

asiaSpa

India

VOL. 13, ISSUE 4
SEPTEMBER-OCTOBER 2016
₹100
SUBSCRIBER COPY NOT FOR RESALE

RANDEEP HOODA

On fitness, sports and the outdoors

10
AMAZING
SPA
TREATMENTS
TO TRY TODAY

REVEALED!
Your ultimate
guide to
gadgets

FIT &
FAST
Tips, plans
& exercises
For You

SIGN OUT
Opt for
Digital
Detox
NOW!

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

The
MEN'S
Special