

StyleSpeakTM

The salon & spa journal



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FACE 2 FACE

Meet make-up wizard
Vidyadhar Bhatte

Colour It Right!

Make-up for
different skin types

PICTURE PERFECT

Experts decode looks
from ICW 2016

Trend Spotting

NYFW SS17
looks decoded

FESTIVE FERVOUR

The best make-up trends
for this festive season

the
Make-up
issue



ROYAL indulgence

Club Mahindra Udaipur combines traditional Rajput hospitality with modern comforts, ensuring a memorable experience

Words | Bindu Gopal Rao

Rajasthan's royal connections are well-known and I was lucky to experience it first hand at a recent visit to the Svaastha Spa at Club Mahindra Udaipur Resort. The resort is located about 8 km from Udaipur Railway station and 20 km from the airport and is away from the hustle and bustle of the city. Designed as a quiet getaway, the architecture matches the famed palaces the city is known for. If you are looking to relax, this is where you must head to for a holiday.

The best part for me among all the great facilities was an outing at Svaastha – The Harmony Spa. This spa offers a complete holistic spa journey amalgamating traditions and techniques of universal wellbeing practices and spa rituals founded on the timeless traditions

of Ayurveda and Yoga Life Sciences. The spa itself is built aesthetically, is inspired by the concept of threshold and is architecturally reminiscent of the temples of Kerala.

Signature Treatment

The spa offers holistic therapies that touch your soul in the midst of an elegant ambience. Since it was my first time in Udaipur, I was naturally excited and asked for the signature treatments. I was explained that the 'Svaastha Sparsh', an aromatherapy with Lime and Tulsi combined with an oriental pressure massage to promote healing was a speciality. This is a harmonizing and rejuvenating massage for the whole body and involves a rhythmic touch that leaves your body feeling balanced and rejuvenated.



The other treatment that caught my fancy was the 'Svaastha Sodhanam' – perfect blend of deep stroke Himalayan Massage and a traditional Himalayan Herb Scrub which helps remove the dead skin cells and makes skin glow and relaxes muscles. The massage incorporates deep tissue strokes of Himalayan traditions along with sandalwood and nutmeg essential oils. It is especially recommended for individuals with tired muscles and dull skin. The massage itself is a wonderful combination of unique hand movements and my masseur worked her deft hands releasing all the tensed muscles. The scrub and massage lasts for 90 minutes, leaving you feeling refreshed and your skin soft and supple. A warm shower post the massage and I was soon rearing to go, all the aches and dullness long forgotten.



Making a Difference

Apart from this, the spa offers some unique treatments including the 'Svaastha Rasayanam', a 'potli' massage and the 'Svaastha Lomi Lomi', a deep, revitalizing massage that eases and loosens muscles leaving the entire body feeling totally relaxed and refreshed.

Some of the other treatments offered are the 60 minutes Balinese Massage in which therapists use thumb and palm pressure and firm strokes to apply a unique blend of essential oils with warming qualities. The treatment stimulates blood circulation, improves energy flow and reduces tension. Also

try the reflexology, an ancient act of massage that brings a sense of comfort and relaxation to the body and mind by using a pressure point massage technique on your feet.

If you are keen only on scrubs choose from the Javanese Lulur, Himalayan Herbs Scrub or the Indonesian Borch Scrub. If you want to rejuvenate, relax and revitalize your senses, head to Svaastha Spa. It is certainly an experience like no other. **SS**



FACT FILE

Name of the Spa: Svaastha- The Harmony SPA

Established: 2014

Founders: Club Mahindra

Area/Size: 3500 sq. ft.

Treatment rooms: Three

Number of estheticians: Three

Signature Treatment: Svaastha Sodhanam and Svaastha Sparsh

Timings: 8:00 am to 8:00 pm

Address: Balicha, NH-8, Near Indo American School, Udaipur 313001, Rajasthan