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BEAUTY SPOT

If it's relaxation you need we recommend the soothing shirodhara treatment at Ponsonby's Tamara Spa. This traditional Indian ayurvedic treatment involves a steady stream of warm oil and milk poured on to your forehead, or "third eye". The 60-minute (\$150) treatment begins with a neck and shoulder massage before you're placed under the stream.

The sensation of the warm liquid trickling over your forehead and scalp is incredibly calming and we defy you to try and stay awake. It's heaven and those work or family stresses will have all but disappeared.

■ Tamara Spa is at Blake St, Ponsonby and will next month open a second at Esplanade Hotel, Devonport. — www.tamaraspa.co.nz