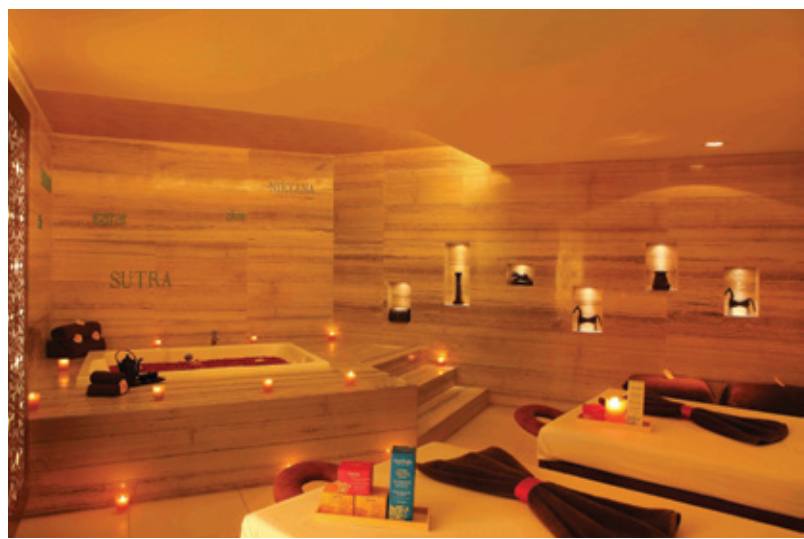
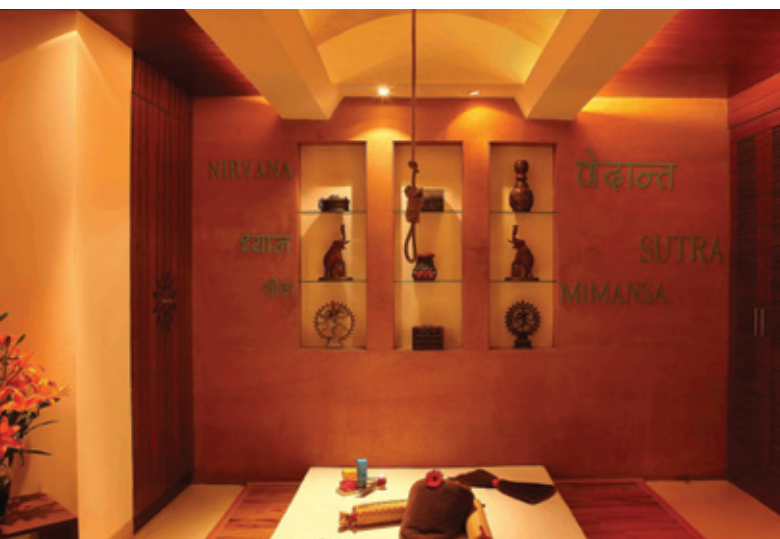




Get Gorgeous

What does it take to maintain good skin? Some nurturing and lots of pampering! **Purva Bhatia** recommends treatments and products to remain beautiful.



KALARI MASSAGE AT NEO VEDA SPA

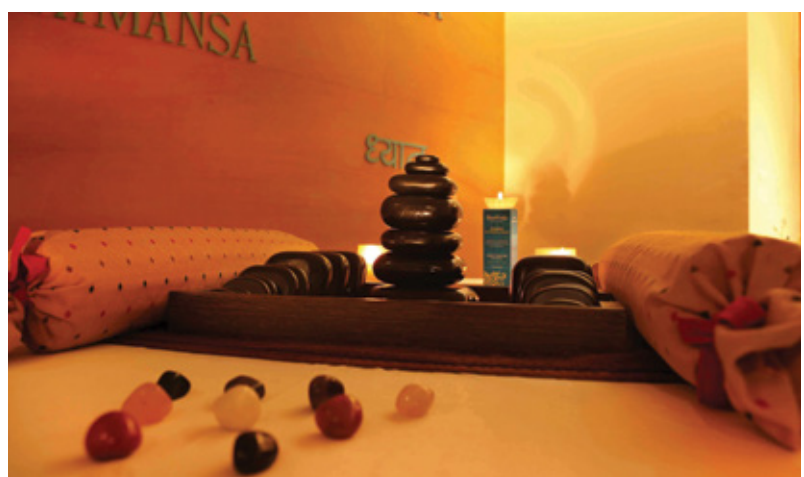
In ancient times, northern Kerala invented a system of massage that helped warriors strengthen not just their bodies but mind as well. Associated with the martial art form 'Kalaripayattu', the massage was called Kalari. It used herbal and medicated oils to enhance mental strength as well as muscle flexibility. The massage is a popular Ayurvedic treatment used in Kerala even today.

Offering the magical treatment in Delhi is Neo Veda Spa located in The Metropolitan Hotel. We recommend this massage for complete relaxation and wellness before your big day.

