

StyleSpeakTM

The salon & spa journal



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ace hairstylist

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LUXE OCEAN INDULGENCE

Escape to the Spa by JW in Bengaluru for a pampering extravaganza.

Words | Bindu Gopal Rao



Spa by JW is a health and wellness destination, designed to restore a natural state of equilibrium. The six treatment rooms, sauna, steam, whirlpool and a state-of-the-art fitness centre set the scene at the Spa by JW. Coupled with plush decor and a serene ambience, the spa is designed to give you a holistic healing experience. There are a host of spa treatments inspired by Indian, Western and Asian therapies.

In an effort to bring spa rituals from across the globe to Bengaluru, Spa by JW has introduced two exquisite therapies - Indocéane Spa Ritual and Polynesian Spa Journey to its already impressive repertoire of therapies. I was suggested the latter and told that 2 hours of blissful relaxation awaited me!

Relax & Rejuvenate

Located on the wellness floor alongside the pool and the gym, the spa is an

oasis of calm. I was led to a quiet room to fill in the consultation form that asked me if the therapist must be aware of any medical condition. As I filled the form, a cold towel and cold tea (a delicious concoction of lemon, ginger, mint and honey) was served. My therapist Jyotika was ready and ushered me into a large room that had separate sections for treatment, hydro bath and a changing area complete with a number lock cupboard!

Spa by JW endeavours to offer guests the very best in spa rituals designed to sooth your body, mind and soul in the very heart of the city and it is easy to see why when you are here. The music is soft, never overpowering, and the room temperature is just perfect.

The Polynesian Spa Journey

After changing, I was given a foot cleansing with a scrub and then was lead to a warm spa bed, where I was asked to lie down face-up. I was explained that this is an exotic spa ritual inspired by four of the most beautiful islands hidden in the heart of the Pacific Ocean. My therapist started with an 'Exotic Island' inspired Body Scrub. The scrub was vanilla-scented and blended with pure white sand from Bora Bora, sea salt, coconut shell and algo-monoi that exfoliates the body leaving it soft and supple. After this I was asked to head to a hydro bath, an azure bath inspired by the crystal blue waters of the Manihi Lagoon to protect and hydrate the skin.

After drying myself I headed back to the spa bed which had two hot water pillows to accentuate the ocean experience. I was given a Mahana Massage that incorporates a rhythmic Lomi-Lomi massage and warm sand pouches to loosen muscles and nourish the skin. The exotic journey concluded with the



Polynesian oil originated from Raiatea, the sacred island, being swept over the skin with its subtle golden pearls leaving skin with a radiant finish. As the oil is light and has a fruity flowery fragrance, you do not need to shower post the treatment.

I felt not just relaxed but was rearing to get back to action as each muscle in my

body felt rejuvenated. Post the treatment I was offered some dry fruits and a selection of teas (green, black currant, jasmine, lemongrass and orange) from a little menu. This really was a spa journey to cherish, easily the best I have had in a while. This is a great way to pamper yourself and one that comes highly recommended. Go for it! **SS**



FACT FILE

Name of the Spa: Spa by JW

Established: 2013

Name of the owner: Marriott International

Area/Size: 2000 sq. ft.

Treatment rooms: Six

Number of estheticians: Eight

Signature Treatment: Treatments are inspired by Indian, Western and Asian Therapies

Timings: 9am to 2pm

Address: 24/1, Vittal Mallya Road, KG Halli, Shanthala Nagar, Ashok Nagar, Bengaluru, Karnataka