

# Macro BENEFIT

Local food is the way to go, explains  
Serena Spa's chef Patrick Verre.

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**D**id you know that you can recognise a sea shell's country of origin by looking at the lines it bears on its shell, and how unique are they to specific origin? Similarly, our DNA sequence is adapted to the climate and body it belongs to. The Weight Management Package introduced by Serena Spa Pvt Ltd, Metropolitan hotel works on this principle of exclusivity.

Macrobiotic diet is based on the concept of eating food that is cooked using indigenous ingredients. It helps in balancing the body energies and in attaining spiritual, mental and physical wellbeing. Patrick Verre, gourmet executive chef and lifestyle manager, Serena Spa Pvt Ltd says, "It is essentially a grain-cereal-and green diet. We include grains that are grown in the country and not those imported. For example, oats in Ireland, wheat in Europe, corn in US, rice in Asia, and serve it there. We are just following nature's rules."

Jesper Hougaard, MD, Serena Spa Pvt Ltd explains the philosophy behind this concept, "It is difficult for the body to digest foreign elements. You should consume food which is grown in the same climate where your body has developed."

Apart from spa treatments and macrobiotic food, the programme also includes learning how to cook macrobiotic food. The flip side of it is that you may not be able to consume your favourite chocolate or cold meat. The package customises a diet according to your needs and wants, without getting overboard. Hougaard says, "Everyone has different needs, someone may need to cleanse their system while others need to lose or gain weight. Hence, you will be counselled and suggested a customised diet. We recommend 100 per cent macrobiotic, but for some people that is not the solution. If you want



to have meat once in a while, Verre will show you how to cook it in a certain way that is less damaging for your body." Verre will also teach how to pick the right ingredients and what to eat while you are travelling so that your diet plan is not disturbed.

The programme, which will be held for five days for Rs 49,900 (excluding taxes), includes wraps, massages, scrubs and macrobiotic food. Hougaard says, "In traditional therapies like Ayurveda, there are too many elements in your life that you have to change, like your diet plan, lifestyle, etc. It makes it quite difficult to live your life strictly

## The five-day Weight Management Package, costing Rs 49,900 plus taxes, includes:

- Macrobiotic food basket
- Serenity massage with Ayurveda oil / spirulina wrap - three treatments
- Declor aroma detox massage with spirulina or Vichy - two treatments
- Two personalised weight management consultations
- Wellness class every day (45 minutes per session)
- Two Macrobiotic cooking classes with demo
- Macrobiotic lunch every day
- Three months gym sessions

defined by these philosophies, especially when you are frequently travelling. That is why we have started a concept that can easily be a part of a modern lifestyle. Since, we saw a strong interest towards macrobiotic food we included it in the package. It also leads to broadening the scope of a spa that is otherwise restricted to therapies and massage. This package will introduce people to a process of well being."

Does this mean coming back to nature? "Yes, but with a modern lifestyle," says Hougaard. 