



SS reviews what Bengaluru's Shine Spa has to offer
Words | Bindu Gopal Rao

The best way to relax is to head for an indulgent spa experience and after weeks of hectic travelling schedules, I allowed myself this by heading to Bengaluru's Shine Spa at Sheraton Bangalore Hotel Brigade Gateway.

DÉCOR MANTRA

A global spa concept designed exclusively for Sheraton, the spa is furnished with rich, lustrous materials in warm creams, browns and burnished gold that are highlighted with vivid cobalt blue, tourmaline and coral

accents. Throughout the spa, materials with innate shine, such as marble and onyx, high gloss mahogany, polished metal and glass, are incorporated in homage to the 'Shine' theme. The spa has ten treatment rooms each covering 945 square meters of contemporary splendour. Shine Spa finds its inspiration in fusing celebrated Western traditions with the balancing principles and elements of Feng Shui – metal, wood, water, fire and earth and the age old and time tested ayurvedic treatments. The ambience of the spa is uplifting and the soft strain of instrumental music adds to the soothing effect providing the perfect mix of relaxation and enrichment. I was first taken up to the relaxation area which is a bright, comforting space with a flow of natural light streaming in. The walls of the treatment rooms are made of Imperial pine springs stacked stone and add to the earthy, natural feel.



THE TREATMENT

The Shine massage is the signature treatment that I tried on the recommendation of Saif Usmani, Spa Manager, Shine Spa at Sheraton Bangalore Hotel Brigade Gateway. The treatment starts with a traditional foot soak in warm water when my therapist cleans and massages my feet. The massage duration is either 60 minutes (INR 4000) or 90 minutes (INR 4500) and I recommend you take the latter as it allows you more scope to relax. My therapist Ching from Mizoram asks me which part of the body she must focus on and explains that the treatment is customised based on the guest's response as there is an extra time spent on that area of the body.

The oil used in this massage is a lavender fragrance that has the ability to recharge you if the massage is had in the day time and calm you for a good night sleep if you have it the evening. My masseur starts the treatment with a warm-up when she uses her palms to massage my body covered with a sheet and then meticulously applies the warm oil to each part and uses her thumbs, fingers, palms and even the back of her hand at times to soothe every sore muscle in my body. The oil is smoothed onto the skin giving it a glow and feeling nourished and hydrated. Post

the massage you can enjoy a relaxing Jacuzzi experience in the room itself and head for a hot water shower. I can easily say that this will leave you feeling refreshed to take on work with renewed vigour!

OPTIONS GALORE

What makes this spa unique is that it is the first Shine Spa in India. A virtual paradise for spa enthusiasts, this spa offers myriad treatments aimed at reinventing and revolutionizing the spa experience under the supervision very capable and skilled therapists. "Shine Spa is about letting your guard down and feeling good. Forget about sombre and silent spa experiences – we want you to feel at home to have a conversation, burst into laughter, or just relax. It is luxury without the pretence," says Saif. Each treatment begins with a ritual foot wash, which gives your spa therapist a chance to connect with you and customize your Shine Spa experience. After your treatment, share the glow by leaving a note of gratitude or a joyful message on the glow board. In fact the Shine Spa for Sheraton gift certificates is a great way to gift someone you care about an indulgent experience. Lush colours fill the spaces with materials that add a dash of sparkle to the ambience and other lively details to create a perfect setting for guests

to connect. The Spa menu offers exclusively designed packages, Shine massage services to soothe aches and pains, alleviate stress and rejuvenate the body; Shine facial treatments to purify and enhance beauty. If you are looking to relax in luxe environs, head to Shine Spa and see yourself glow. **SS**



FACT SHEET

Name of The Spa: Shine Spa for Sheraton, Sheraton Grand Bangalore Hotel Brigade Gateway

Established: January 2014

Founders: Starwood Hotels and Resorts

Architect: Di Leonardo

Area/Size: 10172 square feet

Treatment rooms: 10

Number of estheticians: 6

Signature Treatment: Shime Massage, Shine for two

Timings: 9:00 a.m. to 10:00 p.m.

Address: 26/1, Dr. Rajkumar Road, Malleswaram-Rajajinagar, Bengaluru, Karnataka 560055