

StyleSpeakTM

The salon & spa journal



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HAPPY HANDS & FEET

A spa manicure and spa pedicure could just be what the doctor ordered if you want to feel good about yourself while you invest some me time in yourself.

Words | Bindu Gopal Rao

Avital aspect of grooming is to have nice looking hands and feet. And the best way to give them a makeover is to opt for a manicure and pedicure respectively so that you can look well turned out. And if you want a special look, I'd suggest have a spa manicure and spa pedicure as this is the ultimate pampering for hands and feet. I was lucky to get a firsthand experience of this when I visited Mirrors & Within at UB City recently.

THE EXPERIENCE

The royal indulgence as I would like to call it begins with the spa manicure and pedicure. A separate section of the salon is dedicated to these services and the comfortable seating ensures that you can relax. And it can be done simultaneously so it saves time as well! My therapist Kumar did the pedicure by starting with a warm foot soak. After this my cuticles were cleaned and creamed and allowed to dunk in warm water. My feet were then gently scrubbed with a pumice brush to soften calluses and this was followed by a relaxing foot and lower leg massage. After filing my toe nails they were buffed to promote proper foot care. The ritual ended with a neat application of nail polish that I chose. The spa manicure done by therapist Sunanda was also good fun. She also followed a similar process to



the pedicure and this essential treatment includes nail shaping, light cuticle care and a cream massage to protect and hydrate hands. Nails are then polished to perfection. In all this is a great way to maintain your hands and feet and takes up your grooming quotient several notches higher.

EVERYTHING ABOUT MIRRORS & WITHIN

What sets Mirrors & Within apart from other salons is the fact that the service is top notch and the ambience has a friendly vibe. The nail salon has anything and everything one would life for the hands and feet – from popular manicure and pedicure to advanced treats like gel and acrylic extensions. The price points on the pocket and it has a clientele from age group of 20 to 80. All the therapists I interacted were smiling and most helpful in answering my long list of questions. The open spaces, private rooms, and engaging atmosphere is the real differentiator. The techniques applied by the nail artists are class apart. So what are you waiting for simply head to Mirrors & Within and give your hands and feet a luxurious makeover. You will leave feeling like a million bucks and remember that you deserve it. **SS**



FACT FILE

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