



▲ Clockwise from top: Treatment rooms at IVAC; Ingredients for the chocolate treatment; Ultimate decadence with floral towels.

Care for a massage?

So, we surrendered ourselves to the ministrations of the two masseurs, who seemed to function like multi-handed goddesses, working in union; their

smooth, rhythmic strokes seemed to flow over our bodies like the waves of the sea. Tensions, aches, pains, knots and worries were annihilated, our energies balanced, tissues detoxified and muscular tension relieved... Time seemed to pass languidly and yet too fast.

Once they were done with the massaging (which included a chocolate walnut scrub that removed dead skin—decadent-sounding, ay?), they slathered our bodies with warm chocolate paste and wrapped us in plastic sheets. For the next 15 minutes, we were left alone to enjoy the rich aromas

that filled the room and the peaceful, floaty sensation on the rippling tides of the soft music. As we lay there, relaxed and motionless, we could not help but ponder over the fact that Mysore has, in recent years, repositioned itself as 'chill-out' city. Here, they can seek out rejuvenation treatments at Wind Flower