



9] **SPECIAL REPORT**
Life In The 'Burbis
 Suburban living is attracting young pros. So which is the best suburb and which could do better?

9] **PROPERTY**
Home Fun
 With realtors getting big discounts in promising timely completion, this could be the time to take the plunge



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Health Is Wealth
 It's not enough to slim through the terms of the health insurance policy you choose. Read the fine print



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Little Runaround
 Designed in Germany & built in India, L20 is comfy, hand-home & agile. But does it walk the talk?



THE ECONOMIC TIMES
ON SUNDAY

Relax @home

Beat the stress & rejuvenate your mind and body at your convenience by installing a home spa

YOU may have wanted to relax at the spa often. But amid hectic schedules, you may not be able to visit one to enjoy the luxury of soothing therapies. And here's the solution. How about getting it all in the comfort of your own home? Convenient, rejuvenating and relaxing—home spas can be ideal to fit in a relaxing session, whenever you feel like it.

Leading brands in wellness solutions such as GeoSpa Fitness, Technology Pools, Eminence and IOSIS Medispa have many convenient options. Sweet Spa by GeoSpa Fitness, for instance, can be installed at home easily. It also has therapeutic properties particularly for those suffering from respiratory ailments. Easy to install, it can easily be fabricated and customised to suit specific area requirements. Pankaj Arora, MD of GeoSpa Fitness, says the Indian consumer is now at par with the international user and home spas are increasingly becoming a popular venue for upscale exclusive parties. "The home spa segment has witnessed immense growth in the past few years. People understand the various health benefits and turn to home spas not just for stress relief but also for other goals like quitting smoking, losing weight, pain relief, improving health fitness or better skin."

In fact there have been a lot of innovations in this segment. Technology Pools offer you the luxury of a heated spa in your home. The temperature is set just about body temperature to create a warm feeling. In a price range of Rs

1.75 lakh-Rs 2 lakh, for ready-made spas and Rs 2 lakh-Rs 10 lakh for customised spas, these are not only helpful in getting a health advantage but also make a style statement! Says Hemant Atrish, CEO, Technology Pools, "Spas are sparking important new ideas in everything from health, wellness, fitness, beauty to luxury and lifestyle. The latest trend in home spas is indoor concrete spas that are finished in glass mosaic tiles. If there is space for a larger spa, people opt for added features like neck or back massagers and also floor mounted bubble jets for feet massage."

Along with home spa equipment, users will also need creams and lotions for an effective spa treatment. Eminence, a Hungarian Spa Brand has a new summer spa collection—Ahhhpricot—in the range of Rs 2,000 to Rs 5,000. Iosis Medispa also has products such as Fruit Salad Body Mask, Chocolate Facial Mask and Honey Oatmeal Facial. Kiran Bawa, cosmetologist and MD, Iosis Medispa says there has been phenomenal growth in the home spa industry as hectic lifestyles and busy schedules make it difficult to spend an entire day at the spa. Creating a soothing ambience around you with soft music, candles and quick home indulgences is ideal, she feels.

So if you're looking at self-indulgence within the privacy of your home, go ahead and install a spa. It's the best way to beat stress.

inside STORY

NEHA DEWAN
 neha.dewan@timesgroup.com

