea are powerful antioxidants that help fight free radicals. Laser skin rejuvenation is a treatment that can safely be carried out in your lunch break. Fine lines and blemishes virtually disappear and skin feels rejuvenated, radiant, moisturised and fresh.

B-5/15, Main Road, Safdarjung Enclave, Delhi. Tel: 011 41651010



Brazilian Butt Lift

For those who want to add some serious curves, this butt augmentation procedure at the *Evolve Med Spa And Wellness Centre* results in youthful, prominent, perky buttocks and a more sensual body profile. The procedure involves removing fat from selected areas of your body. The doctor performing the procedure purifies the fat, then re-injects selected donor fat cells into your buttocks. It is designed to fill the upper half of your buttocks so that the derriere appears lifted and youthful. The buttocks are first contoured by performing liposuction in the areas around them to make them stand out more. An additional benefit of this fat injection method is that you not only get a more shapely behind, but the liposuctioned area is leaner, giving your profile a more sensuous look.

Veena Apartments, 198 Dongersee Road, Teen Batti, Walkeshwar, Mumbai. Tel: 022 23642452



Body Strategist Remodeller

This is one of the newest additions to the spa menu at the *Sereno Spa, Park Hyatt, Goa*, which includes

a nutritional reshaping treatment where the body is remodelled and the skin is left more toned, smooth and compact. A

black pepper mixture is scrubbed and gently massaged all over the body. This encourages a delicate exfoliation and a renewing action. A marine-based iodine cream is gently massaged for a toning effect. This 90-minute session reduces the visibility of cellulite. A soothing face massage that enhances the feeling of relaxation and provides luminosity completes the treatment.

Arossim Beach, Cansaulim, South Goa 403 712. Tel: 852 272 1234



AQUA WONDERS

Romantic Spa Indulgence

Soma, Nectar of the Gods is an indulgent couple spa experience that is available at the *Boat Spa, Taj Lake Palace Hotel, Udaipur*.

Two therapists offer a relaxing Indian aromatherapy massage, in a romantic candlelit ambience, using pure, evocative oils. Guests relax in a soak tub rose petal bath, enjoying champagne and cheese in privacy. After the treatments, they can recline on the private deck and as a finale, they are offered fragrant garlands.

Lake Pichola, Udaipur. Tel: 294 242 8800

