



INDIA TODAY

MAKING A DIFFERENCE

# Woman

JULY 2016

WELLNESS SPECIAL

Huma Qureshi, actor, on six ways to be comfortable in your skin

10 HEALTHY SNACK RECIPES

HUMA ON BEING HUMA

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WELLNESS

## THAT HEALING FEELING

FIVE NOVEL SPA THERAPIES THAT HARMONISE MIND, BODY AND SOUL

### BUTTERY SMOOTH Shea Fabulous Massage, The Khyber Spa

Exclusivity is the mark of luxury, and what better way to indulge than in the lap of "paradise" to quote a cliché. Far from obsequious platitudes, Gulmarg, and in particular, its most recent jewel, The Khyber Himalayan Resort & Spa, is a must-stay, must-do. While there, be sure to try the shea massage; this Swedish and long kneading Balinese spa treatment is available exclusively at The Khyber Spa by L'OCITANE. The comforting movements of Balinese and Swedish techniques coupled with the generous indulgence of the formula of 5 per cent pure shea oils (sunflower, baobab, carrot), this massage nourishes, repairs and protects the skin. Truly holistic in every sense, it is a treat for the entire body and face. Shea butter is nature's finest skin food so lavish your skin with its healing and rejuvenating properties. Transformed skin is just one of the benefits, the relaxed body and sweet smells will go a long way. It isn't just for the narcissist either, it is ideal for the hyperactive mind for whom stress is a necessary evil.

Duration 90 minutes  
Price ₹5,500 plus taxes  
Tel +91-9906603272  
Address The Khyber Himalayan Resort & Spa, Gulmarg, Kashmir  
Website [www.khyberhotels.com](http://www.khyberhotels.com)

By Chumki Bharadwaj



### GRAPEVINE BUZZ Vino Therapy, Woo Wellness & Spa

The Armenians discovered it, the Greeks glorified it and the French glamourised it. But wine's glorious journey now makes its way from ingestion to indulgence via the wellness route. Drink a glass of red wine for antioxidant goodness, but sink your trivial pursuits in a bath tub full of wine. To get into the mood for the 90-minute session, the wrap of the grapes begins with a refreshing glass of grape juice, following which, the well-trained therapist kneads the body into submission with an effleurage massage to warm the tissues. After the body has been oiled, warmed, prepped and readied, a grainy, exfoliating sludge of red wine mixed with warm water, grapes, sea salt, honey, rice powder and grape seed oil is rubbed all over. Once you've been exfoliated and polished, it's time for a hot shower, after which the therapist slathers on cold lavender moisturiser to quench the skin. The advantages of the therapy include defending the skin from free radicals and promoting tissue elasticity. Duration 90 minutes Price ₹5,999 plus taxes Tel 011-46080808 Address Hotel Pullman New Delhi Aerocity, Asset No 02 GMR Hospitality District, Delhi Website [pullmanhotels.com](http://pullmanhotels.com)

By Chumki Bharadwaj