

StyleSpeakTM

The salon & spa journal

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FACE 2 FACE

With Najeeb ur Rehman

Rock that Beard

A round-up of the trendiest
beard styles that are
making waves world over

Male Grooming Time!

Check out the popular beauty and spa
treatments for men across the globe

HEAD TURNERS

A round-up of the hottest hair trends that
Tinsel Town's leading men are flaunting

the
Men's
issue



Get Ready for
HBS

April 10-11 2017
Mumbai

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more details



Pamper Yourself

Head to Limelite Salon & Spa, Jayanagar, Bengaluru, for some well-deserved me-time

Words | **Bindu Gopal Rao**

A good way to relax is to head to the salon and indulge in some time me-time. So when I had an opportunity to head to Limelite Salon & Spa, I immediately decided to take time off for myself.

Limelite has a simple mantra – ‘Feel like a star’. The service is top notch with experts who are trained to offer high

rooms are designed with bright white 3D decor boards and simple beige wallpapers setting an elegant yet serene atmosphere for customers to relax during their hair and skincare services.

Mane Matters

My treatment began with the Kérastase Hair Spa as my therapist Bhavya led me to the exclusive Kérastase zone. She started with a detailed examination of my scalp. Using the Hair and Scalp Profiler, the Kérastase diagnostic camera that zooms into the hair up to 600 times, she conducted a scalp evaluation, which in my case was normal. She also checked factors like density of hair, thickness, hair health and explained that the condition

of the hair determines the choice of concentrate and the selection of the booster. In my case the K Profile, a little card that details the examination, listed my primary hair concern as dryness and I was suggested the 60-minute Intensive Nourishing Ritual.

After washing my hair using the Bain Chroma Captive Shampoo, Bhavya mixed the concentrate with Fusio-Dose, a ritual that can be added easily to any Kérastase salon service such as hair colouring, cutting or styling. After spraying the same in sections on my hair, a light massage was given. Then the entire hair shaft was coated with the Kérastase Nutritive Masquintense. This was followed by a deep Kérastase massage that was thoroughly relaxing. Bhavya explained that the special techniques used are intended to improve blood circulation and relax muscles. After this my hair was rinsed with water and a leave-in anti-frizz conditioner and Elixir Ultime oil was applied which left it feeling soft and healthy.

Happy Hands & Feet

I then headed to the mani-pedi station and my therapists Suma and Ram were waiting for me. I opted for the ice cream manicure and pedicure by UK based Bomb Cosmetics – the products



look like cupcakes with ice cream and the soaps, creams and scrubs smell heavenly. The cupcakes are dipped into warm water where the feet and hands are soaked and melt completely in 15 minutes, releasing essential oils that hydrate and nourish the skin.

Post removing the dead skin, a fragrant sugar scrub was rubbed on my feet and my hands were scrubbed with a smooth strawberry kiwi scrub. After this, a hydrating clay mask made with jasmine and green tea was applied and a cling

film was wrapped around the hands and legs to allow the mask to release its oils. The last step was massaging a shea and cocoa butter cream, loaded with Vitamins A, C and E, mixed with what looks like candle wax, but is actually peppermint essential oil that gives the skin a lovely sheen. I was then offered a range of nail polishes to choose from. I left the salon with soft and supple looking hands and feet that I really could not stop gazing at! SS

FACT FILE

Name of the Salon: Limelite Salon & Spa

Established: 2001

Founders: Gopalkrishnan R., Business Head, Trends in Vogue Pvt. Ltd.

Area/Size: 1600 sq. ft.

Treatment rooms: Four + One Private studio

Number of estheticians: Six stylists, Six beauticians

Timings: 10 am–9 pm for Men, 10 am–8 pm for Women

Address: No.126, 33rd Cross Rd., 11th Main, 4th block, Jayanagar, Bengaluru – 560011

