



O2 Breathe Life

A Newsletter from O2

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Every year the celebration at O2 seems to getting bigger and better! I still remember our first anniversary of O2. It was celebrated at the Nungambakkam centre in the basement hall!!

But even then the celebrations were complete and had all the ingredients for excitement and bonding! Later with the opening of our gym at Savera our anniversaries were celebrated together.

As more centres opened the celebrations continued but individually at the centres itself. One thing remained the same though: It was always the members themselves who came together and wholeheartedly put up the entertainment.

It was when we were seven centres it was decided by our fitness director that we should have one big celebration with all the centres coming together for a common one!!

It was then and it is even more now that our members work hard at putting up a variety of events that are getting finer every year. We from o2 wholeheartedly thank each and every member and all levels of staff who put this grand event together! Cheers and God bless.



Making a *Difference*

- Nina Reddy



I have always believed that we at O2 are different. The thirteen years that have gone past have endorsed that belief! We do a lot of things that are unique only to our brand. Everything that we set out to do stems from a sincerity and intention that is again found in everyone connected with our brand...

We sell not just memberships but we sell wellness packaged holistically. Our members get a lot more than what we promise. Our personalized approach to our members does not go unnoticed. The individualised training packages are designed to make our members independent and not just rely on personal training to keep them motivated. But we are proud to say our trainers offer personal training to those seeking more attention with some super training schedules. Our trainers and health professionals go through intense training sessions that are unique and tailor made to help in guiding our members to get fitter and healthier.

Fitness director Earnest Vijay is uncompromising on the quality of service and makes sure the staff at all levels keep up the standards and deliver everything that O2 promises. He also is a physiotherapist par excellence..his patients swear by his healing touch and sincerity. He is our driving force and works at raising the bar constantly! He pushes himself and the whole team to perform consistently and with perfection.

Group exercise director Jeffery Vardon is the style icon at O2 everyone looks up to! His energy and enthusiasm are contagious... these qualities are what sets him apart from all others in the same field. His sense of colour, coordination and creativity mask his simplicity and endear him to all age groups. His dancing skills and grace are lethal and unmatched!

Both of them prop me up and are with me at every step in realizing every one of my dreams. I am proud to also say that not only do we take good care of our members but also our own staff at every level.

Our personal touch is not just restricted to our members but also to all the people we work with. We share our incentives with all those who meet their targets and we are with our staff in all their moments of joy and anxiety. Most of our staff weddings and their children birthdays fill up our calendars and become like family functions!

Our team outings and incentive programmes have all three of us happily planning and joining in the celebrations. All the pictures that you find in our magazine are proof of the great times we have together...

If I had said earlier that O2 is different was I not right?!!

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Walk Jog Run Sprint!!!

Increasing interest with running marathons, whether full, half, 5k or 3k has opened a series of discussions on technique, training, shoes, injuries etc. There are so many doubts in an avid runner on how to go about it. Most runners are recreational runners / joggers whose objective is to keep fit, healthy and stress free.

Always warm up before the training, if you are planning to jog, a brisk walk for 5-10 minutes would be a good option, followed by stretches of the muscle groups that are going to be in action, obviously your calf, thigh, back and shoulders. Do the same for a cool down.

Health Fitness & Medical Screening:

This should be the first step any novice runner should embark on before starting the physical activity. If you are a male and above 40 and not used to vigorous form of exercise or activity, it's a wise option to undergo the medical screen & clearance with a physician's consultation.

The next step is to meet a Health & Fitness Specialist or a Sports Physiotherapist and get evaluated on your Cardio vascular fitness, muscle strength and endurance, flexibility and body composition. A good posture evaluation to find out if you have any Biomechanical faults (like flat foot, knock knee, etc) soft tissue tightness, preexisting injuries, if any and based on the findings, she/he may advice you on a corrective exercise program, which can help you to enhance performance and prevent injuries. Get your running mechanics evaluated.

Types of Training:

There are different types of training, the common ones are continuous training (steady speed through out), interval training (3 minutes run and 2 minute walk), cross country (different terrains) and fartlek training, which blends the continuous and interval training. If you are someone beginning to jog use the interval training and progress to continuous mode after gradually increasing your percentage of jog.

Shoes & Terrain:

Investing on a good pair of shoes is of paramount importance. Shoes with good cushioning, toe room and arch support are things to look for in a shoe. It's also important to pick up the shoe in the evening when the toes are little expanded. Remember to change your shoes roughly after every 500kms of use.

Strength & Flexibility:

A 2 or 3 days a week of strength training on non-subsequent days to strengthen the core and legs with moderate intensity with 8 to 12 repetitions, 2 sets for each major muscle groups will be ideal.

