

StyleSpeakTM

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All that Glows

Skin care regimes for the bride-to-be

SS BRIDAL

PALETTE 2016-17

The annual guide to latest bridal make-up trends

'GROOM'ING FOR THE BIG DAY

A lowdown on facials, care and aftercare for the grooms-to-be

MANE BLISS

Latest hairstyling trends for brides that should be on your radar

FACE 2 FACE

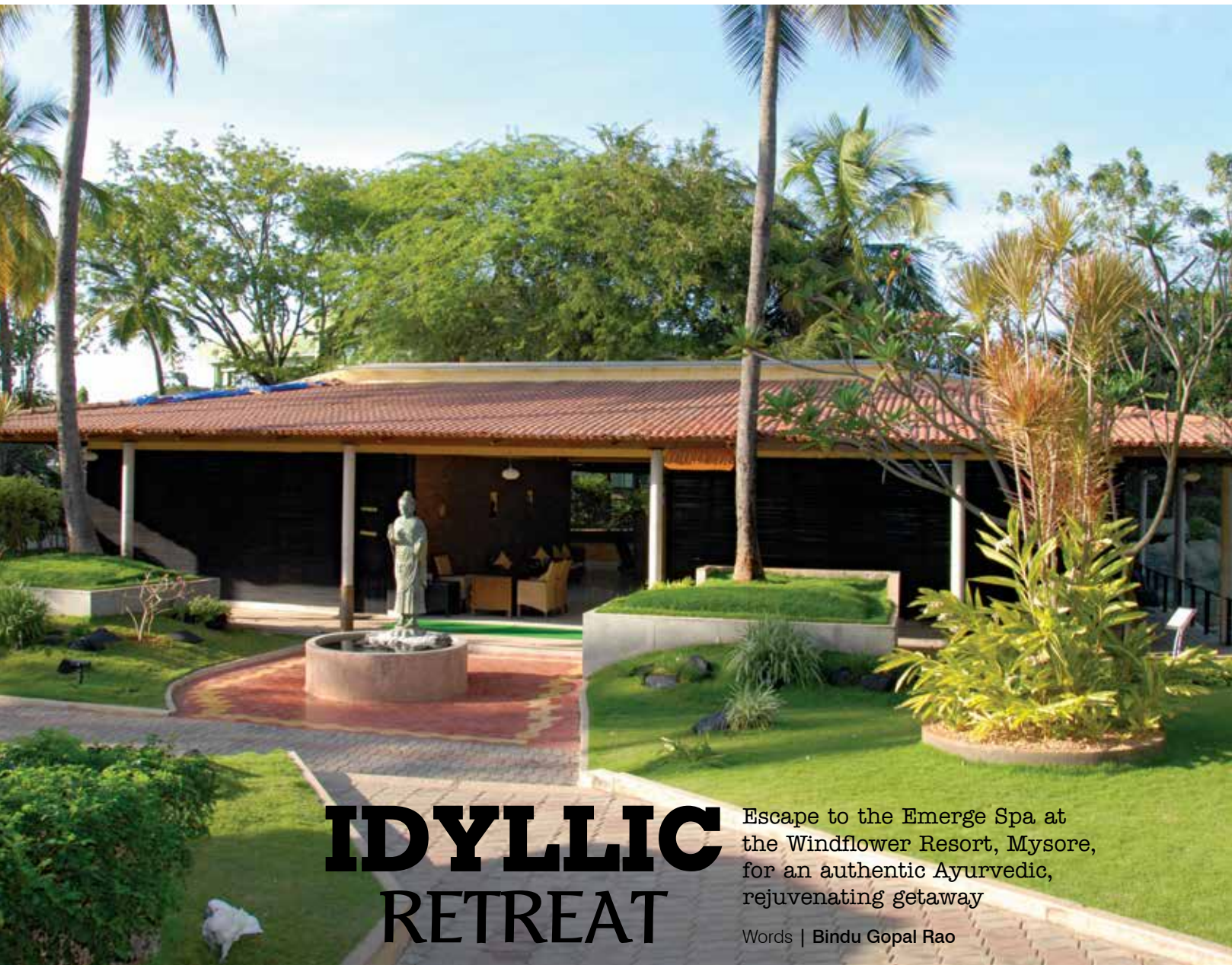
In conversation with celebrity hairdresser, Rod Anker

