

Celebrate Wellness

Contributed by D. Ilagan
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It's not your ordinary party. No loud music. No wild body grooving. No hard liquors. No smoking inside. Yes...no kidding.

Not cool enough? Well, for people who want to relax...unbend...loosen-up...refresh and some; for those who are screaming to take a breather after spending their waking life over some corporate duties; and for those who love tasting the benefits of a healthy gastronomic experience... Spa Cuisine Cocktail Party last Friday (May 4) was the coolest night ever.

All were wearing white as if I was attending a party up above the clouds...surreal yet relaxing. Holly Angel Paraiso, a singled out harpist in corporate functions and wedding events, was passionately playing her harp in all its soothing and ethereal sensibilities. While everyone was calmly enjoying their plates and their drinks, I was waiting for some archangel with a book of deeds to approach me then again I realized it's not my time yet. Instead, Chef Menoy Gimenez came up to me saying it is time to fill up my tummy. And who am I to refuse?

Up for grabs is the Tuna au Poivre. It is a pepper crusted tuna steak with vegetable timbale and balsamic gastrique that indeed tickled my taste buds. After nibbling several slices of tuna while crossing my fingers to absorb enough omega-3 fatty acids, I drowned myself with three varieties of their spa coolers: the frozen watermelon margarita, tropical mango slush and banana key lime freeze.

Skin food, an intriguing skin-care boutique which brings a special cuisine that goes beyond gustatory experience, was offering free make-over to everyone interested. While upstairs was a comforting set-up of Blue Water Day Spa offering back massage, crystal facial and digital nail art free of charge.

After enjoying a 15-minute back massage, I tried out their 'Hollywood nails' or the digital nail art out of curiosity on the process of this new technology. Choose your design first. Application of the base coat and printing nail polish was the next step. Finally, insert your hand inside the Digital Computerized Machine. Same concept on your desk jet printer (it has an ink cartridge inside) but no hand jam, no hand feed and no painful episode. Do not move a muscle, I am telling you, if you wish to get best results or else you have to repeat the procedure from the beginning. You don't want to waste the 30-minute process for nothing.

An eccentric party filled with freebies. Free food and drinks, free make over, free massage, free facial, free nail art, free gift certificates from Skin Food and Blue Water Day Spa, free loot bags and free accommodation from Pearl Farm Beach Resort! What can be more satisfying than that?

If you missed the party and found yourself dribbling over C3 Restaurant's Spa Plates, you still have the chance to taste wellness until the month of June. Just visit C3 Restaurant at #18 Missouri St., Northeast Greenhills, San Juan, Metro Manila.