

THE FINALE IN OUR FOUR-PART SERIES ON THE SPA SCENE IN TOWN. THIS WEEK: UNIQUE SPAS IN MUMBAI

Spa-cially for you

In the last part of this weekly series, *After Hrs* lists out some of the most unique spas in Mumbai — which are not located within five-star hotels — that offer distinctive treatments to inject energy into your soul



Citybills Mobile Spa, anywhere in Mumbai

Travelling in Mumbai is hectic and tiring. But what if it becomes relaxing and rejuvenating? Now, a spa on wheels can pick you up from workplace and offer various services and drop you to any desired location while getting various therapies done. As we hop onto the bus, two smiling (not Thai but Manipuri masseuses) welcome us. There are two cushioned chairs, a book rack and a small table to keep your valuables. Once we sit, the therapists instruct the driver to begin the ride and the spa session begins. We opt for a reflexology massage and they start with cleansing your feet. One masseuse starts with the feet and the other works her magic with the hair massage and the soothing music in the



background. The LCD screen, connected to the camera, in the front shows us where we're heading. Soon, everything blurs as the massage technique works its magic on the senses. However, we encounter some glitches on blissful trip thanks to Mumbai potholes. Even the expert driver seems to have a tough time veering away from those nasty road monsters. But the masseuse then manages to relax the tired body. Definitely worth trying if you're taking the Link!

Metta, Bandra

So, it's not the common Mumbai spa. It doesn't have candle-lit treatments rooms or fancy Jacuzzis. It doesn't have gossamer curtains or hi-tech machines. Here, you will get a pair of warm hands to knead stressed muscles. Compassion replaces vain luxury here. The therapists at Metta are visually impaired. Give it a try and we can assure you that their disabilities are nowhere in the way of a memorable experience. The space is an issue but the fact that it's a foot reflexology centre makes it inconsequential. After cleaning your feet with a hot, wet towel, the therapist's magic hands get to work. An oil massage follows, from your feet, to your calves and up to the knee. The therapist will make sure the



pressure is accurate by asking time and again. The massage is soothing enough to put you to sleep, almost wish it could last longer. The honest service makes it an even more fulfilling experience. You know there's a spring in your steps as you leave the spa.

—By Jayeeta Mazumder and Pooja Kadam

