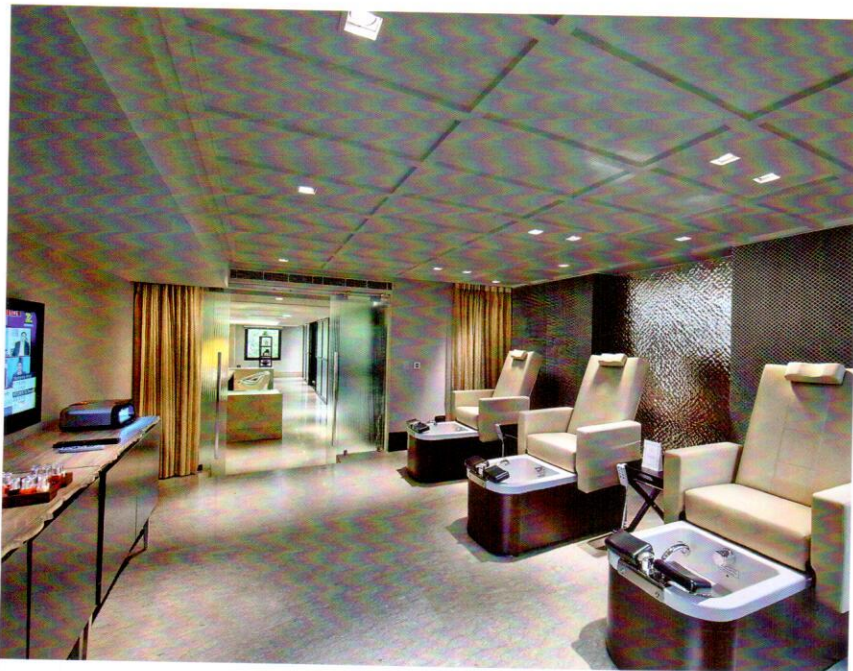


# MOMENTS OF BLISS

*This month, ATELIER focuses on rejuvenating therapies for beautiful radiance, lissome tress health, and the much ignored back. Indulge in the following selections that leave you blissfully refreshed and serenely glowing.*



## BLISS THE SPA @ RAVISSANT, NEW DELHI

Neither too hard nor too soft, neither too long nor too short. It should be just right. For the spa-seeking Goldilocks out there looking for an indulgent high, the Aromatherapy Massage at Bliss, the funnily spelt spa at the stylish Ravissant in Delhi's New Friends Colony, is the perfect way to spend a couple of hours. The soothing touch of your therapist's hands as she wipes your feet clean with rose-scented water sets the mood of your massage right at the start. After giving you a choice of aromatic oils, she begins your massage using deft, smooth strokes that leave you lulled in no time. We also recommend you try their specialist manicures and pedicures post your massage and shower – with newly installed, high-tech chairs and a lovely cookie-and-coffee service, you'll leave feeling pretty inside out. The spa also offers a variety of beauty goods and accessories from boutique brands and designers that you just won't be able to keep your hands off. Of course, you have all of Ravissant to indulge in too.

*Duration: 60 minutes*

*Price: INR 3,000 plus taxes*

## BACK TREATMENT & FACIAL @ THE IMPERIAL SPA & SALON, NEW DELHI

The Imperial Spa and Salon is a heavenly retreat with different suites and therapy rooms for sessions of deep relaxation. Try their detoxifying back treatment using their signature Sufi range of products. The procedure begins with exfoliation of your back followed by cleansing with hot towels. This is followed by a lymphatic drainage massage. A Moor Mud masque is then applied wrapped with hot towels while the therapist then moves onto massaging your lower legs. After the mask is cleaned, refreshing Monsoon rosewater is applied followed by deep moisturising. You may also want to indulge in the Imperial Radiance, the Sufi facial, which begins with a consultation for your specific skin type. Then apt Sufi products are chosen to target skin problems while your facial marma points are massaged using lifting techniques. The eyes are also given attention using a Sufi Eyes balm applied in circular strokes to reduce puffiness and shadows.

*Duration: Back treatment, 45 minutes and facial, 60 minutes*

*Price: Back treatment, INR 3,000 and facial, INR 3,800 (plus taxes)*

