

asiaSpa ^{India}

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**Anti-ageing
special**

Forever
Young
The ideal diet
Ageless skin

Destination
extraordinaire
Exquisite Korea

Charismatic
Mandira Bedi
On fitness, beauty and life



SPA SAMPLING

a date with rare
splendour

Celebrated photographer Rohan Shrestha recounts for us his idyllic tryst with lavish wellness offerings at the Khyber Himalayan Resort & Spa in Gulmarg.

In spite of being an exuberant globe trotter, I had yet not been able to go visit the vision of beauty that's Kashmir. My first visit there was mesmerising to the core, and I am absolutely sure it won't be my last. The impeccable hospitality, the stunning views, and the gloriously luxuriant spa - all I can say is that my experience at the Khyber Himalayan Resort & Spa in Gulmarg was something I would never forget.

My wellness journey at The Khyber Spa by L'Occitane was enhanced at every step by comforting textures, tranquil music and stimulating aromas. Delighted with the breathtaking views the plush facility commands, I decided to indulge in the Deep Tissue Intense Relief Massage. I suffer from a slip disc and thus was a little apprehensive going in for a full body ritual. Contrary to my fears, the massage turned out to be thoroughly relaxing as

the highly-trained therapist exercised utmost care with regards to my condition.

Next, I chose the Verdon Vivifying Skin Care Facial for men in order to wrap-up my spa expedition in the most indulgent way possible.

Making use of the exclusive Verdon range of products - wherein the organic plant extracts of sea-buckthorn, genepi and mint are combined with vitalising spring water from Provence - this deeply invigorating treatment focuses on releasing toxins from the facial lymph nodes. This in turn stimulates micro-circulation and leaves skin refreshed and hydrated.

Perched in the Himalayas, a whopping 8,825 feet above sea level and cocooned in pristine natural beauty - the Khyber Himalayan Resort & Spa is definitely high up there on my list of spa hotels to go back to. My heartfelt thanks to the asiaSpa India team for this wonderful break from my hectic routine. 🌿

