

StyleSpeakTM

The salon journal



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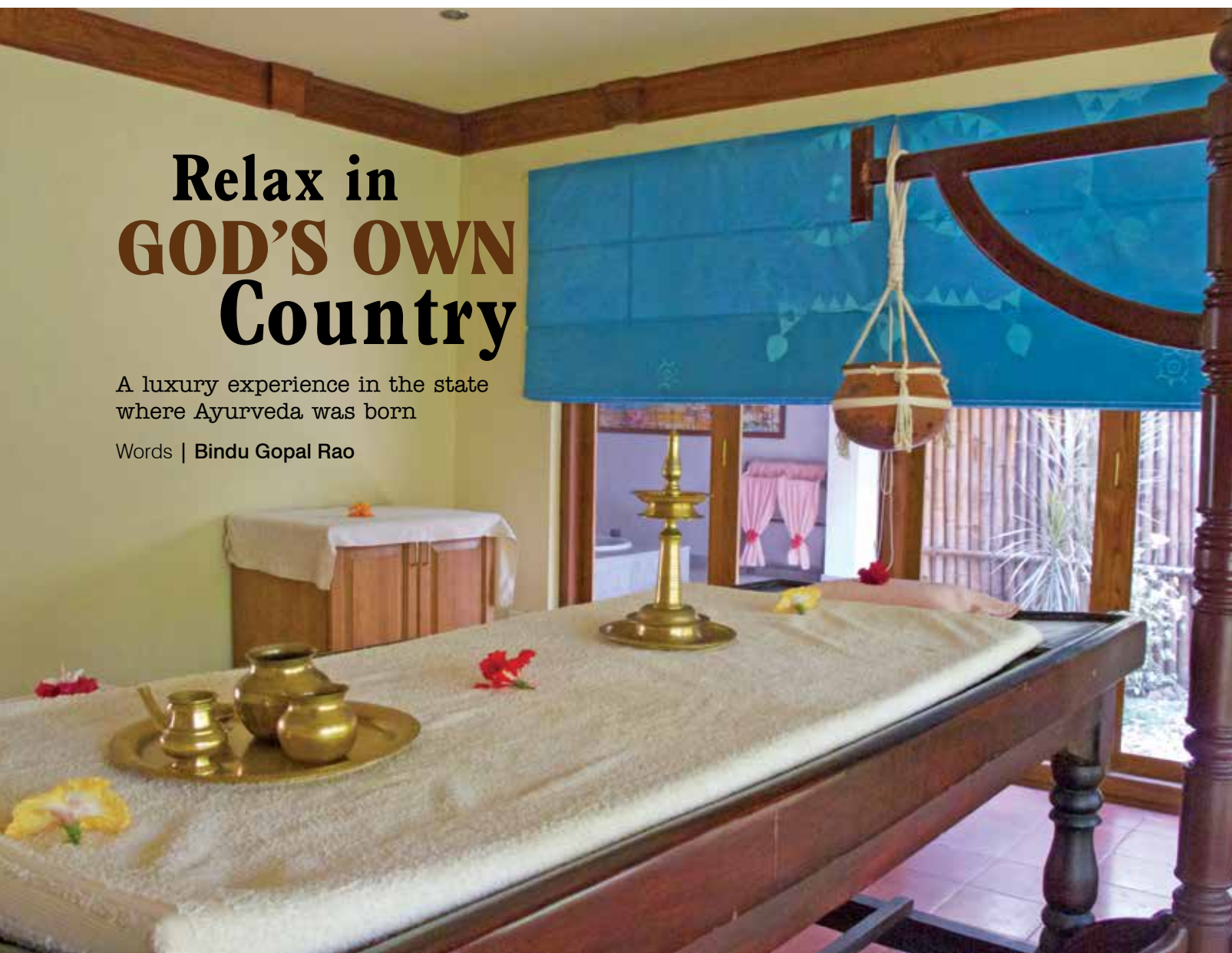
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Relax in GOD'S OWN Country

A luxury experience in the state where Ayurveda was born

Words | Bindu Gopal Rao



When you have a chance to experience a luxury spa experience in the state where Ayurveda was born, what do you do? Simply jump right in! And that is what I did and headed to Priya Spa at Neeleshwar Hermitage in Kerala's Kasaragod district. Set amidst a 10 acre tranquil space, the resort has its own stretch of the Arabian Sea and offers wellness packages that will leave you feeling both relaxed and rejuvenated.

