

FEBRUARY (SECOND) 2018 ₹ 50

Woman's era

**PROFESSION AFTER
MOTHERHOOD**

**WAYS TO REIGNITE
THE LOST SPARK**

**IS TN HOCKEY
IN THE
DOLDRUMS?**

**TOP 5
LUXURY HANDBAGS**

**INDIAN WOMEN
ON THE MOVE**

**WAYS TO SETTLE A
BREAK-UP**

**EASY BREEZY
FASHION**

**MANDIRA BEDI'S
FITNESS AND
BEAUTY SECRET**

**FAST, FRESH AND
EASY RECIPES**

**COMPELLING
SHORT STORIES**

**ON
AFRICA'S LOFTIEST
PEAK**

**A CHAT WITH
SAROD MAESTRO
AMJAD ALI KHAN**

**GO ECO-FRIENDLY
FOR YOUR
WEDDING**



Dear Magazine Distributors,

This is to inform that the distribution of Woman's Era, Alive & Suman Saurabh magazines will be done directly through Delhi Printing & Publishing Co. Pvt. Ltd.



Woman's era
ALIVE
सुमन सौरभ

Hence, the April (First) 2018 issue of **Woman's Era**, April 2018 issue of **Alive** and **Suman Saurabh** will be sent or sold to all agents/distributors from Delhi Printing & Publishing Co. Pvt. Ltd.

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CHALLENGING THE SPIRIT
OF A BIKE RIDER
Pooja Yadav



LAUGHTER WITH PLAYFUL
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Peanut Rolls

Bleeding Hearts

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Cabbage Parcels

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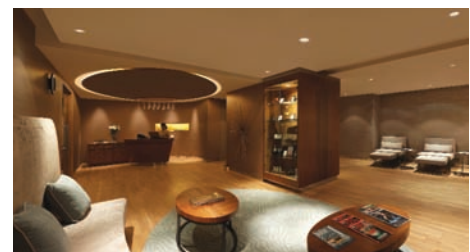
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Woo Wellness Spa

All about Plush and Peace

By Khushboo Jain, Wellness Advocate

Located just about 7min drive from the Delhi International Airport, Woo Wellness Spa and Salon at Pullman New Delhi Aerocity is hot ticket in town. Pullman New Delhi Aerocity exudes the sophisticated and sexy essence. Woo Wellness Spa & Salon makes up for a seriously stylish rejuvenation space. Woo is credited with the introduction of 'Phytomer,' the only skincare brand to apply marine-micro organisms for a totally natural experience. It is one of the fewest places in town to experience 2500-year-old Massage Therapy developed by Buddha's Physician. Impressive!!

Facilities with Eight Therapy Rooms are unpretentious yet fancy. Blessed with one of the sleekest interiors, outdoor swimming pool and fully-equipped health club, Fit Lounge are part of the amenities. Woo Salon offers the most lavish services, using internationally trusted products like Phytomere, L'Oreal and Ayurveda for professional treatments. Woo is known to apply indigenous handcrafted ayurvedic products.

Woo's tailor-made spa menu is highlighted by singular personalized Spa Indulgences. The therapies at Woo Wellness Spa & Salon

concentrate on hydration, purification, authenticity and anti-stress. Whether it is the face rituals, body rituals or the exhaustive massage therapies, they draw natural opulence from fruits, vegetables and Indian herbs. Skilled trainers of Yoga and Santulan address core issues.

The ultra-soothing massage spa menu boasts of 2500-year-old Full Body Massage developed by Buddha's Physician, Thai Meridian Body Massage. Not only that, traditional Balinese Massage infuses calm and Hot Basalt Stones bring out the tightness of muscles. Spot massages encompass scalp massage, shoulder massage, back massage and reflexology. Revitalizing ingredients ranging from cane sugar to coconut to apricot kernel to rose petal constitute the invigorating Body Scrubs. Not only body scrubs, a range of body wraps namely Frangipani Body Wrap and Kokum and Honey Body Wrap are totally impressive. Purifying Facial, Calming Facial or Nourishing Facial create beauty splendour. Apart from regular beauty facials, Ayurveda



Face Ritual or the Men's Facial is available to cater to all kinds of needs. Hair and hand rituals are utterly lush. Signature Ayurveda treatments like Abhyanga, Shirodhara, Atirupa, Ubtan and Champi aim to whisk away all that accumulated tension.

Exotic spa packages promise to take an overwhelming care of you. Heavenly Ayurvedic Indulgence, combination of aromatherapy, reflexology, lymphatic drainage and Chakra balancing heals like no other. Harmonizing massage with volcanic stones followed by facial and reflexology makes up for Odyssey of Bliss which is utterly blissful. When you want to spend that cosy time with your companion, nothing beats Couple Connect, heady mix of massage and scrub.

Next time, when you feel the urge of settling in cocoon of pampering, all you need to do is dial and book a treatment at Woo Wellness Spa & Salon. You are Sorted.

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