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Auckland, 21° 11°
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Keywords...



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Exercise

With summer be at one

4:00 AM Saturday Oct 11, 2008

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HAVE A RELAXING FACIAL

Possibly one of the easiest – and most indulgent – ways to get the feelgood vibes flowing is with a facial. There are hundreds of different variations but we suggest trying an ayurvedic facial, which uses traditional Indian medicine to purify and rejuvenate.

Tamara Spa combines contemporary therapies with traditional Indian techniques, and their 100 per cent natural facial will leave your skin feeling soft and nourished.

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- Are you an IR3 filer who also claims for donations? Find out what's changed



- 100 extra prizes for Easter. Get your Lotto Triple Dip to be in to win. Drawn this Saturday



- Healthy mind, healthy body. Stay up to date with tips & tricks, and the latest healthy living news.

Exercise headlines

- Consumer Watchdog: You are what you eat
- Five of the best: Climbing walls
- Weekend leisure: Conquering the slippery slopes
- **PHOTOS** Wellington's Round the Bays (3 pics)
- **PHOTOS** Hula on the White House lawn (12 pics)
- **PHOTOS** Support crew (9 pics)
- **VIDEO** Mice get benefits of workout in a pill (1:50)

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