Ayurveda Matters

At the resort's in house Priya Spa, ayurvedic rejuvenation programmes are offered with an authentic series of treatments, which focus on detoxification, stress reduction, tranquillity, fitness and nirvana for the betterment of the

body. The spa menu is extensive with a whole range of all Ayurvedic wellness treatments including Abhyangam, Kizhi, Sirodhara, Pizhichil, Navarakizhi, and Kalari massages as well as deep tissue massages, Western massages and beauty care treatments.

The Wellness Programme starts with a consultation with the in-house doctor who checks your pulse and tells you about your body type. Dr. Suma mentioned that I have a Vata-Pita body and recommended a series of foods to eat and another set to avoid. After this I was suggested a treatment and activity schedule to help me maximise the benefit of my stay. In fact if necessary, guests are also advised an appropriate food menu to be followed throughout their stay.

"At Neeleshwar we practise genuine Ayurvedic treatments in the traditional way, in collaboration with the Sahayadri Foundation, one of the few 100% organic herbal medicine manufacturers in India. We operate from a menu of twenty Ayurvedic treatments, both general and localised," says Altaf Chapri, M.D., AB Chapri Retreats.

The Spa

The Priya Ayurvedic Spa has five spacious treatment rooms set all around a central courtyard garden. The building has been designed on traditional lines with beautifully proportioned ceilings and elegantly carved wooden pillars. The rooms itself are expansive and comfortable with ambient lighting and open spaces that allow for nature to integrate with the interiors. "The whole place is airy and well ventilated with a wonderful, calming atmosphere in which treatments are practised in an unhurried and quiet manner," says Altaf.

Treatment

I was advised to opt for a Kerala traditional Abhyangam, a full body massage. The abhyangam is intended to relieve fatigue, add lustre to the skin, cleanse the body and improve the circulation (both lymphatic as well as superficial) and to



pacify the vata dosha which can lead to coarseness of the skin. I quickly changed and was asked to sit down first. After drinking herbal water, my masseuse, Arya, started with an invigorating head massage and then I was given a relaxing neck and shoulder massage. Post this I was asked to lie on my stomach and she started with the back and leg massage. Using little droplets of oil she used her fingers and hands in a synchronised manner to smoothen all the frayed nerves in my body. After this I was asked to turn over and Arya once again used her deft fingers to work her magic on me.

The oil used for the head massage is Ksheerabala thaila and the oil used for the body massage is Dhanwantara thaila. I am told that the strokes of the massage depend on the person's physical condition including body ache, stiffness or back ache. Post the massage I was given a herbal body scrub for removing the excess oil as this does not make the skin rough like soap. The powder has turmeric, sandalwood, green gram powder and soap nut for frothing which works like a charm, cleaning the body of every trace of oil. Post my shower, I was again given some herbal water and a pinch of herbal powder was rubbed on my head to prevent me from catching a cold! SS



FACT FILE

Name of the Spa: Priya
Year of establishment: 2008
Founders: Chapri Resorts & Hotels Pvt Ltd.
Architect: T. V Madhukumar
Area/Size: 2600 sq ft
Treatment rooms: 4 Ayurveda + 1 Spa massage
Number of estheticians: 6
Signature Treatment: Destress Massage
Timings: 8:00 a.m. to 8:00 p.m.
Address: Neeleshwar Hermitage, P. O Ozhinhalappu, Via . Nileshwar, Dist. Kasaragod, Kerala. 671314