

StyleSpeak

The salon & spa journal



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StyleSpeak brings you a round-up of the decor must-haves in salons and spas

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issue



SHINE ON!

For some respite from urban stress, head to Shine Spa at Sheraton Grand Bangalore

Words | Bindu Gopal Rao

A spa experience is a great way to relax. And when this is in a beautiful setting, it adds more value to your spa experience.

This is exactly what I found at Shine Spa. Located on level four at Sheraton Grand Bangalore, Shine Spa is luxury personified. With interiors that are plush, the spa itself is large with a whopping

ten rooms and an extensive menu of spa treatments administered by trained therapists.

The Decor

The spa decor is elegant and classy with a contemporary, modern look. I was welcomed with cold herb infused water and led to a relaxation area that

has comfortable sofas and tables, in beige and cream tones with magazines that you can read while you wait for the treatment to begin. The rooms themselves are spacious and are done up in hues of wood with a splash of red. The walls have innovative paintings that spice up the look of the room. With notes of soft music and a light aroma, the rooms are great places to lull your mind into a state of rest. There are five couple rooms and five single treatment rooms that are done up in similar colour tones.

The Treatment

Upon walking in, I was advised to

try the signature treatment The Shine Massage by the spa manager, Mahesh Lal. This was recommended as it aims to alleviate pain through the use of lavender aromatherapy oil. The essences are smoothed onto the skin using customized massage strokes leaving it glowing, nourished and hydrated. My therapist Ina from Nagaland led me to the treatment room accessible after climbing down a narrow winding stairway and a dimly lit corridor that sets the stage for a relaxed atmosphere.

The room was large and had a Jacuzzi and bathroom attached as well. After changing, Ina asked me to sit for a foot soak when she did a quick wash of my feet and asked me to lie face down on the massage table. The massage was done with essential oil of Lavender known for its healing and restorative properties. My masseur started the therapy by applying the oil liberally and then used her hands deftly; applying pressure with the thumbs and palms as well as her entire hands to ensure that all the muscle tension was released. Her synchronised movements made me feel at ease and throughout the treatment, she checked with me if the pressure suited me and if I was comfortable.

The massage is available in 60 minute and 90 minute options and you can opt



for what suits you. Ina also asked me if I would like oil on my face and hair and offered an option of a dry massage when I declined. In fact you can allow for the oil to soak into your skin if you do not have a shower immediately. Post the massage the herbal tea was exactly what the doctor ordered.

I was advised to drink a lot of water during the course of the day as the massage helps flush out toxins from the body. Post the treatment, I was asked to share a positive message that was hung on the glow board adjacent to the reception. True to its name, Shine Spa leaves you feeling shiny inside out! **SS**



FACT FILE

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

Established: January 2014

Founder: Starwood Hotels and Resorts

Area/Size: 10,172 sq. ft.

Treatment rooms: 10

Number of estheticians: 3

Massage Therapists: 6

Timings: 11:00am to 11:00pm

Address: The Chancery Hotel Basement, 10/6, Lavelle Road, Bengaluru – 560001