Trendy Tresses

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IDYLIC RETREAT

Escape to the Emerge Spa at the Windflower Resort, Mysore, for an authentic Ayurvedic, rejuvenating getaway

Words | Bindu Gopal Rao

Known for their holistic spa solutions, the Emerge Spa at the Windflower Resort, Mysore, is serene, accentuated by images of the Buddha that automatically augment the sense of calm. Although located in the heart of the city, you feel no sense of the urban chaos once you enter this idyllic retreat. Set amidst lush green landscapes, the spa overlooks a large water body on one side and a lovely cascaded swimming pool on the other. The sounds of the

rippling water add to the overall feeling of tranquillity here.

Spa Matters

Emerge Spa ensures strict adherence to high standards in terms of hygiene, safety and comfort of guests. When you enter Emerge, you find yourself in a refined world of understated opulence and sophisticated luxury – a world that will heighten every sensory part of your being. At Emerge, the finest rejuvenating and curative treatments are culled from

ancient traditions of Bali, Europe and India to offer you an unparalleled spa experience.

Everything about Emerge Spa incorporates a true holistic understanding of wellness, encompassing relaxation, self-awareness, detoxification, and the importance of creating a harmonious atmosphere that touches all the senses. The spa design is not only environmentally aware (virtually



FACT FILE

Name of the Spa: Emerge Spa at The Windflower

Year of establishment: 2006

Founders: P.V. Giri and Tharun Giri

Architect: Pragrup

Area/Size: 1500 sq.ft.

Treatment rooms: 4 Rooms

Number of estheticians: 10

Signature Treatment:
Emerge Elixir Ritual and Emerge Signature Facial

Timings: 8:00 a.m. to 9:00 p.m.

Address: The Windflower Resort and Spa, Maharana Pratap Road, Mysore 570010.

everything is recycled and natural elements are utilized to the optimum) but also incorporates the esoteric wisdom of Vaastu to ensure that the earth energies are as alive and vibrant as possible. "At Emerge, it is our endeavour to offer guests a sanctuary that will soothe and calm them and help reconnect with nature's harmony and their own inner beauty. The vision of Emerge Spa is born out of a desire to offer to all our guests a unique variety of spa services which not only help you look good and feel energized but also to ultimately educate you to opt for a healthier lifestyle," says P.V. Giri, Chairman. Emerge Spa offers a rich blend of Eastern (Balinese and Ayurvedic) and Western (Hydrotherapy and Beauty) spa philosophies. The spa menu is designed to satisfy the needs of discerning spa goers and first time spa visitors; but the ultimate aim is to ensure that all spa therapies provide results.

Signature Treatment

I was advised to try the Emerge Signature Facial, a speciality at Windflower Resort, who are known for their Ayurvedic rejuvenation programs. The time tested methodology of Ayurveda is employed in this signature facial to rejuvenate and revive tired and dehydrated skin. Milk and red rice are



the key ingredients in this therapy which incorporates the cleansing processes of a regular facial and enhances the results with the use of Ayurvedic ingredients and procedures.

Navara red rice is cooked in a herbal decoction and tied into small boluses which are then massaged on the face and neck to ensure optimal infusion of trace minerals and anti-oxidants into the sensitive face and neck skin zones. The whole therapy is relaxing as you are made to lie down so you can feel rejuvenated. A mask made up of the

same red rice and milk is then applied to enhance the efficacy of the treatment. A relaxing back massage at the end of the treatment leaves you feeling like a million bucks.

Apart from this, the spa has a range of Ayurvedic treatments like the Abhyanga, Shirodhara, Navarakhizi, Patra Pinda Sweda and Udvartana. As a spa that offers the three R's – relaxation, rejuvenation and restoration, the Emerge Spa scores on all counts. If you are in Mysore, this is where you must head. **SS**