

StyleSpeakTM

The salon & spa journal



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Monsoon Spa Rituals

Monsoon rituals that will help your client heal from inside-out

BIZARRE

beauty!

Wacky & bizarre beauty treatments around the world

GETTING YOUNGER

StyleSpeak lists down anti-ageing mantras for youthful skin!

ARE YOU GAME FOR MANCIALS?

SS lists down step by step of men's facials

FACE 2 FACE

Meet Kryolan's make-up artist Emilie Guillermin

the
beauty
issue



Coffee ESCAPE

Located on a hilltop amidst the magical, rain-drenched valleys of Coorg, Tamara Spa is a journey to relaxation

The verdant vistas of Coorg are like no other and one of the best coffee producing regions of the country is slowly but surely morphing into one of the best known destinations to relax and rejuvenate. StyleSpeak visits Tamara Coorg to explain what makes it so special.

On a recent visit to the Tamara Coorg, StyleSpeak was initiated into holistic wellness routines at the recently concluded 'Week of Revival' and had a chance to experience a relaxing spa therapy as well. Located in Kabbinakad

Estate in Madikeri district amidst a 67 acre coffee estate, the Elevation Spa is the perfect amalgam of Ayurveda and modern science. Located on a hilltop amidst the magical, rain-drenched valleys of Coorg, The Elevation Spa is a realm of relaxation that offers a medley of treatments to reawaken the life force within.

Currently there are four treatment rooms two of which are dedicated to Western treatments and two for Ayurvedic treatments. The rooms have large windows that allow for breathtakingly

beautiful winding valleys to enter the room. The potpourri of treatment options includes warm cocoons of coffee, sensual hot stone massages and whimsical herb concoctions. The fragrant mountain air adds an element of tranquillity here. And as a holistic wellness destination that combines the best of treatments in the best location, this one wins hands down.

Coffee Matters

The spa menu is an interesting mix of traditional Ayurvedic treatments, Swedish Massage, Balinese Massage, Hot Stone Therapy, Aromatherapy and more. However we were interested in trying out their most unique one and settled for the Signature Coffee Therapy. This is a 60 minute procedure and uses the most easily available ingredient of the region - coffee! The massage

is invigorating and refreshing as the masseur scrubs the entire body with a mix of coffee powder and cream that exfoliates and smoothens the skin.

You can actually feel every speck of your skin turn anew in the coffee cocoon as antioxidants work their magic and restore the vitality of your body. The spa session is unique for the fact that it essentially only uses one ingredient through the 60 minutes. Carefully massaging each part of the body, the masseur ensures that every inch of skin feels reenergised and revitalised. It is however the overall ambience of this space that adds to the unique factor here. After the massage, a warm water shower ensures that skin is left soft and supple and it is advisable not to use soap for the best effect. It was a refreshing and relaxing experience and the aroma of coffee had certainly left its therapeutic benefits on us.

Treatments Galore

The Tamara is focussing largely on wellness and with its inaugural 'Week of Revival', is hoping to make this a wellness destination for health



seekers. Apart from regular yoga and meditation sessions, the resort is in the process of coming up with a larger spa soon. However the current setup has many Ayurvedic treatments like Abhyanga – that is offered both with one and two therapists, Shirodhara the head massage and also the 'bundle massage', Choornaswedana. Apart from this, try the 45 minute long Prishtavasthi that involves the application of healing oils to your head, face, neck and shoulder along with herbal oils stimulating Marma points, followed by deep inhalation of herbal steam and administration of herbal oil or ghee

into the nostrils. Likewise Nasya is a 30 minute ritual that is a unique combination of soothing therapies, where the traditional four hand massage is followed by a continuous stream of lukewarm herbal oil poured evenly between the eyebrows. They also have the 90 minute Abhydhara, a massage therapy invented by Henrik Ling of Sweden and mastered by our therapists, the Swedish Massage involves long flowing strokes, blissful circular movements and gentle nourishment. This massage stimulates circulation and soothes tight muscles. There is a wide choice on offer but make sure you make an appointment in advance to ensure that you are able to experience the treatment of your choice. In all, a visit to the Elevation Spa is a great way to elevate your rejuvenation levels while giving you a quiet holiday. SS



FACT FILE

Name of the Spa: The Elevation
Year of establishment: 2012
Founders: Shruti Shibulal
Architect: N. Mahesh Iyer
Area/Size: 2400 sq ft
Treatment rooms: 4 Rooms
Number of estheticians: 6
Signature Treatment: Signature Coffee Therapy
Timings: 9:00 a.m. to 6:00 p.m.
Address: The Tamara Coorg, Kabbinakad Estate, Napoklu Nad, Yavakapadi Village, Madikeri Taluk, Kodagu District - 571212.