

TAMARA SPA:

WHERE EAST MEETS WEST

Newly opened Tamara Spa offers a spectrum of authentic Ayurvedic spa treatments and experiences, in a contemporary and soothing atmosphere. Its philosophy is the simple concept that nature is the equilibrium and elixir of life - restorative, calming, balancing and renewing vitality.

Situated in Ponsonby, Auckland, Tamara Spa blends ancient Indian wisdom into contemporary treatments to introduce clients to the very best of eastern and western influences. The purest of natural ingredients used in the treatments are crafted with an inherent understanding of the therapeutic goodness of Indian herbs and oils, to pamper and ignite your senses.



The ambience of Tamara Spa greets you with a sense of openness, relaxation and romance – all invitingly warm and welcoming. The treatment rooms are the ultimate expression of the Spa's philosophy, offering an instant calm as you are surrounded by bamboo and infused by restorative scents of oils and flowers.

SIGNATURE TREATMENT

Tamara Spa's signature treatment is the **Chandana-Sandalwood Relaxing Facial**, a heavenly soothing treatment that leaves the skin reinvigorated and refreshed.

The facial includes a unique softening mask that combines the exceptional soothing properties of Chandana (white sandalwood) and the softening benefits of saffron and milk. Used for centuries in India, Chandana calms and cools stressed skin while saffron and milk naturally exfoliate to gently refine and soften the skin's texture. Throughout the facial the face, head and arms are massaged with almond oil to assist in relaxing muscles and increasing circulation.

This facial is the ultimate relaxing facial and can help to relax the face and alleviate dullness, sagging and even frown lines. Tamara Spa has developed this luxurious facial to give clients the very best of eastern and western influences and to achieve skin that is balanced with a radiant glow.

Tamara Spa, Chandana-Sandalwood Relaxing Facial

RRP: \$130.00 60 Minutes

Tamara Spa is situated at 16 Blake Street, Ponsonby, Auckland (customer parking available). Bookings can be made directly with Neelu Ameen on T 358 2284. To find out more about Tamara Spa please visit www.tamaraspa.co.nz

HOROSCOPES SEPTEMBER 2008



Libra: September 24th - October 23rd the Scales. Don't get involved with anyone who puts you under pressure, emotional ups and downs at home can be expected when you're dealing with friends and lovers, enjoy being single.



Scorpio: October 24th - November 22nd the Scorpion. If you follow the basic rules that have always worked for you in the past, you will succeed, don't let someone tell you that things have to be done differently, it's your life. The more conservative you are in your approach the better you will do.



Sagittarius: Nov 23rd - Dec 22nd the Archer. You might not be able to make up your mind about matters of love, but it doesn't mean that you are unable to commit. Don't make promises that you can't keep just have fun and be open about not settling down too soon.



Capricorn: Dec 23rd - Jan 20th the Goat. Put your cards on the table and be clear about what you have to offer to someone who might just fit in with your lifestyle. Before you realise it your status will change and your no nonsense approach will have got you what you want.



Aquarius: Jan 21st - Feb 19th the Water Carrier. A little friendly encounter at an event or at an opening that you recently attended will leave you smiling for a long time after. Give something new a try and you could end up doing something you enjoy and maybe make some money from it.



Pisces: Feb 20th - March 20th the Fish. Neither you nor your partner are being honest with each other, take a step back to reassess the situation and take stock of what you have. Maybe it's time for you both to think long and hard about where you're going either together or on your own.



Aries: March 21st - April 20th the Ram. Discuss and close deals and make those investments now for your future it will ensure you get momentarily ahead. You have the talent and drive to take something and turn it around to your advantage.



Taurus: April 21st - May 21st the Bull. Don't let any opportunity pass you by because your fear of rejection stops you in case you fail, sometimes failing in something often makes you more determined to achieve greater results next time.



Gemini: May 22nd - June 21st the Twins. Try and be yourself when attracting a mate, if you do the usual and try to be something that you're not you will always end up attracting the wrong sort and that is definitely not what you want.



Cancer: June 22nd - July 22nd the Crab. You might be suspicious of anyone offering you something for nothing. You do have that right its part of your nature not to be too trusting, but be careful about vocalising your thoughts not everyone wants to hear what you have to say.



Leo: July 23rd - August 21st the Lion. You won't ever have any problems attracting a mate as long as you keep your ego in check, short term this is fine but eventually it can be a bit of a turn off and might leave you out in the cold. A few changes and the odd compromise will have you back as the leader of the pack.



Virgo: August 22nd - September 23rd the Virgin. You don't want to give too much away too quickly, your allure is what is attractive about you. If you question what you want you will find out that you already knew the answers. A chance meeting could point to a career change if you're open minded.