

# Makes Showers Yummy

With a luxurious blend of natural fruit and herbs from Radox Smoothie



## BEAUTY BLOG



### Totally Tamara

Fiona heads to Tamara Spa with Christy Turlington's skin in mind...

Christy Turlington is the poster girl for ayurveda. She's all classic beauty, amazing skin and yoga body-perfect.

I had the former supermodel in mind when I turned up to Tamara Spa, an ayurvedic spot in Ponsonby. I knew one scrub and a dose of moisturiser wouldn't give me the Turlington bone structure. Still you can't help but think maybe, just maybe.

Neelu Ameen, has converted an old villa into ayurveda central from the pleasant waft of incense to the authentic Indian décor.

She's serious about ayurveda – the science whereby health becomes a spiritual and physical attainment, and the foundation of all life is found in the air, fire and water elements. The beauty and wellbeing element works on the

healing and corrective properties of herbal extracts and oils. She trained in the Indian state of Kerala, home of ayurveda last year.

I had the Tamara 100 per cent natural facial. Most of what Ameen uses, she makes herself from natural ingredients and what she does buy comes from India.

My skin was cleansed with an aloe vera, cucumber and almond oil, before a steam and apricot and honey scrub. There's no mistaking these are the real, edible deal as an accidental lick of the lips mid-scrub reveals. Word of warning: don't go hungry.

Then came the sandalwood, saffron, rosewater and clay-based mask which, when it had done its restorative, healing work, was duly removed before gauze was laid over my face and cucumber pulp was worked over it.

And, although I haven't tried the foot treatments, word on the street is they're amazing – so much more than just a bit of a foot soak and massage. We're talking serious foot beautification.

Okay, I didn't emerge supermodel-worthy but my skin definitely had a glow about, proving that fruit and vegetables are good for you in so many ways.

Tamara Spa, 16 Blake St, Ponsonby; ph (09) 358 2284; www.tamaraspa.co.nz

Fiona Hawtin



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