

GRAZIA
Tries

FEEL THE HEAT

The cedar-lined sweat box detoxifies your body while offering deep relaxation

Sauna therapy is one of the most coveted treatments for removing toxins from your body. It not only offers physical benefits but also helps with mental well-being. Its popularity has surged further with the introduction of infrared saunas in the wellness space. What separates this from traditional saunas is their source of heat. While typically saunas use a heater and warm the surrounding air, this modern-age one uses infrared lamps and heats the body directly.

We tried out this detox ritual at the newly opened The White Door Atelier, featuring a Recovery Suite, which consists of an infrared sauna

and cryo immersion for complete body recovery. The temperature is set around 140 degrees F in the hot box. Before we stepped into the sauna, we were given coconut water that was to be taken inside the box to prevent dehydration. There was an instant calming sensation and muscle relaxation after spending around 25 minutes in the sauna. After stepping out, wet towels were provided in the suite to reduce body temperature. This is a must-do treatment for muscle soreness, fatigue, and poor sleep quality. Coupling it with their signature lymphatic drainage massage further optimises body recovery.



PEEL OFF

This medi-facial offers glowing, nourished, and healthier skin



With better formulas and technology, clinical-grade facials have raised the bar high in the expectations we have from facials. Zo Skin Health, a US-based advanced skincare brand, is known for their science-driven formulas and medi-facials. Recently, it was launched at Myrah Spa, Mumbai. So, we went to check out if it's worth the hype. Though the facials are curated to target different skin concerns, they can also be personalised. We tried out a 13-step chemical peel treatment that also had hydrating benefits.

The treatment began with the Zo Exfoliating Polish Activator, massaged over the Exfoliating Polish for deeper exfoliation, sloughing off

dead skin cells so the products that follow can absorb better. Next is the Zo Skin Health Peel Prep, which preps and degreases the skin for enhanced penetration, followed by the Stimulator Peel, which is a blend of AHA acids that gets to work on resurfacing. The Zo Extraction Prep comes next, a dual-purpose solution that balances out the peel's effects while readying the skin for extractions. It then moves into a massage gel, a firming serum, a barrier-protecting cream, and finally, a moisturiser to seal everything in. You would see a visible uptick in your glowing factor after the treatment. The next day, skin would look healthier, more radiant, and nourished. **M**