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# Healing *lifestyles & spas*

## Featuring: Absolute Nirvana Spa

### Nirvana Found in Santa Fe

WHEN YOU ARRIVE AT **ABSOLUTE NIRVANA SPA** IN SANTA FE, NEW MEXICO, FOR THE BALINESE BOREH TREATMENT, BE PREPARED FOR TWO HOURS OF ABSOLUTE NIRVANA.



The Balinese Boreh, meaning spice body mask, begins with a ritual footbath, which is believed to both honor the divine within and help guests become grounded and centered. A glass of golden champagne combined with jasmine pitake is served during the ritual to help induce a state of relaxation. A body massage and body scrub follows the footbath.

The boreh used in the scrub is a combination of organic cloves, sandalwood, ginger, cinnamon, coriander seeds, rice powder, turmeric, and nutmeg—ground by hand in the spa's kitchen. The combination warms the body and is said to soothe aching muscles, fever, headaches, and arthritis. It's like a "natural Bengay to sooth aches and pains," says Absolute Nirvana founder and owner, Carolyn Lee.

Lee opened Absolute Nirvana after two extended trips to Bali, where she experienced and learned about the Balinese spa treatments, tranquility, and an absolute sense of relaxation.

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