TROLLEY DOLLY

Q&A: SCRUBS

Q How can I unclog my pores?

A

Treat OF THE week

A truly calming facial

Chandan Facial, $130

Sandalwood, known in Indian Ayurvedic treatments as chandan, is a mature scented wood, rich in healing oils renowned for calming problem skin and believed to add lustre to the complexion. My skin was a little lacking in the lustre department, so I booked into the Tamara Spa for a chandan facial. My face was gently cleansed, then lightly exfoliated, massaged and moisturised. A sandalwood and saffron mask was applied and I relaxed to music, while enjoying the delicate scent of the mask. I left feeling refreshed and my face glowed. Most Ayurvedic spas around NZ provide chandan facials. The hour-long treatment is suitable for all skin types.