

Touch of joy



Diamonds, pearls, Tibetan muds, saffron, seaweeds, oxygen — what is the recipe for a perfect facial? Here's a guide to exotic packs for your face

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A STEAMING hot beginning is the Juniper Herbal Steam Set for facial and footbath — part of the Tibetan Hotsprings line made by Wild Earth. While juniper is good for oily complexions, these herbs are traditionally used in Tibet to harmonise Badkan — the water/earth element. Also available at the Kriya Wellness Centre is the Juniper Sacred Earth Mud Rub. So get your skin a bottle of Tibetan nirvana.

Or you could dive into Butterfly Pond and try their exclusive Derma Chill facial. A 90-minute treatment to chill the surface of the skin, it uses cooling essential oils and flower extracts which help to renew and revitalise

the cells of the skin.

It's back to the kitchen at Jiva Spa, the Taj Wellington Mews. "We use customary traditional Indian home made recipes and no synthetic elements are applied," says Bina Patel, Co-GM, Spa Division. Their Anana Lepa facial is a 60-minute treatment with ingredients like aloe vera gel, fresh fruits, saffron, sandalwood, vitamin E, tulsi extracts, honey and green tea.

Any facial-special would be incomplete without the mention of aromatic essential oils. Aromatherapy available at the Prism Healing Centre makes a



promise of tranquility. A minimum of five sessions (Rs 1,000 each) and skin problems like acne, early wrinkling, dark circles etc are given clinical treatment.

A stressful lifestyle instantly shows on the face. The Intense Skin Oxygenating Facial (Rs 2,700) at Frank Provost is specially designed to lessen effects of the pressures of a hectic lifestyle and help

combat the effects of smoking, drinking and



pollution on the skin. An ampoule of pure vitamin C, a blend of sandalwood, ylang ylang and jasmine make for a divine experience.

Dr Rohini Wadhwani, a skincare expert and cosmetologist at Skin Essentials presents a range of luxury facials. Instant Radiance Moisturising mask that uses avocado oil, lavender oil, and jojoba seed oil helps the skin recover radiance.

Tan removal, skin purifying, hydra facial, advanced dew facial, optimum whitening and more are on a platter at VLCC. Their Essential Oil Therapy includes the application of oils extracted from exotic flowers, roots, leaves and bark.

A woman's best friend, the diamond comes to her rescue in yet one more way.

The Diamond Facial (Rs 3,000), is the latest in Shahnaz Husain's repertoire of salon procedures. According to Husain, "The diamond facial is like an elixir of youth for timeless eternal beauty." The oxidised diamond or "bhasma" facilitates decongestion and promotes the removal of toxins. Also interesting are the Astro-Gem Therapy Facial (Rs 2,000), where properties of precious gems like emerald, ruby, sapphire and topaz are used to preserve the youth of the skin. The Gold Facial (Rs 1,600) can't be ignored in this starry affair. Gold is one of the softest metals and is easily absorbed by the skin. It has powerful revitalising effects. The Pearl Cream's another stunner used for facial massages. Pearls influence the transfer of melanin to the skin surface. Sea oil, derived from seaweeds, is added during the massage.

And finally the skin needs to breathe, which is why the Oxygen Facial (Rs 1,100) is a favourite and helps to revitalise the skin and enhance its beauty.