Hard surfaces give you a push or bounce to run, with more impact, softer surfaces like the lawns, beach sand might offer less impact, but increases the muscle force or activity. So choose a firm running surface like the running tracks, level grounds or good treadmills to train.

Flexibility exercises like yoga or sports stretches can be done for 20-30minutes for the major muscle groups with 15 seconds hold for each, without breath holding, 2 sets each will be good. Add to that the foam roller for glutes, hamstrings, IT band and calf muscles and foot.

Running up hill and downhill, cross country will enhance your fitness, but also will cause injuries. If you are running out doors, be aware of the environment

Running Injuries & How to handle them!

Injuries happen, if you try and progress too quickly, if your frequency, intensity and duration are high, if you have poor strength and flexibility, improper foot wear, poor running mechanics and biomechanics, and other external factors, like fall etc.

The FIT principle of training:

How often, how long and how intense should you train? It is the frequency, Intensity and the duration principle. If you are doing a less duration (less than 60mins) and low intensity (walk-jog speed) you need lesser recover time and hence can train 5-6 days a week.

Remember RICE; Rest from activities that cause pain, Ice for 15-20mins 3-4 times a day (if not more often), Compression in case of swelling with elastic bandage and elevation above heart level, in case of swelling.

If you are training at a high intensity (say running or sprinting) or longer duration (70 minutes or more) you need longer recovery time and hence 2-3 times a week, not on subsequent days is advisable. You can however cross train those days with swimming, cycling or yoga. Always start slowly and build gradually, giving time for the tissues to adapt. When you can walk or jog without going out of breath, you can progress to running!

The common running injuries are mostly because of overuse. Stress fractures of the metatarsals, plantar fasciitis, runners knee, muscle strain,, Achilles tendinitis, groin pulls, low back ache etc.,

Hydration & Nutrition:

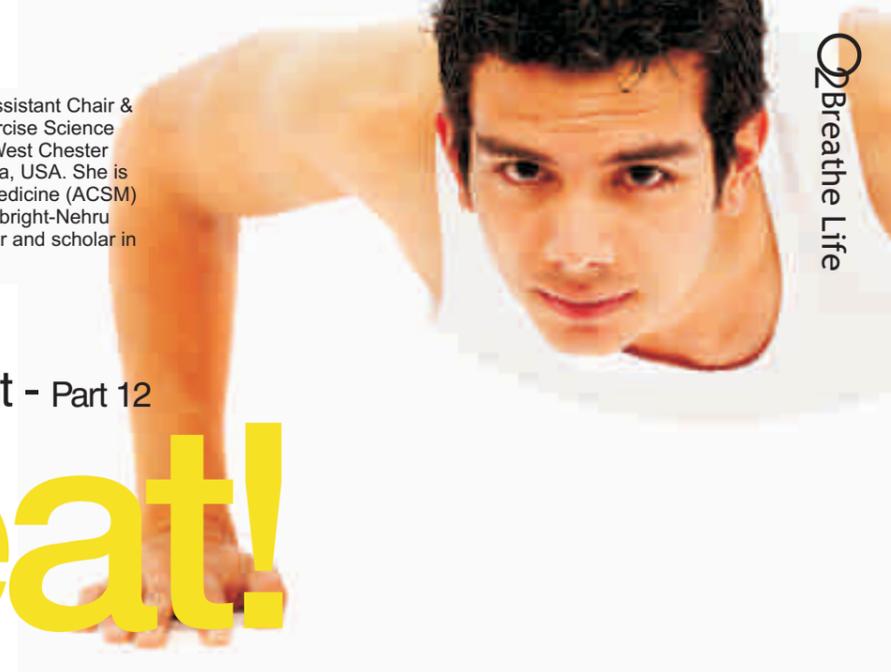
Remember to hydrate well, with water or isotonic solution. There are various ORS drinks available in the market, to prevent cramps and to fuel. Carbs are the fuel for any endurance activity, so make sure your carbs are not depleted, by vigorous training the previous days.

On the day of the run have enough carbs and depending on the distance have a moderate or low glycemic index fruit or snack 30 minute before the run.

Happy running!!



Dr. Sheri Melton, PhD is Professor, Assistant Chair & Coordinator of Graduate Studies, Exercise Science Division, Department of Kinesiology, West Chester University, West Chester, Pennsylvania, USA. She is also an American College of Sports Medicine (ACSM) Certified Exercise Specialist and a Fulbright-Nehru Scholar. She is a renowned researcher and scholar in the field of exercise science.



Exercise for the Health of It - Part 12

Sweat!

