

* KOLKATA

ITC SONAR BANGLA SHERATON

TOWERS & SPA: This tropical spa's instant pick-me-ups are truly decadent. The luxurious wine bath - Chianti soak - makes you younger and fresher while busting cellulite. Cleopatra's Elixir has you soaking up the goodness of rose-petal infused milk, followed by an exotic oil massage - perfect for upping your glow factor and soothing dry skin. Address: 1 Halden Avenue. Tel: 033-23454545

CLUB PRANA, HYATT REGENCY:

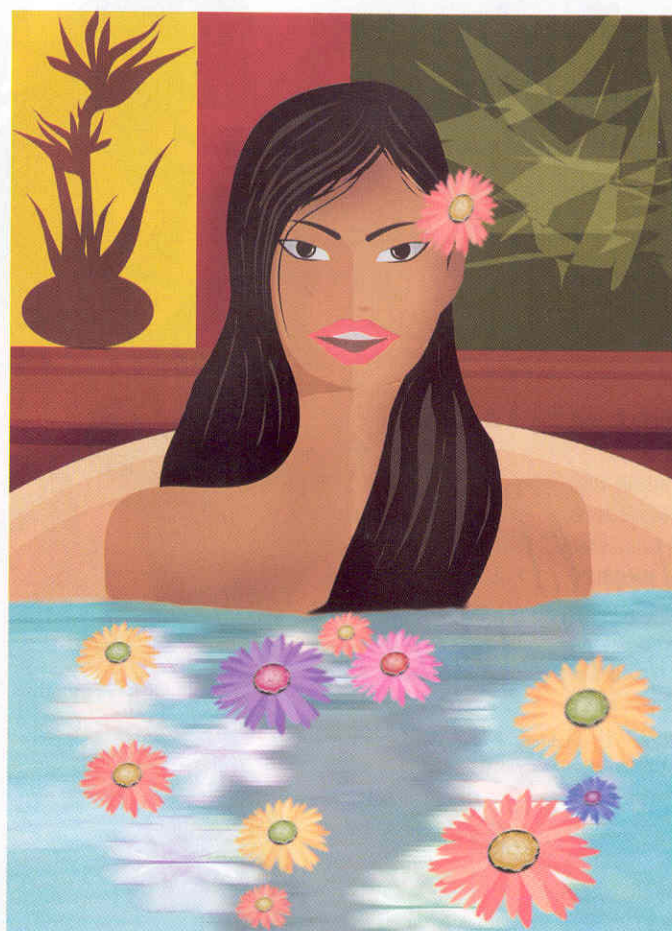
Leaning towards the traditional, the piece de resistance is Abhyangam-Pizhichil, a full body massage with herbal oils followed by a medicated herbal oil massage to de-stress. Another southern special, Udvartanam Shirodhara, starts with a medicated herbal powder massage to melt subcutaneous fat followed by a stream of warm medicated herbal oil drizzled on the forehead. Address: JA-1 Sector III, Salt Lake City. Tel: 033-23351234

* DELHI

THE OBEROI SPA & FITNESS CENTRE

BY BANYAN TREE: The spa's Turkish marble and Oakwood interiors house Ayurvedic retreats, a Vichy shower and the signature Oberoi massage. The treatment stimulates blood circulation, iron out the knots, and bolsters relaxation, concentration and spiritual rejuvenation. Address: Dr Zakir Hussain Marg. Tel: 011-24363030

SPA OASIS, THE GRAND: Though the spa offers a smorgasbord of traditional oriental and occidental healing rituals, most people flock here for Shiatsu. This is similar to acupuncture, but substitutes needles with mechanical pressure. Another favourite is the Thai Coffee Scrub, made from local coffee flakes and natural volcanic pumice for microcirculation and cleansing. Address: Vasant Kunj Phase II, Nelson Mandela Road. Tel: 011-26771234



Luxury spas

PERFECT RETREAT: These gorgeous spa facilities and pampering treatments in your city will lift your mood, making you feel fresh and vibrant

* CHENNAI

ORYZA: Oryza proclaims Thai luxury in its wooden beams, leaf-painted walls, East Asian prints and traditional sarongs. The Javanese Spa ritual consists of a rose-scented vitamin oil massage, a sandalwood body pack and rose petals followed by a milk bath. Address: 46/1 Chamiers Road. Tel: 044-52110930-40

AURA SPA, PARK HOTEL: The nine luxurious treatment rooms are inspired by the *navaratna* gems. Fresh local ingredients are combined with acupressure, Swedish reflexology and ayurvedic techniques. Signature offerings include Coconut Cocoon with Turmeric and Nilgiri Honey wrap. Address: 601, Anna Salai. Tel: 044-42144000

* BANGALORE

GOLDEN PALMS SPA & RESORT:

One of India's biggest spas, this Mediterranean-style retreat houses Moorish design casitas. A must-try is the 'Soul Searching' ritual, which includes a naturopathy consultation Ayurvedic and herbal massages, detoxifying aromatherapy flower bath, yogic relaxation and Pranic energising therapy. Address: Golden Palms Avenue, Hobli, Tumkur Road. Tel: 080-23712222.

ANGSANA OASIS SPA & RESORT:

Angsana's rustic charm and lavish greenery is an introduction to the curative power of nature. It offers a variety of Thai holistic spa programmes alongside traditional Ayurveda. Bliss, a 150-minute session, begins with a skin-softening body polish followed by a skin enhancer and a bliss-inducing massage. Address: Northwest Country, Main Doddaballapur Road, Rajankunte. Tel: 080-28468892

* MUMBAI

JIVA GRANDE CLUB & SPA, TAJ

WELLINGTON MEWS: This 80,000 sq. ft complex offers the best in Indian rejuvenation therapies. Treatments include Vishuddi, featuring a Vedic cleansing verse followed by Garshana body brushing, lymphatic drainage and a herbal wrap; Sammatva for balancing energies with meditation and soft massage, essential oils and *chakra* balancing; Vishrama, a blend of Indian and Western massages. Address: 33 Nathalal Perekh Marg, Colaba. Tel: 022-66569494

J.W. MARRIOTT: The newly renovated spa harnesses the healing forces of water combined with Ayurveda to create the most positive effect on the mind and body. Choose from the Aroma Fusion, Rose and Ashwaganda or Ocean Detox baths. Or try the single-therapist (two-hand) or two therapists (four-hand) Abhyanga, an Ayurvedic detoxifying treatment. Address: Juhu Tara Road, Juhu Beach, Mumbai 400049. Tel: 022-66933000