

StyleSpeak™



The salon & spa journal

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FACE 2 FACE

Tete-a-tete with
hairstylist and make-up
artist, Seema V. Jerajani

What's Trending

Beard trends of 2016!

SS SHOOT A Class Apart

Featuring Keith Sequeira
styled by Savio John
Pereira and Wendy D'Silva

Man-etize Your Salon

Smart ways to sustain your
male clients

What Men Want

A guide to knowing
your male client's needs

Hot And Trending

StyleSpeak summarizes celebrity
trending hairstyles of the year

Pampering MEN

Some alluring buys that men
can't resist

the
hair
issue





LUXE Indulgence

StyleSpeak visits Mirrors & Within, a salon and spa which has been the quintessential beauty destination for Bangaloreans since 2002.

Words | Bindu Gopal Rao

After several gruelling weeks of nonstop work, when I had a chance to visit a salon, I instinctively chose Mirrors & Within. A salon and spa where you can get yourself pampered in the best of hands.

Nestled in the lavish setting of The Collection, UB City, South India's only luxury shopping destination, Mirrors & Within is a luxurious salon offering customized hair and beauty services. Behind the Las Vegasesque doors is a beauty haven housing world-class professional hair and skin care brands.

"Our salon boasts of private VIP treatment rooms, stand alone bride and bridegroom rooms and a twin

room for group services. All these facilities complement the top quality salon and beauty services provided in a sensual environment. Regular visits and consultations by renowned stylists and beauty care experts are all part of the ongoing promise of Mirrors & Within to be the ultimate beauty destination in Bangalore," says Sonia Vohra - Co-Founder & MD, Mirrors & Within.

REJUVENATING TREATMENTS

I first headed for a facial and my therapist Lakshmi decided to deep pore cleanse my skin and then did a quick test to establish the condition of my skin to decide which facial would work for me. "You have many white and black heads," she announced soon and decided that the best thing would be a

brightening facial. I was asked to change and lie down and the process started with a gentle exfoliation. Interestingly, the exfoliate used was creamy and not grainy and Lakshmi said it was actually designed to clear dead skin for 3 to 4 levels without harming the skin. The products used were from the renowned Christine Valmy brand. Post this there was gentle steam that closed all the open pores. After this, she applied a cool mask, let it to dry and wiped it off neatly with a warm towel. A moisturizer was lastly applied to protect the face and a quick neck and shoulder massage later the treatment left my face looking visibly bright and rejuvenated – and yes without the black and white heads!

TRESS TALK

Next up was something I was really looking forward to – the hair spa. My therapist Hilda, first decided to do a scalp check with a camera that magnifies the hair follicle and scalp a thousand times and said my scalp was sensitive so I could take the Kerastase Chronologiste. The Kérastase consultant will conduct a thorough diagnosis addressing your hair needs. Trained



in specific, effective techniques, these therapists offer you a deep hair transformation within a wellness-promoting environment characterised by the awakening of the senses and a deep yet gentle massage to completely relax both body and mind. Before starting the treatment Hilda decided to apply a Chronologiste scrub that purifies and stimulates the scalp before washing my hair to give it nourishment and then started the treatment. The key ingredient used in this is caviar yes you read that right but this is a 'mimetic caviar', a lab-derived equivalent that comes in the form of black pearls that are immersed in enriched Pacific sea-water. This is crushed just before use to release active

ingredients like lipids, vitamins A and E and marine nutrients and mixed into the Creme Chronologiste, which is loaded with hair-nourishing elements like glucolipids, ceramides, anti-oxidants and silicone. The result is a smooth creamy paste that is applied liberally on your strands from roots to the tips. The salon ritual which followed was a treat when Hilda carefully applied the mix using the perfect pressure and ensured that the entire scalp was covered. Post this she put my head under one of the hooded steamers and assured me that it was mist – a mild version of the steam and after a few minutes of warm air, there was a short spurt of cold air to close the hair cuticles. After my hair was washed and dried, Hilda took another picture of the scalp and the difference was quite stunning. The redness I had seen earlier had nearly disappeared and my hair was feeling soft and velvety. **SS**



FACT FILE

Name of the salon: Mirrors & Within, The Salon
Owners: Mrs. Nandini Alva & Mrs. Sonia Vohra
Area in sq ft: 3200
Number of staff: Upto 40
Loyalty program: Value cloud membership
Timings: 10:00 a.m. to 7:00 p.m.
Address: The Collection, UB City, 1/1 A, Ground Floor, Vittal Mallya Road, Bengaluru – 560001.