



One for the man

Men's spa treatments are as important as that of their partners.

Finding the right spa treatment for men can sometimes prove to be a challenge. Unlike women, men need a more intense treatment as their skin texture and wellness needs are unique. Spa managers suggest the emphasis on oils for better treatment along with the use of spices to relax their minds and benefit their body.

WE RECOMMEND: Salt and Spicy Body Glow, Aristo Spa, Grand Mercure Hotel, Bengaluru

WHY: The heady mix of sea salts, cloves and aromatic oils help in revitalising the body and relaxing the mind. The grains help in removing the dead skin cells and impurities from the surface of the skin while the spices replenish the skin with minerals while hydrating the inner layers, increasing blood circulation and improving texture. The oils function as moisturising agents and added nourishment.

Forever and always

The manicures and pedicures are the ultimate stressbusters and an essential sign of wellness. Apart from being relaxing for the mind, they ensure that several illnesses are kept at bay by regular cleansing of the dead cells and removing of any form of micro-bacterial growth. Since the hands and feet are exposed to the elements more than other regions of the body, they need special attention.

WE RECOMMEND: Bllis by Ravissant

WHY: Perhaps the biggest reason for endorsing this experience is the full hour that is given for each treatment. The manicure and pedicure, when done together, constitute two hours of complete relaxation and care. The ultimate hydration deep thermal transformation wrap makes for a sense of luxury and wellness while the lemon skin lightening serum helps remove tan and decrease the impact of chemicals and environment. The body butter massage is saved for the last for complete relaxation and nourishment.

