

# PAMPERING THE SOUL

With plenty on offer for banishing all that pent-up pre-wedding stress, the Maya Spa, Kumarakom takes care of more than just your physical well-being, discovers **Raul Dias**



**S**ET amidst a fecund and almost paradisiacal setting of swaying coconut palms and with the tranquil Lake Vembanad flowing languidly just beside it, the Maya Spa at The Zuri Kumarakom Resort and Spa is an oasis dedicated to the art of relaxation. And I say 'art' because it truly is a challenge for any bride or groom ready to take the plunge to relax and just...well, be!

At Maya there is a three-pronged approach to wellness that lays great

emphasis on the need to 'Relax, Rejuvenate and Restore.' The spa offers a number of treatments and specialised therapies like Ayurveda, hydrotherapy, solar therapies, Swedish and Thai massages, and Sabai stone therapy to soothe frayed nerves and ease away impending nuptial blues.

One of the most popular and highly recommended treatments for any to-be bride or groom is the Cloud 9 Massage (90 mins; ₹6,000) where you can unwind in the warmth of the

Nuvola, which is a dry, flotation water bed. The relaxing massage uses a special lighting system that creates a sequence of colours for the relaxation of tense muscles, taking you on a blissful voyage.

Specially designed for brides seeking a svelte-n-sexy look to flaunt that killer backless choli at the reception is the Green Coffee Body Wrap (90 mins; ₹5,000). This slimming and toning wrap stimulates your body's ability to break down fat, increase