Sweating is the production of a clear, salty fluid secreted by millions of eccrine or sweat glands in the skin which are located all over the body. Sweat is comprised mostly of water, but also contains a tiny amount of electrolytes (e.g., sodium, chloride, potassium, magnesium and urea) a colorless nitrogen-containing substance also found in the urine.

Sweat response should be considered as one of the major training responses to watch for.

Even though people have about the same number of sweat glands, the amount of sweat differs among individuals. How much sweat released by each gland is determined by several factors, including age, gender, environmental conditions and a person's acclimatization to them, and pertinent to this discussion, fitness level. Of all the official rules and guidelines set for prescribing exercise and ensuring a training response, the principle of perspiration or "sweat" response is hardly ever mentioned. So, it is not surprising that many exercisers and exercise professionals ignore, take for granted, or do not recognize the importance of breaking a sweat during exercise sessions. On the contrary, sweat response should be considered as one of the major training responses to watch for.

Why?

The major function of sweating is to keep the body's core temperature at a safe level. Exercising turns up your body's internal heating system. While you pump your arms and legs,

your body temperature rises and millions of those tiny sweat glands are activated and sweat is released. As your sweat evaporates, it cools you off. Sweating is your body's built-in cooling system--it is your body's way of getting rid of that extra heat. In general, as a person's aerobic fitness level increases, so does his/her ability to sweat. That means, as a person's exercise capacity improves, sweating begins earlier in the exercise session and increases in the overall volume of sweat. The body is simply becoming acclimatized and more efficient at cooling.

During moderate intensity exercise, sweat losses can average up to 2 L of water per hour. You need to stay hydrated during exercise for this very reason. Without an adequate supply of water, your body cannot sweat and your internal temperature will be too high for you to workout normally, putting you at risk of heat exhaustion or worse. Remember to drink more water when humidity is high---sweat evaporates more slowly on humid days when the air is already saturated with moisture.

Side note:

Usually, sweat from exercise has no odour, but increased nitrogen in sweat can have a "sour" smell. An increase in nitrogen can be due to:

- 1) ingesting more protein than what is being utilized for building muscle tissue and maintaining important body functions (usually seen in high-protein diets)
- 2) fasting or very low calorie diets--the body breaks down its own muscle to supply needed nitrogen to maintain important functions
- 3) muscle-wasting diseases.

So, next time you exercise, make a mental note of when you begin to sweat. If you are not sweating at all, you need to increase your intensity. Talk to your trainer to work out a plan to start sweating.

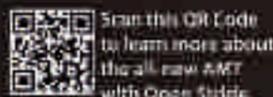


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Fat Loss Mistakes

Emily L. Trulson Kumar is a ISSA certified Sports Nutrition Specialist and Personal Trainer.



O2's Premium Personal Trainer Emily personally highlights 8 COMMON FAT-LOSS SLIP-UPS to avoid so you can get back in the game!

Many of us spend years and years trying to get rid of extra body fat with little or no success. We yo-yo and ride the diet rollercoaster, with too much "roll" along the way. We attack our fat when motivation is high, but we still crumble at the sight of warm cookies. Unfortunately, this stilted progress results in many unfinished New Year's resolutions and dissatisfied gym clients. Fat loss might be the most common fitness goal, but it's definitely no easy task to achieve.

If you've been playing the fat-burning fight for a long time and have yet to win a round, it's probably because you're making one or more of the mistakes below. I'll help you avoid these common fat-loss slip-ups so you can get back in the game!

MISTAKE 1 YOU EAT TOO MUCH

I know this seems like an obvious mistake, but many people truly don't know how many calories they're actually eating. For example, ordering a salad might seem like a healthy choice, but you could be getting a 600-calorie meal without even realizing it. Sauces, dressing, ketchup, and oils all have calories you probably don't even think about. Especially if you don't regularly cook at home, you're probably eating more calories than you think.

We're told over and over that the simple weight-loss process is to eat fewer calories than you expend throughout the day. However, this "calories in, calories out" methodology oversimplifies matters. Hypothetically, this system would work if you ate 1,500 calories worth of cheesecake per day and burned 2,000, but the human body isn't a calculator. The type of calories you eat matters. A carbohydrate-only diet will not help you reach your fat-loss goals. You need the right combination of protein, carbohydrates, and healthy fats to build muscle and burn fat.

For most people, a 40/40/20 ratio works great. If 40 percent of your food comes from carbs, 40 percent from protein, and 20 percent from fat, the stage is set for positive change. However, that ratio is not the golden rule for all body types and goals. Do research and find what works best for you or better yet ask your O2 personal trainer!

Many people have to drop their carbs even lower to burn fat successfully. If you do, make sure you boost your fat intake at least slightly to give your body an alternative energy source.

