

The GOOD LIFE *Tried & Tested*

THE WEEKEND SPA AT FOUR SEASONS

A gentle suggestion: a tried and tested one surely. Get rid of your stresses, in the urban jungle, simply because you can. The Four Season hotel offers more than one pleasure at a time. Located in Lower Parel, Mumbai, it offers you a weekend Spa unlike another.

Check in on a Saturday, leave all your troubles behind; your room will face the skyline reminding you that all can be well. Relax and book yourself in at the Café Prato for a mean cup of tea. The Connoisseurs Delight Menu, features tantalizing tastes from the Himalayas and the Niligiris, Japanese Sencha, Rooibos African red, and Bar-Mu-danu to name a few. Your very own tea Ceremony!

Later, you can avail of their Pool area, and their equipped Gymnasium and you have already been charmed. As night falls, if you feel like you want go against the normal trend, stay in and order out from the Dabba Wallah, go right ahead. It is a 15-minute room service that delivers fresh food in a quintessential 3-4-tier Tiffin box.

Get up to breakfast in bed and check yourself in for the massage of a lifetime. The Four Seasons Spa has body therapy for every kind of tired soul. The 90-minute Apoha Mizra, combines western techniques as well with Ayurvedic healing. A full body massage with camphor infused oil, followed by warm poultices of medicinal herbs enhances relaxation to a different level. So what are you waiting for??



THE COMEDY STORE

Summer is the right time to explore Stand Up Comedy, if you haven't done it already. The Stand Up Comedy store at Phoenix will soon be a year old, and has come of age, developing a growing Indian scene, and featuring Indian comics every month. It has really changed the landscape of Mumbai's cultural flavour. And as all good things go, it has a full diner and Café. Do go for the laughs, maybe just for the wine, or just for a rollicking good time!



THE HABERDASHERY

A Haberdashery is a well-known International concept, which has now been introduced for the first time in India by Usha International. A one-stop destination for the creative individual, it offers the best in sewing, for people who want to experience workshops, and demos. Located on Linking Road, Mumbai, the window showcases an art installation by our very own, and more than famous Indian fashion Designer Manish Arora. Definitely will send your mind a clicking, and your fingers a dancing!

NOURISH (In Khar, Mumbai)

Listed as an experience, going to Pooja Makhija and entrusting her with your eating habits surely proves to be one. She has helped thousands of people, ranging from professionals and housewives, to Bollywood stars, discerning CEOs, active Sports Personalities, famous Models and the like to shed their weight, yet stay fit. Pooja encourages you to Eat, Energize, Glow and Nourish. Hence the name!

