



Zen Master

ACHIEVE INNER PEACE AT ZEN MASSAGE'S FOURTH LOCATION

Between hectic work schedules, long commutes and the constant fear of being hit by motorcycles, most Shanghai residents are stressed more often than not. Fully aware of this, the people behind Zen Massage have opened a fourth location in order to help even more city dwellers find peace. Set inside a quaint lane house on Fuxing Lu, the space is consistent with the brand's "zen" concept, with a small garden and stone pathway leading to the entrance. Inside, dim lighting and candles set the mood.

The menu is simple, offering Chinese massages, aroma therapy and foot reflexology. We went with the recommended Zen Signature Massage (¥268/60 minutes, ¥398/90 minutes), combining oil with Eastern pressure therapy. The treatment starts after selecting an essential oil blend, all of which are touted to have different therapeutic effects; we chose jas-

mine both for its floral scent and promised ability to increase our skin's resistance to wrinkles.

Beginning with our feet and legs, our therapist pressed the oil firmly into our skin. Using long, fluid motions, she asked us if the pressure was okay, not knowing we were more than used to traditional Chinese massages. For the next 90 minutes our bodies were kneaded and muscles were smoothed—even our stomachs were gently rubbed. Coupled with the soft piano music and the dull hum of motorbikes—this is Fuxing Lu, after all—we may or may not have fallen asleep. We left feeling relaxed, skin soft and smelling of flowers even after a hot towel wash. For those looking to achieve a similar state of bliss, they're offering a 30 percent discount through October 31. **★ Jennifer Stevens**

 **Find it: 76 Fuxing Xi Lu (near Yongfu Lu) 复兴西路76号 (近永福路). Tel: 3356-2112, www.zenmassage.cn**

HEALTH

EVENTS

SPA/SALON DEALS



YOUTH RESTORE

Through Friday, Dec. 30

This soothing treatment begins with a relaxing 20 minute bath followed by a 60 minute Deep Renewal Massage and 70 minute Crystal Repairing Treatment, each utilizing the spa's most intensive anti-aging products. Available Monday, Wednesday and Friday at the JW Marriott Hotel Shanghai Changfeng Park. ¥1,180 plus 15 percent service charge.

Quan Spa 2215-6166, www.marriott.com



DIGITAL DETOX RETREAT

Ongoing

Unplug with this new one hour and 20 minute treatment from the Mandarin Oriental. Starting with a relaxing aromatic bath, guests receive thorough head, eyes, neck, shoulder, hand and feet massages. Shungite crystals, believed to offset magnetic radiation produced by mobile phones, laptops and TVs, are used throughout. ¥1,380 on weekdays, ¥1,480 weekends and public holidays (excluding 10 percent service charge and current taxes).

Mandarin Oriental 2082-9868.
www.mandarinoriental.com/shanghai



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