The massage requires the therapist to use hand and feet to apply pressure to certain points of the body. The therapy begins with a deep oil massage on spa bed. The herbal oils aid in healing and making the effect of massage long lasting. After a shower, the massage continues on a flat surface. This time the therapist uses feet to put pressure and release stress. The massage is long enough to induce complete relaxation – just what you need before your wedding day!

Ambiance of the spa: The earthy colours of the wall are soothing but the interiors of the spa and the music require attention. However, the skilled therapist makes up for it by offering a massage that makes you forget everything!

Benefits of the treatment: "Kalari massage strengthens



the body by relaxing and opening up energy pathways. The massage gives a feeling of relief due to the development of good endorphins in the brain by suppressing the feeling of pain and replacing it with a healing sensation," says the spa manager.

Cost: Rs 5895/- (including taxes)

Duration: 1 hour and 30 minutes

Location: Bangla Sahib Road, The Metropolitan Hotel & Spa



FACIAL AT BLUSH CLINIC

Dr Jamuna Pai, skincare expert and renowned cosmetic physician offers avant-garde medical aesthetic procedures at the Blush Clinic. Skin lightening and tightening, wrinkle reduction, botox and fillers, laser hair reduction, cosmetic dentistry or bridal rituals – whatever treatment you are looking for, it is available here at the hands of trained staff. We recommend a facial therapy offered at the clinic. Not a regular facial, it uses chemical peel to leave a more impactful and lasting effect. The procedure helps renew epidermal layer of skin. An enzyme pack helps in exfoliation while chemical peel aids in bringing the brightening effect.

Chemical peels generally do not have a side effect. There might be minor redness but that's temporary. There are several clinics now offering such treatments but it is important to ensure you're at the right place. Dr Jamuna Pai's patronage makes Blush Clinic a reliable name.

The clinic also has bridal rituals include the signature therapy that involves de-tanning, a hydrating body massage and hair ritual.

Location: E-20, First Floor, Defence Colony, New Delhi

Contact: +91-11- 46161250/51/52

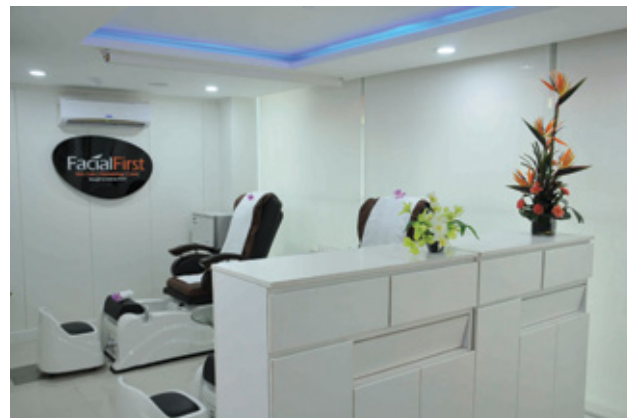
NEW LAUNCHES BY SPAWAKE

Japanese beauty and cosmetics firm Kose recently forayed into the Indian market with a new skincare brand Spawake. With reasonable prices and high quality, the brand looks promising. We tried two of its newly launched products: Spawake Whitening Triple Care Serum and Moisture Fresh BB Cream Perfect Glow.

Serum: The product claims to reduce melanin generation, prevent its accumulation and hydrate the skin. The gel based serum is light and extremely gentle on the skin. It is enriched with algae extract, which offers anti-aging and anti-inflammatory benefits. Plus, it has vitamin C and B3 – excellent natural ingredient for skin brightening. The serum leaves the skin smooth and soft. Effects are visible within days of its use. Price: Rs.399 for 45ml

BB Cream: Where on your skin do you need to cover-up? Blemishes or scars visible? Spawake's Moisture Fresh BB Cream Perfect Glow does a great job at concealing under eye circles too! Excellent for my dry skin, the cream moisturizes and leaves a radiant glow. Happy to recommend this product! Two shades are available to choose from – Perfect Glow 01 and Natural Glow 02.

Price: Rs.129 for 15g and Rs.249 for 30g



VLCC'S FACIAL FIRST

VLCC recently announced the launch of the first outlet of Facial First, the renowned Malaysian brand of skincare and cosmetology services by Wyann International. Led by a team of skilled consultants and beauticians, the centre offers customised solutions for various skin problems.

The services offered here range from basic skin maintenance facials to specialized skin treatments that include skin-brightening, anti-acne, anti-pigmentation to anti-aging as well as high-end dermal cosmetology treatments like peels, fillers including Botox™, and VLCC's signature therapies like Gold Threadlift, PRP-based regenerative and anti-ageing solutions like Cellular Matrix as well as laser treatments using the finest international products.

The outlet is spread over a wide area and has all the facilities for beauty treatments. You can choose from a wide range of facials (starting from Rs 850) on offer or ask the therapist to recommend a treatment based upon your skin type. My therapist recommends a combination treatment to treat sun tan as well as blemishes on my skin. The procedure followed for the facial is usual but the difference lies in the products. Also, the skilled hands of the therapist ensure a relaxing massage.

Location: Malaviya Nagar, New Delhi