MISTAKE 2 YOU DON'T EAT ENOUGH PROTEIN

Protein does more than just build and repair muscle tissue. A 2003 study published in "Journal of Nutrition" found that, even though two groups of overweight women consumed an identical number of calories, the group whose members consumed a diet including 128 grams of protein per day lost more weight than members of the group consuming 68 grams of protein.

Protein increases satiety at meals, which can help you help you feel less hungry and therefore eat less throughout the day. High-protein diets can also have positive results on the body's blood lipids, glucose levels, and muscle-to-fat ratios.

Protein is a great fat-loss macro, but don't think that you'll see quick results simply by adding some shakes to your diet. Fat-loss takes consistent dedication to the right nutrition plan for your goals. Choose high-protein foods at every major meal—especially instead of carb-laden options—and you'll see results over time.

MISTAKE 3 YOU DRINK TOO MUCH

The only liquid your body really needs is water. Sure you can have coffee, tea, and sometimes milk, but a steady stream of sugary beverages will undermine fat-loss. That sweet Indian tea you love so much can easily have more than 300 calories! If you're drinking an additional 300 calories every morning, you're doing your body a disservice. Losing fat can be difficult enough, so don't make it any harder.

Alcohol can also make you lose the fat-loss war. A beer every once in a while won't hurt you, but it's imperative that you stop indulging in weekend binges. Alcoholic beverages are usually high in calories that your body just stores as fat, but just as crucial, it also impairs your judgment. So instead of making healthy food choices, your booze-brain will tell you that a big plate of biryani is the right choice.

MISTAKE 4 YOU THINK HEALTHY FOOD IS CALORIE-FREE

It doesn't matter how healthy any particular food is; if you eat too much of it, you'll have a hard time losing fat. Of course it's important to eat whole foods, but overeating non-GMO, fair-trade, organic peanut butter is still overeating.

Two prime examples of healthy foods that run huge calorie tabs are nuts and seeds. The omegas, micronutrients, and phytochemicals in these "superfoods" are wonderful for your health, but the calories they carry can be excessive. This doesn't mean you should avoid them, but rather, when you pick up some almonds to snack on, don't eat multiple handfuls. One ounce is difficult to measure, so limit yourself to about 10 almonds. Although the fat in almonds is good, it's better to fill up on micronutrient-dense foods, like green vegetables, that don't pack a lot of calories.

MISTAKE 5 YOU DON'T TRAIN INTENSELY ENOUGH

Beginners should start slowly. However, as you grow accustomed to the weights, machines, and the gym atmosphere, you have to push harder and harder. You can't get comfortable, or you will plateau.

I can't tell you how many times I've seen women curl 5-pound dumbbells without breaking a sweat the entire workout. When I ask them why they don't lift heavier, they usually answer, "I don't want to get bulky." Man or woman, you have to lift hard and heavy, and the reason has nothing to do with getting huge!

If fat-loss is your goal, you have to create an extreme energy demand so your body can change. Lifting the same lightweight day after day will not help you do this or meet any of your other physique goals.

MISTAKE 6 YOU'RE DOING TOO MUCH LOW-INTENSITY CARDIO

I know, you're probably thinking to yourself, "Didn't she just tell me to train more intensely? Now he's telling me I'm doing too much of something strenuous! What's the big idea?" Well, cardio is not resistance training. It trains an entirely different aspect of the fitness spectrum. Don't expect a two-hour treadmill slog to produce the same results as an intense hour of heavy lifting.

If you want to perform cardio that will do you some good, make some of your workouts full-body workouts with short rest periods. By incorporating your whole body and shortening the rest periods, you'll challenge your cardiovascular system as well as your muscular system. That means more bang for your training buck.

MISTAKE 7 YOU'RE STRESSED

Stress is the silent killer. When you get stressed, your body produces cortisol above and beyond the norm. Chronically elevated cortisol can be responsible for increased body fat storage and other negative consequences. Even if your diet and training are perfect, excessive stress can keep you from achieving those fat-loss goals.

Relax! Although that might be easier said than done, applying relaxation techniques to your day can have a big impact on your physique and overall health. Try yoga, take a bath, read a book, see a movie, or invest in 10-15 minutes of simple meditation.

MISTAKE 8 YOU DON'T SLEEP ENOUGH

Like stress, sleep deprivation elevates cortisol, a fat-loss no-no. When you're short on sleep, your insulin sensitivity also decreases. Combined, these problems create a less-than-optimal fat-loss environment to say the least. To reach your physique or fitness goals, prioritize sleep. You can't party all night, pass out for a couple hours, work the next day, and expect your body to respond positively. Shoot for at least 8 hours of sleep per night. Limit your use of electronics before bed, don't drink caffeine in the evenings, and give yourself some wind-down time to help you hit this target.



