

StyleSpeakTM

The salon & spa journal



Vol.9 ■ No.12 ■ 158 pgs ■ February 2017 ■ ₹100

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COASTAL SPA CALLING

Escape to the relaxing folds of the coast at Amrtam by Escenza, InterContinental Chennai Mahabalipuram Resort

Words | Bindu Gopal Rao



A holiday by the sea can be extremely rejuvenating and if there is a spa you can head to, it simply makes the experience even more revitalizing! I was lucky to experience this on a recent visit to the beautiful InterContinental Chennai Mahabalipuram Resort that is home to the tranquil spa – Amrtam by Escenza.

Located on the beachfront, the resort is the perfect setting for a holiday – a time to relax. The spa, Amrtam by Escenza located on the ground level takes this

concept further and does full justice to the word 'Amrtam', meaning the nectar of life. This is a space that brings together the soothing elements of nature for restoring body, mind and soul.

Decor Mantra

Spread across 15,608 sq. ft., the spa includes a delineated male and female area, split by a domed greeting area, lounge and retail. There are seven suites with an adjoining private courtyard that offer guests an array of body treatments as well as outdoor therapy and activities.

The decor palette is locally inspired and based on four natural elements – amber, pearl, gold and platinum. These reflective tones are applied throughout the spa – copper sheeting, brass fixtures and inlays, gold and iridescent mosaics and silver leaf. Geometric patterns are also repeated throughout, consistent with the general architectural and interior design approach. The comfort factor, privacy and the articulation of spaces have been strong motivations in the spa's design. Soft lighting, large upholstered relaxation platforms, dramatic axial views, theatrical

circular hot tub areas and vaulted wet rooms ensure that guests are taken on a memorable journey of wellbeing and bliss.

Spa Treatment

The Amrtam Spa is based on the concept of sustainability and an organic approach that is reflected in all its therapies and offerings. Treatments incorporate products from internationally acclaimed UK Spa brand 'Aromatherapy Associates' and marine seaweed based treatments from renowned French brand 'Thalion'. A short form is required to be filled where you can specify the kind of pressure you need as well as if you are on any medication.

To start off, I was given a ginger honey cold drink. After reading through the extensive menu I zeroed in on the Candle Massage Therapy offered for durations of 60 minutes or 90 minutes. This is a unique massage where the massage candle melts into a warm, sumptuous massage oil. This oil of natural butters is drizzled over the skin for a wonderful massage treatment that melts away tension and nourishes the skin. Recommended if you have dry skin like mine, the entire experience is blissful to say the least.



My therapist Kinley from Bhutan started with a foot ritual using lemongrass known for its anti-fungal properties. A quick cleansing with mineral salts and I was soon lying on my stomach for the massage. Using her thumbs and fingers with synchronised precision, Kinley started massaging every part of my body, releasing a lot of tension from the muscles and joints. The process was seamless and my therapist ensured that I was comfortable at

all times, constantly checking if the room temperature and pressure were conducive. I was then given a face and head massage and the oil left my skin feeling soft and supple. After a relaxing shower, I felt great while I sipped on my hot green tea at the end of the session.

It was indeed an unforgettable experience. So are you ready for a coastal spa getaway? **SS**



FACT FILE

Name of the Spa: Amrtam by Escenza
Established: October 2015
Founder: Owned by Adyar Gate Hotels Ltd. and managed by Escenza Wellness
Area/Size: 15,608 sq. ft.
Treatment rooms: Seven
Number of estheticians: Seven
Timings: 9:00am to 8:00pm Sunday to Thursday
 9:00am to 9:00pm Friday & Saturday
Address: 212, East Coast Road, Nemelli Village, Perur Post Office, Kanchipuram District, Chennai - 603 104