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Retail therapy: East meets Ponsonby

5:00AM Thursday August 07, 2008

Tamara Spa is a new addition to the beauty scene in Auckland, offering authentic Ayurvedic treatments. The Eastern influence also shows in the spa's contemporary and serene decor. The signature treatment is the Chandana-Sandalwood Relaxing Facial, using centuries-old Indian favourites like white sandalwood, saffron, milk and almond oil to soothe the skin. We're also intrigued by the sound of oil or milk drizzled on to the "third eye" in the forehead for relaxation. Details at www.tamaraspa.co.nz. The spa is at 16 Blake St, Ponsonby, ph (09)358 2284.

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