

HEALTH | WELLNESS | BEAUTY | LUXURY | LIFESTYLE

# asiaSpa

India

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## RANDEEP HOODA

On fitness, sports and the outdoors

**REVEALED!**  
Your ultimate guide to gadgets

**FIT & FAST**  
Tips, plans & exercises For You

**10**  
AMAZING  
**SPA**  
TREATMENTS  
TO TRY TODAY

**SIGN OUT**  
Opt for Digital Detox  
**NOW!**

*The*  
**MEN'S**  
*Special*

**Spa & Salon Roundup**  
The Ritz-Carlton, New York  
Imperial Spa, Delhi  
INCH by INCH - The Body  
Temple, Mumbai  
Blossom Kochhar Earth to Bottle Spalon, Delhi



Regd. DL ENQ296974

  
LIFELINES PICK

## BEAUTY AND THE BEACH

Crescents of golden sand and breathtaking views of the Indian Ocean await you at Anantara Peace Haven Tangalle Resort. Set in a 21-acre coconut plantation, this paradise is the first and only international resort in Sri Lanka. Its 152 guest rooms and villas have a distinct Sri Lankan look and feel to them, and offer unparalleled facilities. The deluxe rooms come with exquisite beds, baths and balconies, while the villas offer comfy loungers and personal plunge pools for added luxury. Tucked inside this spectacular resort is the Spa, which combines beauty and wellness, offering advanced western spa wisdom and Ayurveda treatments. Consult the skilled therapists here for treatments that can be customised to

suit your skin type and needs. Try a bespoke facial or their signature 'THÉMAÉ Detox Ceremony' to relax and recuperate. Energise with sunrise yoga, Ayurvedic cuisine and afternoon r'ai chi to soothe your senses. Bask in the sun, dine under the stars, revive, heal and give in to the pristine surroundings of this beautiful dream set in the sands of Sri Lanka. 🌿

### ANANTARA PEACE HAVEN TANGALLE RESORT

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