



An escape within the city, the Manor hotel is an oasis of wellbeing

## RECHARGE YOUR SENSES

ZEHEN SPA, NEW DELHI

■ RANEE SAHANEY

The courier man arrived one day with a swanky looking envelope. The stiff expensive paper, the gilded text – they showed the special care someone had taken about this chocolate-hued missive announcing the opening of a splashy Zehen Spa, right in my own backyard as it were.

A new feather in the proverbial cap of the Manor, the Zehen Centre For Wellbeing, in a short frame of time has raced up the charts to win the much-coveted award for 'the Most Luxurious Spa' of the 10th GeoSpa-AsiaSpa India Awards 2016.

Entering the main gate of the Manor, I passed through a serene patch of garden filled with birdsong, the noise and clatter of the world outside slipped off my shoulders as I was enfolded in a Zen-frame of mind. Alluring scents of aromatic oils and lotions pervaded the air as I filled in the mandatory form before losing myself in the hushed confines of the treatment room. I decided to go with an intense nourishing aromatic full body massage followed by a facial, instead of the Ayurveda treatments which have become *de rigueur* at every spa.

The 90-minute session of bliss was launched by the gentle ministrations

of deft hands taking over. The air was suffused with the fresh fragrance of tuberose, ylang ylang and vanilla from the healing oils, which were kneaded into my limbs, leaving them soft and perfumed. Next up was a gently abrasive scrub of salt and coffee, which did an excellent job of exfoliation, while vitamin E oil was rubbed into cuticles and heels to soften them. I emerged fresh and glowing, ready for the freshwater mud mask.

Cocooned in this richly hydrating and mineralising marine algae-based mud pack, I nearly dozed off before the young ladies started on a well-coordinated, Swedish style-massage with a mix of four deeply nourishing plant oils. My skin was then set in the embrace of a layer of body butter. I felt myself slipping deeper into a dreamy state when a gentle scalp massage was set in motion, working on any residual tension and stress.

A quick steam and shower later, I was toweled dry and put back in the treatment room for some more pampering. They now readied me for the age-defying facial with a slew of exotic sounding lotions and oils, scrubs and packs. Chemicals here are a strict no-no. The process kicked off with deep cleansing and exfoliating with jojoba beads and apple seed extract, followed by lashings of raspberry seed oil and date palm oil, known for their cell renewal and anti-oxidant properties.

Two masks were now applied liberally on my face and neck, avoiding the eye area – a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump up the skin. While the masks did their

magic, they worked on my eye area with a gentle lymphatic massage intended to improve skin suppleness and elasticity. This repairing and anti-ageing facial, I was told, works with natural oils of inca inchi and larch extract, which stimulate collagen formation to deliver firm and tightened skin; the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. After a final head massage I was dressed to return to the noisome world of everyday life. I was guided to my ride home still in a loopy daze, ever so reluctant to pick up the threads of a daily routine.

Later at the cocktail hour, my family, my biggest critics, couldn't get over my glowing skin, the new sparkle in my eye and the fresh zing in my steps as I pirouetted before them, ready for a night on the tiles.

ZEHEN SPA

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### → FAST FACTS

**Location** In the Manor Hotel, a boutique property set amidst the leafy environs of the upmarket Friends Colony, West in South Delhi.

