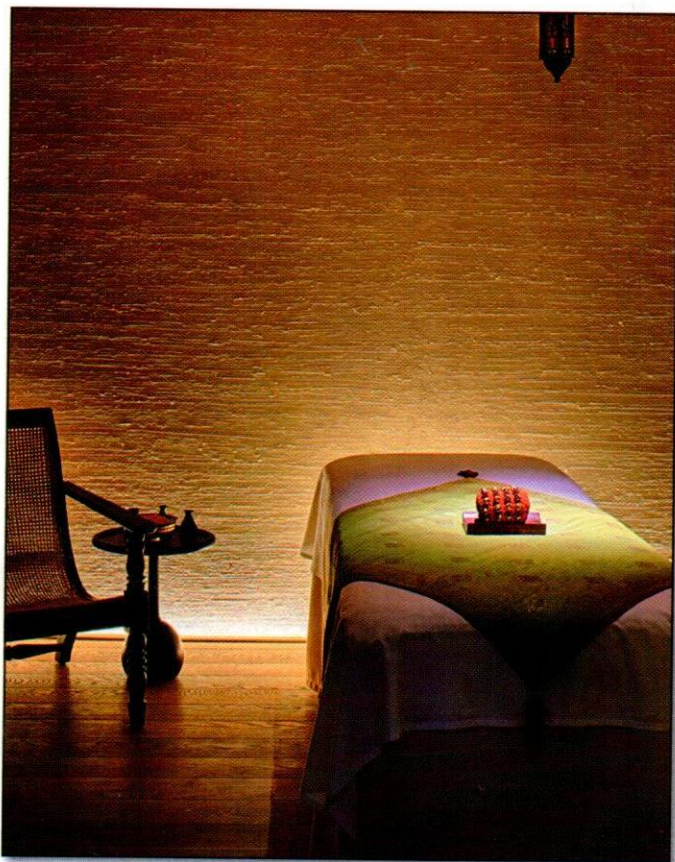




Antahpura Spa, Chennai



The treatments at Antahpura Spa have been inspired by legendary therapies and healing practices from the illustrious lineage of Chettinad. The menu is holistic and aims at restoring equilibrium.

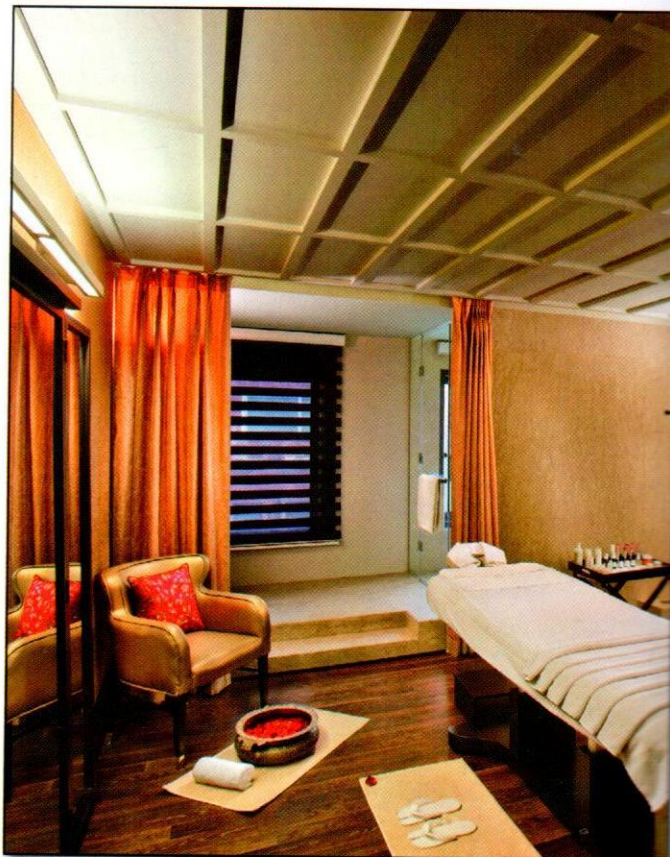
Solitude and silence lead you into this spa haven. And when the treatment is over, one comes out light as a feather. It is the masseuse who begins with those stress knots, loosening them with her expert kneading skills and applying the appropriate pressure on those rigid muscles. It is a unique revitalising experience, offering a blissful refuge from the strains of modern lifestyle.

A passage through the Sutras provides for the discovery of your own inner sanctum. The journey begins with Vishuddhi (ascend) that comprises detoxifying treatments, followed by Jagriti (uplift) that activates new energy through invigorating treatments. After which is Parivartana (engage) that initiates transformation through rejuvenating treatments and finally Samattva (elevate) where one achieves inner balance through elevation treatments.

Antahpura Spa has six indulgent spa rooms. The ambience is serene, giving guests a view of the infinity pool that overlooks the protected green forests of Guindy.

Address: Park Hyatt Chennai, 39 Velachery Road, Guindy, Chennai – 600 032. Tel: +91-44-7177 1234

Blliis by Ravissant, New Delhi



Blliis by Ravissant is a luxurious destination for salon and spa services, where some of the Capital's glamouristas have been spotted getting the highly recommended Skin Solution facial.

You never actually realise how tired your muscles and joints are till one able masseuse works her fingers up and down your aching body. We tried the special deep tissue massage at Blliis by Ravissant and were indeed thankful for our spa day out. As the masseuse infused the therapeutic gotu kola oil into our skin with her languid strokes and pressures at the right places, stress and fatigue seemed to escape our body through every pore. It was an extremely satisfying experience.

Then it was time for the highly recommended Skin Solution facial. Customised to suit every skin type, this facial is devoid of any cream slathering. Instead the soothing effects of herbal oils enrich the skin, thereby bringing a fresh glow to it.

Blliis by Ravissant has state-of-the-art facilities, premium equipment and an international team of professionals. Besides spa packages, they also offer a wide range of services in hair styling, skincare and hand and foot care. All of these combine to give you an experience of sheer bliss once you enter this invigorating space.

Address: 51-52 Commercial Complex, New Friends Colony, New Delhi – 110 065. Tel: +91-11-2683 7278

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