



as many as 25 people at a time, the centre offers several weight management programmes conducted by doctors, dieticians and trainers. "We blend cutting edge technology, ancient wisdom and lifestyle recommendations under one roof to treat weight issues, holistically and healthily," adds Vandana.

Beauty - The second grace addresses every need that men and women may want in the beauty sphere. "From the tip of the hair to the toenails, we offer the most luxurious treatments, including a skin and hair analysis system, manicure and pedicure rituals, haircuts and US FDA approved technologies like Thermoage and Fraxel, and international beauty products like Germaine De Caupuccini," she informs us.

Lifestyle - The third grace is where the spa is experienced at its relaxing best. Here again, Ayurveda and modern technology are merged for holistic results. "Ayurvedic techniques offered here include those that give relief from chronic ailments like migraines, spondylitis and back pain. Reflexology works on the pressure points, while aromatherapy promotes well-being and relaxation. And then there is pure luxury - like our foot spa, juice bar, roof-top cafe and wet areas," lists Vandana.

Luxurious foots

I flipped through the reflexology menu and pointed out to

a simple, yet intriguing item an 'Aura Balance Foot Ritual'. The ritual started with a reflexology session, a foot massage, rather.

beckoning you to relax, close your eyes and just 'be', nimble fingers and a wonderful smelling aroma cream, worked wonders on the pressure points of my foot for the next half hour. And if you know your reflexology, like yours truly, you can diagnose the tenderness in the stomach, the tension in the solar plexus, the strained knee and a sinus attack coming on. But the Aura Balance Foot Ritual, one of the near-dozen foot and hand rituals the spa offers, takes the cake.

The ritual is performed as you sit comfortably on a vibrating seat that massages your back, while deft hands work hard on your feet in the basin below. The feet are massaged, cleaned, oiled, dipped in hot water, with the nails nourished with cuticle cream... and in 40 minutes they emerge as you may not have seen them in months. That is not all, the ritual includes choosing a bathing salt for your feet that matches your personal aura... in come little bowls of eucalyptus, geranium, frankincense and ginger for you to smell and choose the one that you'd want to bathe your feet with!]

"Eucalyptus is an antifungal, an antiseptic and a decongestant, and so is ginger, while geranium soothes and moisturises. Frankincense does the same and also puts you

in a happy mood," explains beautician Ravila, showing me the entire range of original vegan products from the American brand 'Spirital' that is used here.

Gracing other cities

"Three Graces has been positioned in the luxury domain and everything that has gone into its creation is of premium quality. Be it infrastructure, décor, equipment, products, they fall under the super premium range and most of it has been directly imported to offer an unmatched experience to the Indian consumer.

The total project investment ranges between \$2 million to \$5 million, while the Rajouri Garden property took around \$3 million to complete," says Abhit Sud, Managing Director, Amatra, as he reveals his expansion plans which includes five units in Delhi and NCR by the end of this year.

"We have also identified locations in other metros and the projects are in advanced stages. In the next 12 to 18 months, expansion will gather pace with about 14 units between five metros, including some in South India," adds Abhit, who apparently chose the graceful lamps placed at the reception during one of his trips to Paris.

As for me, I came away feeling lighter on my graceful 'aura-ed' feet.

Send feedback to preeti@thehindu.co.in

