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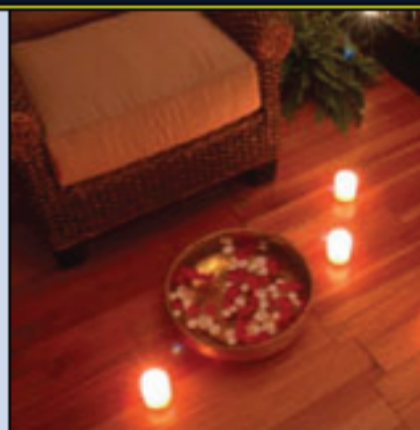
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Tamara Spa

An unassuming Ponsonby villa is home to Auckland's Tamara Spa, a haven of calm where East meets West to deliver a spectrum of authentic and traditional spa wellness treatments and experiences.



The luxurious scented and mysterious candle-lit interior warmly welcomes you into Tamara Spa to experience authentic Indian holistic treatments, some based on centuries old Ayurvedic healing practices for dissolving stress, relaxing the body and rejuvenating the soul. These include signature treatments such as Shirodhara, an Indian Ayurvedic treatment that comprises of a thin constant stream of oil/milk focused on the third eye area of the forehead to clear the mind and promote deep relaxation.

Other therapies on offer include a variety of aromatherapy massages, foot treatments, herbal microdermabrasion and facial treatments using pure natural ingredients to pamper and nourish both the skin and soul.

This day I visited I was fortunate enough to experience a Sukha, full body massage (duration 60/90 minutes \$110.00/\$150.00), performed by a gracious and respectful Japanese therapist. The massage started with a rich, beautifully perfumed hydrating cream being applied to the leg and upper chest with warm steam being added to increase the penetration of the cream. Next, each foot and leg was massaged with a choice of essential signature oils (you can choose from rose, sandalwood, clove, lemon or almond oil). The therapist then moved on to skillfully massage arms, hands and upper chest before focusing on a delicious neck and head massage helping the escape to a new state of inner calm. The last part of the massage involved gentle long, slow strokes to the shoulders and back, completing with hot towels being rubbed over the body to remove any excess oil. A cup of green or cardamom tea tops off the whole experience and leaves me feeling completely restored and relaxed while allowing for a few more minutes of relaxation in the Tamara Spa oasis.

Tamara Spa provides a personalised, relaxing Ayurvedic spa experience available with a single treatment or a package. Gift vouchers can be purchased and for convenience bookings can be made online.

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