

PUBLICATION	: Prevention	DATE	: October 2010 Issue
PUBLICATION TYPE	: Wellness Magazine	PAGE NO	: 124, 125

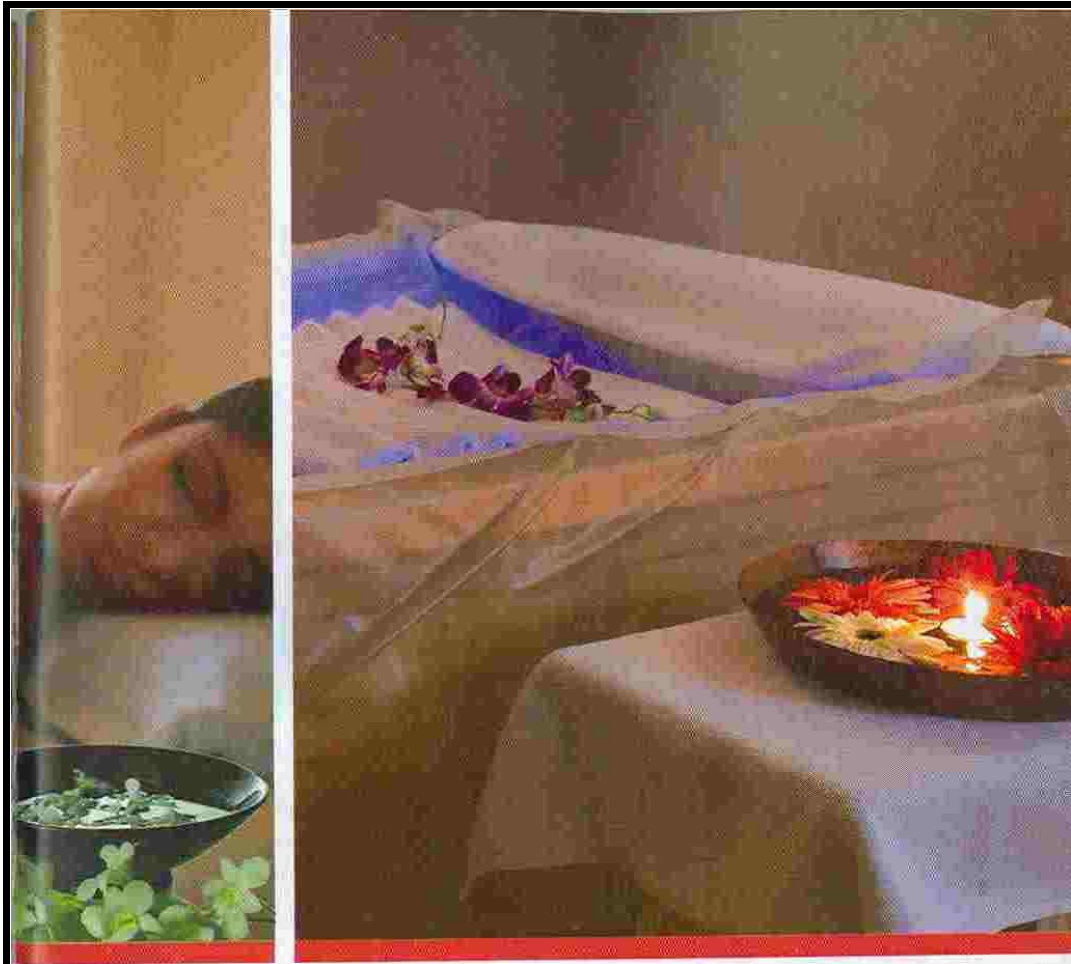


IF YOU HAVE BEEN ACHY
TRY the **Cloud 9 Massage**
At **THE ZURI, KUMARAKOM, KERALA RESORT & SPA.**

THE FRESH GREEN AND PLACID waters at The Zuri Kumarakom, Kerala Resort & Spa is an instant relief to my tired eyes. But will the therapies at the Maya Spa relax my tired and achy body as well? I throw the challenge at Dr Arun Aravind, the spa manager. And he accepts it, promising me an experience like never before. After a detailed discussion, he suggests a Swedish massage followed by a

Cloud 9 experience to cure my achy neck, shoulders and lower back.

Soon my therapist Awon leads me to the Cloud 9 chamber: softly lit, sweet-smelling, playing soothing music. I lie down and surrender myself to her. She uses aromatic recovery oil and works on my body with smooth sliding strokes; the pressure is just perfect. I feel years of aches and pains melt away. Every



TOP RIGHT: PICTURE COURTESY: THE ZURI KUMARAKON/KERALA

muscle is relaxed and every joint rid of tension. I lose track of time...

Awon has to wake me up—it's time to lie on the Nuvola (Italian for cloud) bed—a special water bed for this unique experience. I'm told a half-hour sleep on this bed equals three hours of normal sleep. As I lie down, I'm wrapped entirely with water-filled sheets, barring my head. At the touch of a button, the bed lifts and I find myself in the absence of gravity, with ripples of warm water massaging my back, sides and spine. The changing colours in the bed aids in chromatherapy—the different light

frequencies healing every imbalance in my system. Any post-massage residual tension is taken care of by this.

Is this what I felt in my mom's womb—cocooned and blissful? In a few minutes I'm on an enchanting dream voyage... This is indeed Cloud 9!

I can sleep forever, but Awon awakes me for a steam bath to rid the body of toxins. I am fresh, pain-free and ready to take on any challenge. Kung fu, anyone? ♦

—Kathakoli Dasgupta

PRICE Rs 6,000 plus 22.8% taxes

OCTOBER 2010

PREVENTION ■ 125