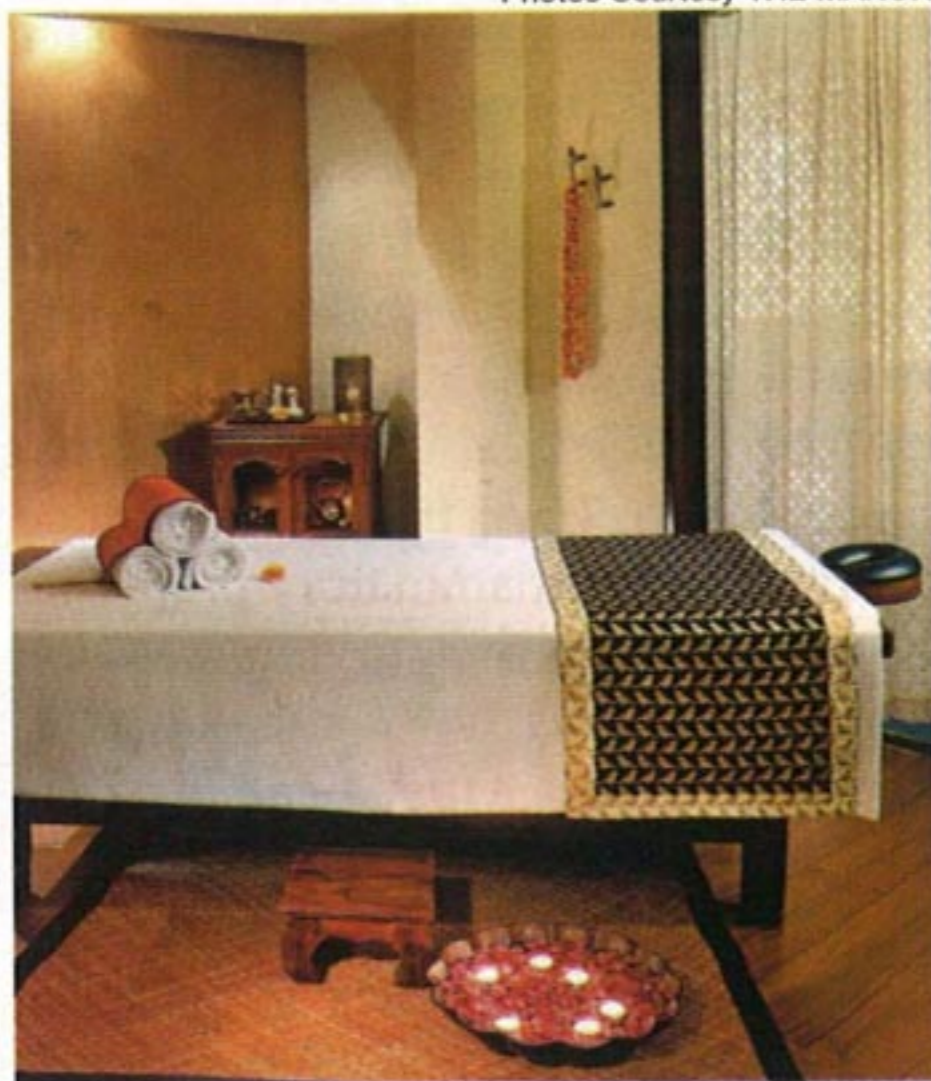
**Contact**

Zehen Spa  
The Manor  
77 Friends Colony West  
New Delhi - 110065  
Tel: 011-43235111

W zehen.com

Timings: 7.00am–10.00pm

Photos Courtesy THE MANOR



Treatment room at the Zehen spa

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## → GETTING THERE

**Air** The Indira Gandhi International Airport in Delhi is connected to all destinations. It is 26km from the city centre in Connaught Place, which is linked to the airport by Delhi Metro's Airport Express Line.

**Rail** The capital is well-connected to all parts of India by rail. The four main stations are New Delhi, Old Delhi, Hazrat Nizamuddin and Sarai Rohilla

**Road** Delhi is connected to Jaipur, Ahmedabad and Mumbai by NH8; to Amritsar by NH1; to Rishikesh and Joshimath by NH58; and to Agra, Kanpur and Varanasi by NH2

**Bus** ISBT at Kashmere Gate is the main bus terminal

See Route Planner on p317.

### The Zehen Centre For Wellbeing

This swanky spa has curated a wellspring of preventive, restorative and rejuvenating therapies and treatments. From the Beamer Therapy and the Watsu Water Massage to the authentic Ayurvedic and international massages, conducted under guidance from the in-house doctor, you have an expansive range of spa experiences at hand. As first timers you will be given the Zehen Circuit, which entails a series of consultations with the medical director, Ayurvedic doctor and nutritional therapist to map your problem areas and set your goals. It also includes curated fitness sessions, Ayurvedic massages, specialised Yoga sessions and alternate therapies and a unique 'Food for Thought' menu.

Zehen has eight accomplished therapists on board. On the lobby level of the spa, you'll find three treatment rooms reserved for international treatments and therapies, while the second floor features three more treatment rooms – these are dedicated to Ayurveda practices. The first floor has the state-of-the-art **Sumaya Gym** with practiced trainers and a hair and beauty salon run by celebrated stylist Rossano Ferretti.

### Culinary Recharge

Essential to a Zehen Wellness experience is the 'Food for Thought' menu carefully curated by one of India's top chefs, Manish Mehrotra, who has built his reputation on the innovative culinary offerings at the in-house **Indian Accent**. The meals are the ideal balance of comfort food with innovative dishes from all over the globe. Mehrotra says

### → TARIFF CARD

Abhayangam	₹3,700
Abhyanga Patra Potli	₹4,500
Shirodhara	₹4,500
Pizhichil	₹4,500
Navarakizhi	₹4,500
Zehen Massage	₹3,700
Reflexology	₹3,700
Hot Stone Massage (90mins)	₹5,200
Aromatherapy	₹3,700

These are the prices for 60-minute sessions.

his style is to create dishes that are Western with an Indian accent or the other way around. The Wellness lunch/dinner options are available from 1:00–2:30pm; 6:30–8:00pm only.

### Packages

Each package on offer is carefully curated to address individual needs of guests. A good idea, if you're short of time, is to sign up for the **Your Day At Zehen Package** (₹11,000 + taxes for single occupancy, ₹17,000 + taxes for double occupancy). This includes a 1N luxurious stay at The Manor, an Ayurveda *thali* for lunch followed by a 60-min Signature Massage, a 3 course healthy gourmet meal culled from the Food for Thought Menu served in the Zehen Dining Room, and a blow dry at

the Rossano Ferretti salon. They also offer a 3-day **Zehen Bridal Package** which includes therapies such as the restorative Rose Hydrator for Body/Uptan, a Skin Solutions Facial, an Intensely Nourishing Hair Treatment and the mother of all Aromatherapy Experiences.

### Membership

At Zehen – the invitation-only, private member's club at the Manor – one can look forward to a holistic wellness experience, which incorporates curated culinary, social, and lifestyle experiences for its members as well.

Membership at Zehen is by invitation – only for individuals above the age of 18 years and offers options that are customised to address your personal preferences and needs.

There are two club-membership offerings on board Zehen. The first of these is the comprehensive **Club Zehen** annual membership (₹1,62,000) with which you can enjoy the best of Zehen – a bouquet of carefully curated services designed keeping in mind your holistic well-being. For those who are looking for rejuvenation, you can go for the annual **Zehen Spa & Ayurveda Membership**, which costs ₹1,50,000. In addition to the privileges and benefits at the Zehen Centre of Wellbeing, members also get benefits at Indian Accent and at The Manor. ■

