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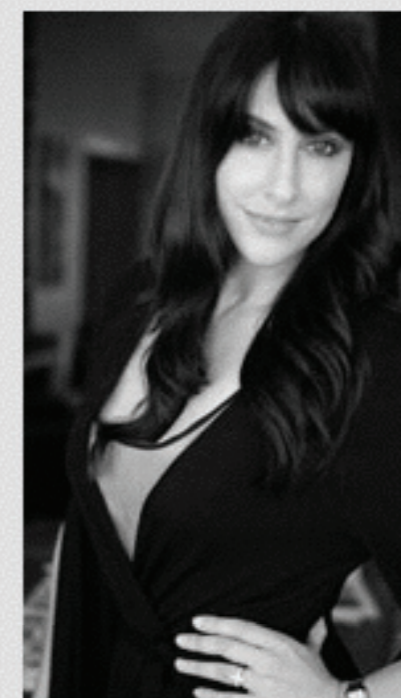
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Wednesday, April 28, 2010

## Winter essential: Tamara Spa's Jiva massage

This week I was lucky enough to spend a blissful hour on the massage table at **Tamara Spa**, experiencing a Jiva massage. All of the massages at Tamara follow Ayurvedic principles with a dose of 21st century pampering thrown in, and I left feeling light as a feather - as opposed to the "coiled spring" state I arrived in. A Jiva massage sees warm oil applied generously to the body, making it ideal during the cooler months. Three different oils are used (clove, almond, sesame and castor) to relax and help relieve joint pain, and you can request light pressure or strong and firm. Adding warm oil to the experience of a massage can be wonderfully comforting, and the team at Tamara Spa believe that it rejuvenates both the mind and body. Not only does it enhance the relaxing nature of the massage, but it also aids in healing processes. As well as the oil being delicious for the skin, the sweeping movements of the massage help to dissolve accumulated toxins and stress, which promotes general good health. Make massage a regular part of your life and your mind as well as your bod will thank you for it!



### ABOUT THE AUTHOR

Helene Ravlich is a freelance writer based in Auckland, New Zealand. A self-confessed beauty fanatic with over ten years in the business of writing about all things pretty and beautiful, she has a passion for organic formulations and high performance skincare and is constantly on the search for THE perfect red lipstick. Mum to baby Wolf, she has written for magazines, websites and newspapers in New Zealand and internationally and loves music, dogs and a good red wine.

Posted by Helene Ravlich at [2:38 PM](#)

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