

## Road to relaxation

Take a break from your daily grind, get nourished and refreshed with these healing spa treatments.



### Zehen, The Manor (Delhi)

The spa is divided into two sections-the ground floor is dedicated to international massages and the second floor is for authentic Ayurvedic therapies. Head to the second floor terrace that boasts of a beautiful vertical garden and the Ayurveda section. We tried the abhyanga patra potli, a 90-minute authentic Kerala therapy that starts with a full body oil massage, followed by a hot herbal compress dipped in warm medicated oil. A deeply relaxing treatment, it helps counter ailments such as chronic back pain, joint stiffness, and muscular tension. Post-shower, enjoy a cup of ginger tea and head down to their private dining room to try their Ayurveda thali prepared by chef Manish Mehrotra of Indian Accent. USP Abhyanga Patra Potli, a rejuvenating therapy done with a herbal compress dipped in medicated hot oil. Duration 60 minutes; Cost Rs 4,500 plus taxes; [www.zehen.com](http://www.zehen.com)