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This is a year for Celebration...

Jeffrey Vardon is Group Exercise Director at O2. He is an associate of the United Kingdom Alliance and specialises in Ballroom, Latin and Salsa. He is also a Reebok certified Fitness Instructor and the artistic director of The Hot Shoe Dance Company. Email: jeff@o2healthstudio.com



Celebrating 30 years of me being on stage, the students of the Hot Shoe Dance Company put together a very nostalgic evening with song and dance. It was very moving when my old associates and dancers came together and expressed their appreciation of my work. That's all a performer dances for. The performance, the final routine, the bow at the end of it all and then the

applause. I take this opportunity to thank everyone who put the show together which gives me that much more energy to excel and also the inertia to move on. My next production is the musical CHICAGO premiering on the 11th of October in Chennai. Dance gives you joy, de stresses the body, heals wounds and sets you free. **DANCE ON.**

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Steam & Sauna The relaxation therapy!!

Stream & Saunas are the means of relaxing, aiding in the removal of metabolites and assisting in regeneration. It increases the heartbeat and improves blood circulation; they also have their own individual health benefits.

In sauna room: It is dry hot air; the air is at temperatures between 60 - 80 deg C. The relative humidity of the air is should be between 5-10%. This is maintained by short bursts of steam. Pouring water on the hot stones of the sauna oven increases the humidity resulting in tiny burst of steam. The essential oil and burst of steam serve to deepen the breathing as well as penetrate the skin to remove the toxins, which is called detox.

In steam room is an enclosed space with large amounts of high-temperature steam, creating a high-humidity environment. People sit in this room in a similar way to a sauna (conversely a hot, but dry atmosphere) for relaxation and purported benefits to health and well-being. In steam, the temperature is maintained between 38-45 deg C. It increases metabolism and can aid with weight loss. The steam room causes you to sweat, which means that your body is losing water. As water makes up a large part of your body weight, the evaporation of the sweat will cause you to lose a few pounds. The sweat also helps to remove toxins and diseases the body.

Sauna rooms used to be heated by Sauna Heating Wood ovens, Sauna stoves or Heating stoves. Good air circulation is required in all saunas. In the steam room, there is a steam generator. The thermometer to show the room temperature, hygrometers are fixed to measure the humidity are also necessary.

Showers, changing rooms, relaxation rooms, an open air room and cold water pool are necessary. Thorough cleaning with warm water prior to steam sauna is required to open up the sweat pores.

2 or 3 alternations between sweating and cooling phases are recommended, each lasting 5-20 minutes depending on the individual. The heat from the sauna helps the body release endorphins, a feel-good chemical that reduces the effects of stress on the body which can relax you enough to sleep better. The sauna heats up your body, so when you leave and begin to cool down, your body releases increased levels of melatonin, helping you feel more relaxed and therefore allowing you to have a deeper sleep.

In every session approximately 400 - 1000 gm of water is lost, which is misconceived as fat loss. Instead it is only a water loss and needs to be replaced.



Earnest Vijay
Fitness Director C2

The sweating phase is followed by a cooling phase with cool air or cold shower or cold pool. The goal of cooling is to close the pores, so that heat is retained. It should progress from distal to proximal (legs to head) to avoid headache. It should not last long.

Strenuous exercises are not recommended before or after steam/sauna because of strain on the cardio-vascular system. 30 minutes rest period is given for the physiologic effects to wear off.

Benefits:

Physiological effects include increase in temperature, an intensive stimulus to metabolism and circulation plus considerable perspiration, aiding in removal of waste toxins.

The psychological effects include relaxation, regeneration, a feeling of general well-being.

Meditative nature relaxes and relieves stress. It enhances the body's defense against colds and upper respiratory tract infection.

Increases circulation of bone - ligament system; decrease of muscle tension. Increase of the removal of waste and replacement of glycogen.

Saunas can be used as a means of calming the body and relieving it of stress. If you suffer from insomnia (one out three people have a mild case) it can also help induce sleep.

Precautions:

Hydrate yourself well, before and after Steam & Sauna (100ml to 1000ml of water to be consumed). Thirst should be quenched.

Alcoholic beverages, full stomach before and heavy meal after sauna are contra indications. Light foods are recommended.

Patients with cardiovascular disease, metabolic diseases, pregnant, kidney disease, other medical issues, certain medications & poor circulation issues are advised not to use steam / sauna. Athletes are advised to avoid steam / sauna 3days before competition.

