



Treatment of the month... Samvahana Tri Dosha Synchronised Oil Massage

To have a massage is a universally acknowledged treat. To have a synchronised massage, with two pairs of hands kneading every knot and twist on your weary vessel is sheer ecstasy, especially when administered by founder of ayurvedic brand Tri Dosha, Sunita Passi and her assistant Korn.

Using an oil that was a cooling blend of herbs and spices especially suited to 'hot' pitta constitutions, Sunita and Korn began their therapeutic and perfectly synchronized palm dance upon my back, believed to help heal and balance the body's energy flow. It was intensely relaxing to have four hands smoothing and stroking me like some over-fed cat, and the combination of the deliciously spicy oil and the stimulation of all my nerve endings was also incredibly energising at the same time. Heavenly. **CG**

Costs £170 at the Baglioni Hotel's Rejuvenation Spa in Hyde Park Corner.
Call 020 7368 5923 or go to tri-dosha.co.uk

