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pamper

## 5 ways to pamper yourself silly for under \$150

Pampering is so incredibly good for all of us - and it needn't cost the earth. I have put together a list of my favourite pampering activities and none of them cost over \$130.00 - so go ahead, pick one and give yourself a mid winter treat.

## Splash out and get a fabulous facial

Pampering is good for the mind, body and soul - I don't care how frivolous it may seem, there is nothing more restoring than spending an hour lying in a spa whilst someone focuses all their attention on you - even if you just do it once a year. I love different facialists for different things - and for relaxation I go to Neelu at Tamara Spa, in Ponsonby, Auckland, for the signature treatment - the **Chandana-Sandalwood Relaxing Facial**.

If you want to go to India, but can't actually make it there right now, I swear this is the closest thing too it - with the beautiful soft music, divine interiors of the Tamara Spa, and the gorgeously scented Ayurvedic products used, you can really transport yourself to the other side of the world quite easily. Throughout the facial the face, head and arms are massaged with almond oil to assist in relaxing muscles and increasing circulation. I left with beautiful, calm, soft skin and a sunnier disposition on life! \$130.00 for 60 minutes. 16 Blake Street, Ponsonby, Auckland. (09) 358 2284.



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