Exposure to high temperatures for an extended period of time can result in heat exhaustion, heat stroke, heart attack, panic attack is a wise option and on occasion death. Keep the floor dry and clean and the rooms and showers well maintained and lit to prevent falls and accidents.

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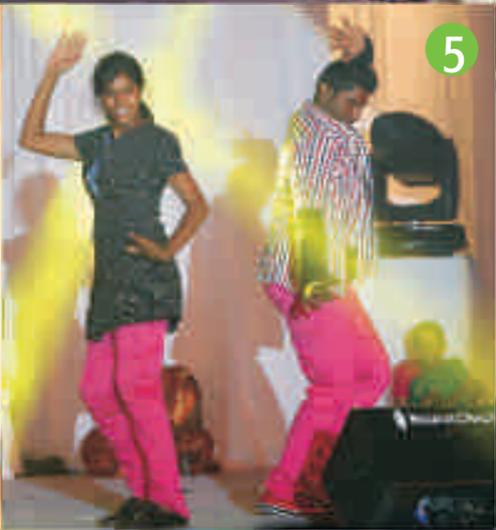
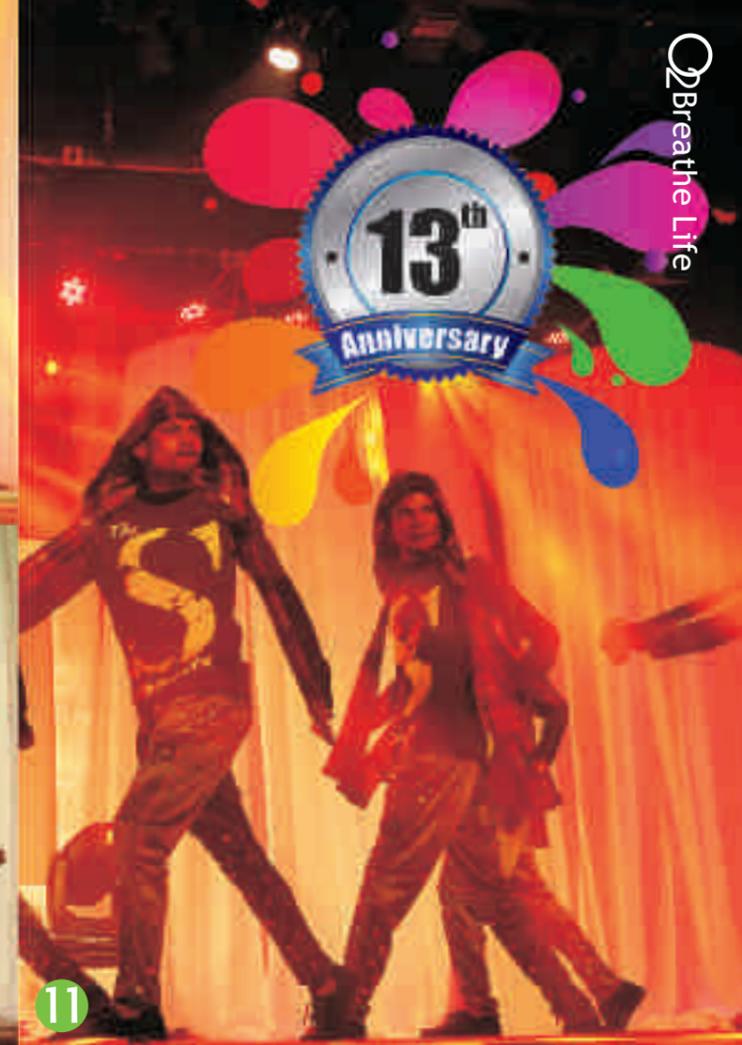
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Features of the O2 Health Studio 13th Anniversary Celebration

1. Director Mani Ratnam, Mr.Ravi,IPS, Ms.Nina Reddy, Mr.Ravi Kumar Reddy, Mr.Jeffery Vardon & Mr.Vijay
2. Actor Vivek speaks on O2
3. Song performance by Singer Ragini Sree
4. Song performance by Ms.Krithika and Mr.Sriram
5. Dance Performance by O2 Staff
6. Dance performance by Body Lyrics Members
7. Dance performance by Savera Swimming pool Kids
8. Dance performance by O2 Neelankarai members
9. Body Show by O2 & Body Lyrics trainers
10. Dance performance by The Hot Shoe Dance Company
11. Dance performance by 'S' Community
12. O2 Neelankarai awarded as Runners – Cricket
13. Mr & Miss O2 Winners and Runners lined up
14. Dance performance by O2 Nungambakkam members



