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House of Travel Blog

Megan is House of Travel's blogger at large, travelling the world and reporting back in her own indomitable style. We like her style and we hope you enjoy her postcards from the edge. Megan's various meanderings are below. It's a tough job, but someone's gotta do it...



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Finding nirvana at Tamara Spa, Auckland

Published [Aug 07 2008, 10:24 AM](#) by [Megan Singleton](#)

I read about [Tamara Spa](#) in the paper yesterday and thought I really should pop along to "review" it... (I'm very dedicated to my job you see) So I rang the gorgeous Neelu, owner and visionary for this Indian themed spa in Ponsonby. Yes, she said, come in this afternoon. You can imagine my delight and I shot down there flat out, notepad in hand, to do my job and experience a sandalwood relaxing facial.

In a Ponsonby villa that used to be a property management office now hides India. Well the next best thing. Neelu and her husband have been in New Zealand 6 years and ran a graphic design business together until she decided she'd like to try something new. I'm glad she did. Each room is decorated in gold and bronze organza curtains dreamily setting the tone. She's also done this really cool thing with bamboo pierced into holdings from floor to ceiling to create room dividers where a comfy chair and bowl of petals was waiting for the lucky soul coming for a foot treatment.

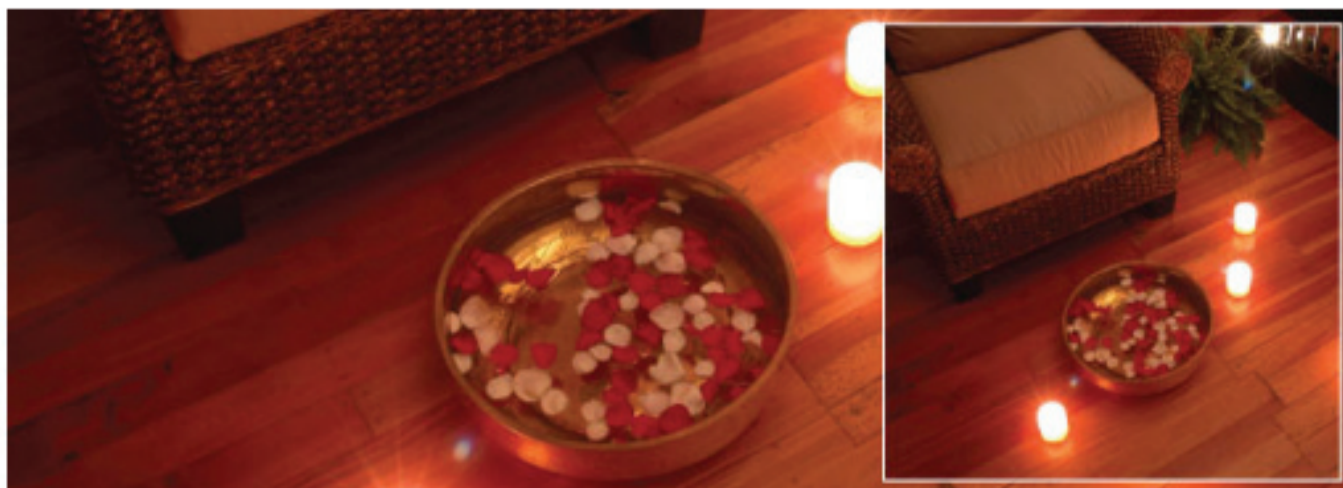
But it my face I was here for and Neelu spent an hour going through 7 steps of slathering, wiping, steaming, massaging and more slathering using natural Ayurvedic products and some she made herself out of fresh cucumber and yoghurt, until I became beautiful.

Here's what she did:

1. Cleansed with an Aloe Vera and Cucumber cleanser.
2. Massaged almond oil on my face and neck with a bit of a shoulder massage.
3. Then the steamer came out and my skin drank up the moisture before an apricot and honey scrub to exfoliate dead skin cells and treat open pores.
4. Then a thick sandalwood and saffron face mask was liberally slathered on to rehydrate and get rid of wrinkles. Yay.
5. Ahh, followed by a 15 minute head massage to stop my mind racing like a slot car.
6. Then she toned with fresh cucumber pulp over gauze that smelt so good I could have poured it over a salad.
7. And finally another slathering and massage with an aloe vera cream and under eye gel.

An hour later and I'm very pretty. And you can be too. The hour-long Chandana treatment (sandalwood relaxing facial) is \$130.

Tamara Spa, 16 Blake Street, Ponsonby, Auckland. Ph 09 358 2284



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