

New Year Special

JANUARY (FIRST) 2018 ₹ 50

Woman's era





HAVE YOU MADE YOUR
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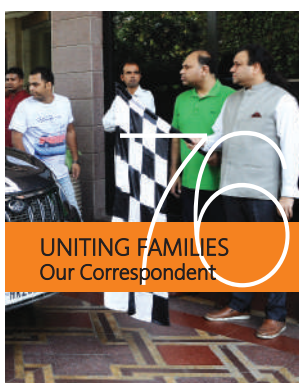


EMBRACING
THE FAMILY CHAOS
Sudha Chandrasekaran



SOMETHING ELSE

Macaroni and Peas Salad
Stir-Fried Veggies in Olive Oil
in Canapes
Mixed Veggies with Coconut
Mini Cutlets
Spring Onions with Potatoes
Garlic Toast with Olive Oil
Schwe Payon Hinjo
Cauliflower and Egg
Burmese Rice Salad
Pae Pya Khao (Fried tofu)



UNITING FAMILIES
Our Correspondent



The bespoke sanctuary AT SAWADHEE

By Khushboo Jain, Wellness Advocate



Thai Healing is a draw. Sawadhee Traditional Thai Spa in Vasant Kunj is an impressive Thai Retreat which aims to heal you with stunning techniques. Acquiring its name from traditional Thai greeting, this ultra-urban city spa is a holistic planet. Nestled in cosy greens, four floors of 5000 Sqft dedicated outfit comes with winning amenities. Tranquil corridors lead to 7 private spa suites, of which 2 are specially designed for couples, replete with a private Jacuzzi.

The Swadhee menu is a stimulating Thai-rage.

Each therapy at Sawadhee Traditional Thai Spa is designed to blend the four elements of life: water, air, earth and fire. The elaborate Spa Menu comes with combination of Massage Therapies, Face Rituals, Foot therapies and Body Treatments. Couple treatments form prominent part of

the menu. Whether it is the Aromatic Jasmine Sugar Scrub or the Vanilla Chai Scrub or the Sensual Red Wine Scrub, you are introduced to an unrivalled holistic programme. Every therapy at Sawadhee Traditional Thai Spa embodies the Buddhist formula of peace and calm.



CosMe' India Award ' 2017 for the best 'Standalone Spa of the year' 2017. Her able guidance managed to bag quite a few awards, GeoSpa AsiaSpa Award for Most Luxurious Spa (Day) and Indian Salon and Wellness Award for Best Day Spa (metro). Vibha aims to "create a beautiful oasis of peace, calm and

serenity, both from inside and outside." And her efforts have seen daylight. Today, Sawadhee caters to discerning crowd of international travellers and cosmopolitan city spa-goers. From opulent space to alternative therapies, Sawadhee is that significant address.

PURPOSE OF THERAPIES

These therapies primarily enhance the energy centres in your body. Thorough body detoxification, improved blood circulation, muscle flexibility and utmost glowing skin are few of the striking benefits promised.

Sawadhee Traditional Thai Spa was founded by Vibha Rastogi who recently bagged the Assocham

Courtesy: Sawadhee Traditional Thai Spa
Plot No.3, Local Shopping Centre
Pocket C9, Vasant Kunj, New Delhi 110070
Phone: 011-40576340, www.sawadhee.com



Memorable incident

I used to be a member of one mischievous group of the school and when it came to playing pranks on anyone, I used to participate with all my heart. One day, my two friends – Naini and Honey – and I were sitting on the first bench as the period was taken by a teacher who was as strict as boring. She roamed around the class, checking if everyone is paying attention or not. I was feeling heavy-eyed, so I decided to get rid of my dizziness by catching some amusement.

After exchanging some secret glances, Naini and I made Honey sit in between. After a few minutes, I noticed the teacher approaching our bench. When she was just a few steps away from our bench, I threw my pen down and asked Honey to pick it up. As soon as she bent down to pick up the pen, Naini and I pushed her down further, making her sit on the floor. As soon as she was completely under the table, we kicked her out of the bench, putting her under the feet of our teacher. Our teacher looked down, asking in shock, "What the hell are you doing in my legs?" Perplexed about what had just happened to her, Honey began laughing so hard that she could not say anything and came back to her seat, giving us some funny glares. – *Pragya Bhardwaj, New*

TRUE Incident

Be a WINNER of CONTEST

Has something happened in your life that has left an indelible impression on your mind? Some experience that gladdens your heart or which makes you shudder with pain or embarrassment even after years! Why not share it with the readers of Woman's Era? All published incidents will be paid Rs 200. Send your entries to:

THE INCIDENT I CANNOT FORGET
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