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O2 Car Rally

O2 Health Studio, in association with National Association for The Blind and Madras Motor Sports Club, organized "The Car Rally for the Blind" on 9th March 2014. Over 90 cars participated in the rally, and brought together the visually challenged and the sighted. The navigators read out the instructions in the Braille for the drivers to follow the rally route. Actor Karthi and Playback Singer Karthik gave away the prizes for the winners. (Images: 1,2,3,4)

handy tips on how to control the portion size and eat a balanced meal, when you eat out. Mr.Wright spoke to our dieticians about the recent trends in diet, the truth about Detox diet and other fad diets. The trainers were given tips on the different workouts and stretches while individualizing the workout plan. This whole session ended with a fun filled spin class for the trainers by the Savera Pool side. (Images: 5,6)

Women's Day

O2 Women's Day celebrations started with the Theme "Inspiring Change". All ladies charmingly dressed in orange had great fun meeting the members of different branches of O2.

There were speakers from the branches. Games & the good spread of lunch enjoyed by the women. (Images: 7,8)



Spa Body Polish

Abdul Samad., D.A.M.T., C.M.T., is the Spa In-Charge at O2 Health Studio, Hotel Saveria and Temple Tree. Graduate and affiliated Teacher of TMC, Thailand. Qualified Therapist of Chivasom International Academy Practicing Therapeutic, Western and Eastern Massages for 17 years in India & abroad.



Body skin is all too often overlooked when it comes to the daily beauty regime. Some of us simply don't have time for all that scrubbing, exfoliating, cleansing and moisturizing. When we have work to do and families to look after, time can be precious and skin-care often has to take a backseat.

Unfortunately, neglected skin often means dry, unhealthy, dull-looking skin, which in turn can lead to premature wrinkles, excess grease, trapped bacteria and spots. Plus - it's pretty hard to feel attractive and confident when you know you're harboring three months worth of dead skin underneath those opaque tights.

Body scrubs essentially exfoliate and also rehydrate your next layer of Skin, leaving it smooth, velvety soft, and providing you with a radiant glow. Especially useful when end-of-summer tans begin to fade or mid-summer sunburns begin to peel, the body scrub is also a natural remedy that scratches the itch for those with sensitive skin. It can be hard to settle on a decision when you're presented with a treatment menu, from the standard mud wraps to rather more exotic treatments, So, with so many options available, how on earth do you choose a body treatment right for you?

First of all, you need to decide exactly what do you want from the session and how you want to feel when you leave. For example, do you want...

- ❖ To have soft skin that feels nice to touch?
- ❖ To look and feel younger?
- ❖ To moisturize dry, flaky skin?
- ❖ To brighten the skin?

Letting our therapist know what it is you want from the treatment will ensure you're opting for the right one.

Remember – O2 spa professionals are there to help. If you ask, he or she will be able to explain each treatment to you and also advise you on which one to choose. All treatments are designed to be pleasant, enjoyable and generally good for your skin - so keeping an open mind and choosing randomly shouldn't be too much of a problem either.

Body scrub

The body scrub is the one to choose if you want a good all-over exfoliation. It involves being rubbed all over with a gritty products designed to get rid of dead skin cells that could otherwise clog up pores and cause spots and excess grease.

AHA fruit wrap scrub AHA fruit wrap mask is a gentle exfoliating treatments for sensitive skin, young skin, dark skin .

Dead sea Salt Scrub This treatment is deep detoxifying scrub that invigorates and removes the dead skin.

Rose petals body scrub A soft aromatic and gentle body exfoliation that will slough away dead cells .

Thai Herbal body Polish The Lingering Fresh Thai herbal scrub is a special body treatment formulated to help exfoliate skin impurities

Herbal steam Warm deep cleansing herbal steam using lemon grass, ginger, and camphor that detoxifies and release tension.

You can also combine a body polish with a massage. Get the body polish first because it is stimulating, whereas the massage calms you down. O2 spas have signature treatments that combine both body polish and massage.

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Venkat is a Bachelor in Physiotherapy, with qualifications in Yoga and Naturopathic Sciences. He has been practicing Yoga for the past 17 years and teaching Yoga for the past 13 years. **Mobile: +91 98402 99329**

Yoga Works

Persistence pays – Attempt a 1000 time and more

I don't need to explain this I guess, lemme tell you especially in matters of your Heart and Brain ie. Relationships and Work "when you feel just" keeeeeeeeeeeeee persisting..., coz It Pays For Sure.

You are supposed to Understand and utilize your Sixth sense

Your sixth sense of "REFLECTIVE INTELLIGENCE", the ability to observe your own Mind, is your evolutionary gift and that alone differentiates oneself from the lower order species, (to be candid Animals;) The sixth sense is well understood whenever you are applying a wrong attitude knowingly or simply when breaking road rules.

