

Preeti! Thanks for being there for me always! Here's something to help you relax and take time off from your work! Love, Smita

**EXCITINGLIVES.COM**  
India's most exciting gifts and experiences

**BALINESE MASSAGE EXPERIENCE**  
Experience Number: SAMPLE Validity: 13-Apr-2013



Congratulations! You've Just Received  
The Balinese Massage Experience!



#### **What It's All About**

You've just received a relaxing and rejuvenating gift that's also great fun.

Your experience begins with a brief consultation at a luxury spa for women. This is followed by the Balinese massage - a unique ritual that incorporates rhythmic strokes like a Hawaiian dance against your back, limbs and neck. Slowly while stretching your muscle gentle pressure is applied to release tension in various parts of your body.

The experience lasts about 1 hour and takes place at Asian Roots, an exquisite women-only luxury day spa in Delhi.

You're assured of a great time!

#### **What You Need To Do:**

Anytime during the validity of this gift at a time of your convenience make a booking for the experience with us and then arrive at the spa for a great time!

This gift is valid for one person. Asian Roots is a women-only spa. Please bring a print of this page along with you. Please ensure you have a booking before arriving at the venue.

#### **BOOKING YOUR SPA:**

Your Gift: **Balinese Massage for 1 person**

Phone: **011-41651010**

Address:

Asian Roots: B5/ 15, In front of Deer Park,  
Safdarjang Enclave,  
New Delhi - 110017

Time: 1030 to 1800 hrs all seven days of the week

#### **Exciting Lives:**

For more information please contact us:

Web: <http://www.excitinglives.com>

Email: [contact@excitinglives.com](mailto:contact@excitinglives.com)

Phone: 011-42567000



## STRANGEST Spa Rituals

### GOLDEN GLOW

At UMO America in Beverly Hills, California facials include 24-karats of gold!

Although gold has been used this way for centuries it's not the easiest substance to use for such rituals since it needs to be dissolved first so as to easily spread across the skin.

But it's probably worth the effort because it really does result in a 'golden' glow for your skin!

### DIAMONDS ARE FOREVER

Diamonds are not just used for jewelry and fancy purses any more. They've become a girl's best massage accessory too.

Hearts on Fire, known for its perfectly cut

diamonds in the US brings has introduced a "Dream Girl Diamond Massage".

A million dollars worth in loose diamonds are placed along the spine as a massage therapist gently massages the back. Not surprisingly, it's a popular luxury among Hollywood stars.

### WINE SPA

The Kenwood Inn & Spa provides innovative spa rituals involving wine. Since grape seeds are rich in the antioxidant polyphenol that slows the aging of the skin it all seems to make sense.

The treatments are administered in a barrel bath cabin and patio that look out over the vineyards and are a huge craze among the celebrities.

# SPA TERMINOLOGY



**Reflexology:** An ancient Chinese technique in which specific pressure points (usually on the feet, but also on the hands and ears) are massaged in order to re-establish the flow of energy throughout the body. This ancient Oriental treatment relieves stress and releases energy and pressure throughout your entire body.

**Shiatsu:** Acupressure massage technique developed in Japan. Pressure is applied to specific points of the body to stimulate or release the 'meridians' (paths of the body through which energy flows. This helps to revitalize the balance of the immune and endocrine systems and to stabilize energy flow.

**Sports Massage:** Massage of foundation tissues, directed specifically at the muscles, used in athletic activities. This is a deep muscle massage often used around the joints. It combines classical Swedish style with trigger points, compression and electro-neuromuscular techniques to reduce soreness. Excellent when preparing for sports activities or after a strenuous workout.

**Swedish Massage:** A classical European massage technique characterized by a delicate manipulation of the muscles with special oils by therapeutic stroking and kneading of muscle tissue to promote stress relief. It is used to improve circulation, relieve muscle pain and tension, increase flexibility and induce relaxation. It combines three basic strokes to the skin: long, firm strokes; kneading strokes; and small circles. It is the most requested and one of the most enjoyable massages.

**Aromatherapy:** This relates to the use of fragrant, natural, botanical essential oils from plants, leaves, bark, roots, seeds, resins and flowers. Aromatherapy refreshes and relaxes the skin while soothing the mind by helping to induce a sense of well-being and. Each individual essence is used to produce a specific beneficial effect. Used in massage and facials.

**Ayurvedic Massage:** A very ancient Indian massage technique that frees body and mind of all toxins. It is performed contemporarily by two therapists with the use of essential oils.

**Deep Muscle Massage:** This type of massage eliminates knots, locked up areas and emotional blocks in the body due to prolonged stress. It includes various leverage techniques and kneading for a very firm massage.

**Deep Tissue Massage:** The intent of this work is to free congestion of the muscle attachments. Deep work brings about realignment of postural distortions and restores proper range of motion. Liberation of emotional tensions may also result. Muscle function and awareness are balanced, and elasticity is revived.

**Hydrotherapy:** A traditional therapy which includes underwater jet massages, showers, jets and mineral baths.

**Lymphodrainage:** A special therapeutic massage that uses a delicate pumping technique to drain sacs of water and trapped toxins. It is considered by many as an anti-aging treatment. Lymphodrainage may be performed with manual massage, hydromassage or aromatherapy massage.