

ITGIA

THANK GOD IT'S FRIDAY



Foot Fetish

wake up fresh and active in the morning. Not only that, it also works against muscle pains. Spa massage is a real delightful experience that rejuvenates you completely.

Spas like Tranquillity, which has branches at Lazimpat, Boudha and Pakna-jol, gives various services like Shirodhara, Ayurvedic massage, deep tissue and aromatherapy among others. While Foot Fetish at Thamel is known for its reflexology technique through foot massage and semi-pedicure.

Reflexology is the physical act of applying pressure to the feet and hand with specific thumb, finger and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands with a premise that such work effects a physical change to the body.

Pampered luxury

(we know how good you feel after an hour in the salon) but better. In addition to hair and nail services, they offer relaxing muscle massages, pedicures, manicures, deep cleansing fa-

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WHEN WAS the last time you were treated like a queen or king? When was the last time you actually pampered yourself? And when was the last time you felt so calm, rejuvenated and relaxed?

In this fast paced life where everyone is working all the time, we tend to forget taking care of our mind, body and soul. A day in a spa is like getting in touch with your inner self that you had forgotten. Ladies it's like a hair and nail salon



Photos: Rajash Gurung and Rajendra Manandhar / TH

cial and even body scrubs, all in a comforting, soothing environment.

SURRENDERING TO SPA

Fitness spa helps in improving your body circulation and also paves way for flushing out the toxins. It ensures that you sleep properly in the night and

Wild Earth's Himalayan Spa at Bansbari has Jampeche treatments based on the ancient wisdom of the Tibetan Medical texts, the Gui Zhi or Four Tantras.

Jampeche, a Tibetan word meaning gentle external treatments, is found in the last Tantra and refers to methods of massage using hot stones, herbs, oils and grains.



Photo: Purna Kumar Wild Earth

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A SPECIAL FRIDAY SUPPLEMENT

BRAVE ACT AND LOVE SAGAS PGIII



DJ TANTRIK GIVES SOME FASHION GROOVES PG IV



KOREAN CONNECTION PGII



CHANGING CONCEPT

Many believe that spa is a luxury that only the affluent can afford. But times are changing and luxury of spas can be found in various places around town and not just in the luxury hotels. The above mentioned spas and salons are among those.

"People like us cannot al-

that of five stars."

QUALITY AND SERVICE

As the places boasts about the services they give, they ensure that all therapists and masseuse are well trained to give the right massage and therapy to the client. At Tranquillity, Phaiju who has been involved with

delivered by Rhett Hatfield, an American massage instructor with 35 years of experience.

For those who are wondering if you will get addicted to the wonderful feel of being pampered, don't worry as all the places say that it is an individual's choice how many times you want to visit the spa. But professionally they advice to have



Tranquillity Spa

ways afford going to five stars to get good service and trained masseuse. So I decided to set up a place that caters to everyone's need at affordable prices. In the beginning, as massage in Thamel was gaining bad name, we had problem winning our clients' trust, so we decided on having huge open windows to let people see the type of service we provide and the importance we give to cleanliness and hygiene," says Liza Mukhiya of Foot Fetish.

Bhuwan Phaiju voices a similar opinion and says, "Most of our clients are local, so the place depends on them. Our price is affordable to all and the service you get is similar to

operating and managing spas at Le Meridian, Hyatt, Radisson and many more, is himself a trained therapist who not only trains his staff but also give classes to those who are interested.

Foot Fetish on other hand was established six years ago. They had their staff trained by professionals to provide reflexology treatment. The staff and therapists at Wild Earth therapists received in-depth training in massage technique, anatomy, and Tibetan and Chinese pressure points from master masseuse and Chinese acupuncturist, Joanna Claire. Wild Earth recently hosted a two-week course in deep tissue techniques

the therapy and massage once a week.

HEALTHY AND BEAUTIFUL

Tranquillity and Foot Fetish do not only provide therapy services and massage, but they also have beauty therapy. They provide facials, manicure, pedicure, waxing among others. If you want to get rid of dead cells off your body and get the glow and softness, try the full body scrub at Tranquillity.

Price range

Tranquillity: Rs 800-2,000
Foot Fetish: Rs 300-1,200
Wild Earth's Himalayan Spa: Rs 600-2,000

BENEFITS OF MASSAGE

- Alleviates low-back pain and improves range of motion
- Assists with shorter, easier labour for expectant mothers and shorten maternity hospital stays
- Eases medication dependence
- Enhances immunity by stimulating lymph flow — the body's natural defence system
- Exercises and stretches weak, tight, or atrophied muscles
- Helps athletes prepare for and recover from strenuous workouts
- Improve the condition of the body's largest organ — the skin
- Increases joint flexibility
- Lessens depression and anxiety
- Promotes tissue regeneration, reducing scar tissue and stretch marks
- Pumps oxygen and nutrients into tissues and vital organs, improving circulation
- Reduces post surgery adhesions and swelling
- Reduces spasms and crampings
- Relaxes and softens injured, tired, and overused muscles
- Releases endorphins — amino acids that work as the body's natural painkiller
- Relieves migraine pain

SPA IN YOUR HOME

- Switch off your phone and take sometime out for yourself
- Play some soothing music that helps you relax
- Dim all the lights of the room, even better light scented candles
- Diffuse some aroma oil like lavender that helps soothe your nerves
- Fill the tub with water and add 9-10 drops of essential oil. As some oils are irritating to the skin, read safety cautions of each essential oil before use. Or add 9-10 drops of essential oil to one teaspoon carrier oil and add to the bath water
- And spend sometime to yourself enjoying the relaxing bath