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Monsoon Spa Rituals



StyleSpeak lists down some monsoon rituals that will help your client heal from inside-out

Words | Bindu Gopal Rao

Intro Ayurveda, a 5000 year old science of natural healing, traces its origins to the Vedas. Monsoon is the best season for rejuvenation therapies that detoxify and cleanse the body whilst reinforcing the immune system. Going back to nature for perfect health is the latest trend in the western world too. Skin and Hair Care during monsoon is a new trend in Ayurveda.

Treatments Galore

At the Kairali Ayurvedic Centre there are several treatments recommended in the monsoons. This includes Abhyangam or full body massage with medicated oils to increase blood circulation in the body and to relax, nourish and rejuvenate the body cells. The Swedanam, a medicated steam therapy is where the patient is made to sweat by using a steam made from boiling herbs. Shirodhara, a therapy of pouring oil, milk

or medicated buttermilk on the forehead for a specified period helps to reduce headaches, minimize stress, improve memory and eliminates disturbances during sleep. The Pizhichil therapy of pouring oil all over the body prior to a massage to reduce dryness, minimize fatigue and cure all neurological disorders and Virechana therapy that clears all toxins or Pitta dosha from the patient's system is also recommended in the monsoons. Likewise, monsoon treatments at The Pink Room Salon & Spa at Planet Hollywood Resort, Goa include the Podi Kizhi, a hot bundle treatment for alleviating muscular fatigue and inducing deep relaxation. It includes a long stroke massage with warm medicated oil followed by a customized fomentation therapy for sore muscles

with hot herbal poultices containing a mixture of medicated powders which helps to relieve body aches and swelling, and also helps in detoxification. The Jeevaniya Abhyangam, a traditional synchronized full body massage given by two experienced Ayurveda therapists using Sesame oil is also prescribed.

The Jiva Spa at Vivanta by Taj, Yeshwantpur, Bangalore, has some exclusive seasonal treatments specially curated to give you an extravagant experience. "The much-awaited showers of monsoon bring along extreme humidity, taking a toll on your skin. Get yourself relieved and off-the-stress with our signature treatment, Jivaniya;

exclusively designed by JIVA to release muscular strain and improve blood circulation, leaving you with a calm and revitalized feeling. This enriching 120-minute long treatment includes an exfoliating scrub made of selectively picked herbs and exotic spices from the hills of India to give your skin the best nourishment followed by an extremely relaxing heat stimulating wrap and an invigorating massage, making the treatment even more effective," says Dr. Ravishankar Bhat, Spa Manager, Vivanta by Taj, Yeshwantpur, Bangalore.

Monsoon Matters

According to ancient Ayurvedic texts, this is the time when the healing touch of Ayurveda's medicinal herbs is the most sought after. The monsoon season is the best season for detoxification and rejuvenation therapies that detoxify and strengthen the body. "During monsoons, the atmosphere remains dust-free and cool. Most of the treatments are done in a moderately hot manner, producing



a comfortable and agreeable degree of heat there by opening the pores of the body to the maximum, making it most receptive to herbal oils and therapy. Ayurveda believes that the monsoons tend to aggravate Pitta (functional energy) in the body. Therefore, while chronic ailments like Arthritis and gastric problems aggravate, new diseases like skin infections, diarrhea, sinusitis, asthma and indigestion appear to trouble most people. Moreover, it is also the time when the highest percentage of humidity in the air tends to drain out Ojas (vital fluid) from our systems leading to breathlessness and weakness. Along with physical discomfort, it also tends to add to our mental agony. The best cure in such ailments in monsoon time is very well explained in Ayurveda," says Rahul Dogra, Operations Manager, Kairali Ayurvedic Centre.

Holistic Healing

Varsha Ritu Charya or monsoon seasonal routine is described beautifully in ancient ayurveda text (Ashtanga Hrudaya) as a regimen to be followed for lifestyle guidance for preventive healthcare. Dr. Kaveri Kuttappa, Ayurvedic Physician & Program Director-Integrated Medicine, Wellbeing Health Centre, explains, "During monsoon the Agni (metabolism)

is weak which leads to aggravation of Vata Dosha (air humour/ bioelements) and accumulation of Pitta Dosha (fire humour/ bioelement). To mitigate this imbalance, a Detox treatment popularly known as Panchakarma (or fivefold detox/cleansing therapy) is advised." Dr. Shankar Kattakola, HOD, Department of Ayurved and Panchakarma and Dr. Aditi Gadgil, Ayurved Physician from Somaiya Ayurved and Panchakarma Centre at Somaiya Ayurvedic explain, "Vata Dosha is the dominant of the three doshas in the monsoons and to keep the diseases caused by vata dosha at bay Ayurvedic treatments help. You also need to take care of your diet and eat right to stay healthy and stay happy." Now, that's a bargain you can't ignore. So head to your nearest Ayurvedic spa to make the monsoons matter. **SS**