Mind is overt and that's not who you are

To understand this please sit straight wherever you are Be on the floor or on a chair, take 3 deep breaths close your eyes gently and make sure there is no tension in any of your muscles bring your attention to your forehead in between the eyebrows and say this mentally " I wonder what my next thought is going to be"....,

Mind is like an electron microscope it can Magnify Things – Beware of what you are putting under it!

Mind can utilize a considerable amount of energy from your self to magnify whatever that it is processing for example.., Common, Basic, Good qualities of a person that you like will look really large, at the same time Common, Basic shortcomings of a person whom you don't like will also look really large.

Be Aware! Till we meet again – Namashkar... Keep Breathing!...

Yoga does even more of a magic, it makes you a better person in every possible way apart from the immense physical benefit that you can enjoy from a regular practice. I thought it's time to discuss some subtle mental benefits that yoga can offer.

Yogic Attitudes for Work and Living

Yoga makes you observe everything that you do, say right from the preparatory stretches through poses and Breathing associated with it, within a short while you become quite aware of yourself. Couple of months into the practice you know your week spots, limits, etc., and you learn to adapt and work around. In case if you are also paying equal attention to your breathing techniques one fine day you will wonder why you are using your intellect so less!?!? That's when the self inspection starts. These are some of the attitudes, out of insight; I thought I will share with you. Take a Deep breath, Get conscious and Read on..,

The issue is different from the Person

Be at home or work the "issue" is different from the " person" that you are dealing with. Make an attempt to communicate this very idea that "it's just the issue that is to be sorted out "to that person involved and see what happens.

Law of impermanence - Tell yourself to Move on

Understand that your Mind follows the Law of Impermanence, whatever that you are processing in your head at this present moment is definitely not the same for tomorrow or even a couple of hours later, so be conscious in all occasions where you can use this "MOVE ON " attitude to get the better of you.

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The Duchess All Women's Car Rally

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Flagg off by Actor Arun Vijay and Actor Aadhi

As usual 2014 was an eventful and exciting year for The Duchess. The All Women's car rally this year was flagged off by the young dashing heroes Arun Vijay and Aadhi. This year the theme for the car rally was "Best Friends for life!" Didi Usha Uthup captured all the hearts at the Duchess Meeting.



Actress Suhasini Mani Ratnam & Ms. Nina Reddy



Singer Usha Uthup at The Duchess meeting



Actor, friend & Well wisher Purnima Baghyaraj at The Dushess Utsav.

The Duchess Utsav 2014

The Duchess Utsav was again a resounding success. Inaugurated by Actor, friend & Well Wisher Purnima Baghyaraj. The Fashion Show at the Utsav by women achievers was stylish and meaningful. An event by "Kay" fashion enthralled the audience.



Fashion show at The Duchess Utsav By Women Achievers



An Event by "Kay" Fashions

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Testimonials from our members...



Lavanya

Lavanya Badrinath- Miss O2 - Winner
 O2 is by far the best gym I have ever been part of. The staff regularly check on my wellness & the constant support and motivation I receive from my trainer and Jeffery Vardon inspires me to keep pushing myself toward a healthier, fitter and better me.



Vijay

Vijay Ramachandran - Mr.O2 - Winner
 O2 fitness studio is not a run of the mill gym. It's a place where you find reasons that motivate you to get closer to your fitness goals. The front office staff, trainers and even the members of the gym keep the spirit high! Even on a lazy day I have walk out with an extremely satisfying workout session. I have been a member at O2 for over a decade and it's a must try! and maybe a few years down the line you may find yourself sharing the same feeling. Eat well and Stay fit!



Tanitha

Tanitha - Miss O2 - Runner up
 I joined O2 just a month back and I'm glad I did, it has been a delightful experience so far. A shout out to all the staff here at O2 - Besant Nagar for being as awesome as they are and for encouraging me to take part in the 13th anniversary celebrations! I thoroughly enjoyed the whole show and was pleasantly surprised by the win. Thank you much for the honour and for welcoming me to the O2 family.



Kanth

Kanth - Mr. O2 - Runner up
 O2 is just phenomenal, timely, very careful with the clients and they know what they are doing. The trainers, front office, house keeping & sales executive do a great job. Even after a very long day of training, they arrive with great spirits and anxious to support the clients and push their limits. I will surely continue at O2 for a long time and recommend it to others as they have very good equipment. The only request I have to clients is not to do anything which disrespects the equipment. I strongly believe "Discipline is what gives us a great result". Great work by Nina ma'm , Jeff sir and Earnest sir"



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