

# StyleSpeak

The salon & spa journal

Vol.8 ■ No.9 ■ 180 pgs ■ November 2015 ■ ₹100



## FACE 2 FACE

A chat with Irene Christophis, MUA of Kryolan

## People's Salon

Find out what your clients expect from their salons

## TURNING 13

A year of StyleSpeak

## Strut your staff

Are you hiring your staff right?

## Salon Retail

Know how to boost your salon business

## Hottest Hair Trends

Know what's trending this season





Revive.  
**Rejuvenate.**  
 Relax.

A feel of greenery and the soothing presence of Buddha, Oryza helps you reconnect with your mind and soul

Words | Bindu Gopal Rao



**A**fter a particularly long week post hectic travelling, I walk into Oryza – a day spa and salon at Koramangala in Bengaluru hoping for so much needed relaxation. Taking the elevator to the fourth floor I am immediately transported into another world when I enter. A cool breeze wafts through the space and a huge Buddha statue amidst greenery is part of the open space here. With four treatment rooms, the spa is done up in tones of beige, olive and cement and furnished with artifacts sourced from Thailand. The brainchild of Latha Mohan who started the chain in Chennai, Oryza incidentally means a variety of Asian wild rice. After a quick walk through I decide on the treatments and my therapist Kim guides me to the massage room. “While our specialized therapists bequeath their expert touch upon your physical body, its effect vibrate through the core of your whole being. In every term, gathering

all the healthy components and efficient treatments specially selected to nurture body as well as mind to bring out the inner essence that remains fresh in the memory, to be considered and shared with others long after your visit to Oryza - for the body, mind and soul,” opines Latha.

**MASSAGE MATTERS**

The spa has an extensive menu so Pinky, the spa manager advises that I try the Wintergreen & Ginger Pain Relief massage that combines aromatic and therapeutic oils with just the right pressure to soothe your aching and tired body. The treatment uses the pain relief oil and Kim uses deft synchronized strokes to soothen every frayed nerve in my body. The massage duration is 60 minutes and an option of 90 minutes as well. The best part of this massage is that after each body part is massage, the masseur gives a hot compress to



further assist the healing process. The feeling of the hot compress is enough to take your senses to an idyllic state. If you wish to retain the oil in your body for a longer time, you can ask the therapist to wipe you with a hotel towel. Else head to the steam and shower which is attached to the room.

### DAINTY FEET

Post this I head to experience a spa pedicure that uses the 'Me Bath range of products from the United States. The first thing I am asked is what flavor I like – vanilla or chocolate and choose the latter. But no, this is not ice cream to eat rather a ball that looks like an ice cream scoop that is dropped into the water used for the pedicure that bubbles up immediately! This is a luxurious pedicure that uses a host of special ingredients like jojoba oil, sunflower oil, coconut oil, sweet almond and epsom salt all of which I am told help treat dry skin, sore muscles, small wounds and even to fight illness. My therapist starts with cleaning and cutting the nails and then massages my cuticles. Post that she uses an exfoliation cream to remove the dead skin while nourishing the feet. My masseur then applied mask that I told am told has skin cooling effects because of the glycerin and peppermint helps to tighten the skin and removes tan. The relaxing ritual ends with a massage with shea butter that helps remove toxins and most importantly leaves my feet soft and supple.

### TRESS TALK

I am also recommended the Kerastase Hair Ritual which is an ultra luxurious

and pampering ritual that completely rejuvenates and transforms scalp and hair. This unique multi-sensorial treatment combines precise dosages of the most innovative and advanced hair care formulations with therapeutic head-massage techniques. Before starting the treatment I am asked a few questions on my hair condition and I explain that it is dry and frizzy. After this a hair analysis is done with the special Kerastase camera to know the exact condition of the hair and scalp. The dual lens of the camera magnifies your scalp 200 times and your hair 1000 times to minutely examine your scalp and hair condition. I was shown each image and explained what issues I had and how I could address the same as well. Post this my hair was washed with a shampoo that suited my hair and

scalp type. After this my hair was applied with a special booster dose that helps to instantly condition the hair. Post a quick massage, a mask was applied and massaged well into the scalp which I am explained varies depending on the hair type. The end result is perfect, soft and fragrant hair that left me feeling completely good about myself. And if you want to pamper yourself, which I think you must, simply head to Oryza Koramangala. SS



### FACT FILE

**Name of The Spa:** Oryza Day Spa

**Established:** 15.02.2013

**Founders:** Mrs Latha C Mohan

**Architect:** Arun Balan

**Area/Size:** 3500 sq ft

**Treatment rooms:** 5

**Number of estheticians:** 5

**Signature Treatment:** Oryza glow facial, sea mineral body scrub and lotus and patchouli body scrub

**Timings:** 10 am to 8 pm

**Contact:** 25529991 / 2 / 3

**Address:** 20<sup>th</sup> main road, Aswan plaza, 8<sup>th</sup> block, Koramangala,

**Website:** www.oryzadayspa.com