

SHOP SPECIAL

# SPOIL YOURSELF WITH SPA TREATMENTS!



Have you been feeling stressed lately? You wake up with a nagging headache that stays with you throughout the day; your mind is at a constant tug of war with your body, which is exhausted all the time. Your life and work are both suffering because of this, and you have no clue what to do about this situation. This is a fairly common scenario nowadays. Increasingly demanding work, hectic lifestyle and a variety of other factors are contributing to this constant state of exhaustion. In a time like this, an hour at a spa can do wonders for your tired soul and body, relaxing you inside out. It is a fact well known that massages are incredibly helpful, relaxing the mind and restoring holistic wellness in a short amount of time. In the past few years many new hotels have opened in Dhaka, all of which boast spas dedicated to client satisfaction. Listed below are the newest ones that offer premium service:

## BLUE DREAM SPA (BENGAL BLUEBERRY HOTEL)

The spa at the Bengal Blueberry specialises at Thai massages that are popular all over the world for their calming nature and healing properties. The soothing décor will put your mind at ease instantly, and as you walk in the warm, friendly staff will take care of your troubled soul. Dedicated therapists offer their knowledge and expertise to choose the best treatment for you. One must make an appointment at least 24 hours prior to attain best possible service.



## THE SARAN ROOM SPA AND SALON (SIX SEASONS HOTEL)

A retreat located on the 14th floor of the hotel, Saran Room offers a luxurious spa service catered to your personal needs. The uninterrupted view of the Gulshan skyline alone will relax you. The natural flow of the space enhances mental wellbeing, and the deft hand of the masseuse will drain all the tension out of your body, relaxing you completely. Here you will get a variety of techniques from all around the world, from Thai to Swedish massages. Special packages have been designed for men, women as well as couples, who can indulge in treatments together.

## EXPLORE SPA (LE MERIDIEN DHAKA)

The linear contours of the spa level that overlooks the city from the 14th floor of hotel immediately puts one at ease. Here guests can get facials and body scrubs alongside massages. Individual sections dedicated to men, women and couples offer privacy and seclusion. The spa has its dedicated menu that focuses on light and healthy fare as well as a juice bar that is perfect for refreshments. The Explore Spa has unusual offerings such as Chakra Art, a massaging technique involving colour therapy and Four Hand Choreography that employs two masseuses to transport the guest into a deep state of relaxation.

By Sabrina N Bhuiyan



# kumarika

## OIL CONTROL FACE WASH

Combines the goodness of Lemon and Cucumber with the effectiveness of modern science in a unique Natural Science infusion. Removes excess oil and dirt to bring out your natural glow.

Glow Every Day, Naturally

