

StyleSpeak

The salon & spa journal



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A tête-à-tête with the expert hairstylist, Placid Braganza

On Trend Interiors

A roundup of salon and spa interior trends that you must keep in mind while designing your space

Mane Styles for the Ramp

Hairstyles that will rule the ramp in 2017

SPRUCE IT UP!

A guide to creating fully functional and charming salons in small spaces

Décor Mantra

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

the
Interiors
issue



A Zen Feel

Head over to O2 Salon, Indiranagar, for an escape from the sweltering heat and a makeover like no other

Words | Bindu Gopal Rao

Located in a by lane in Indiranagar, the environs of O2 Salon have an instant calming effect on your senses. O2 is a unisex space that offers spa and salon services and I was here to experience the salon. While the entrance is adorned with a Buddha statue, the interiors are plush with warm wood flooring. Soft pink and beige cushions and metal artefacts add to the overall feel. Most of all, the Buddha figurines exude an aura of serenity and peace.

The O2 Salon has been envisioned to provide customers with the best of the services through a plethora of grooming

and beauty services of international standards. O2 brings in close to a decade of expertise in successfully delivering customized quality wellness and salon services and all their staff have been trained from O2 Skills, an educative initiative of O2 Spa and Salon.

Choices Galore

O2 Salon's comprehensive menu can be customized according to the client's individual needs. It offers a wide range of beauty services across hair, skin, hands and feet, essentials, bridal, etc. Among the signature treatments are the Keratin treatment, a revolutionary smoothing system that infuses Keratin deep into the

hair cuticle, eliminating up to 95% of frizz and curl from hair and leaving it soft, shiny and luxurious.

Their menu also features the Signature Coffee Manicure and Pedicure. It is said that coffee is an excellent de-tanning and illuminating agent with very high



anti-oxidant properties and is a great remedy for skin damage caused by UV Rays. The salon is also known for its pre-bridal treatments and if you approach them 3 months prior to the big day they will give you several trial sessions without feeling rushed.

Being Pampered

I was welcomed with a cold towel and lemon juice that felt perfect in the heat and I was recommended to take the spa pedicure and manicure, a relaxed regimen for the feet and hands. A separate section of the salon is dedicated to these treatments and plush reclining leather chairs are placed here.

After I was seated, my therapists Angel and Hasina started working in tandem to do the pedicure and manicure respectively. The products used were from June Jacobs and had a lovely, light aroma that wasn't overpowering. After filing my nails, they first applied cuticle cream and allowed my hands and feet to dip in warm water for a few minutes. After this using a cuticle pusher, my cuticles were pushed back and a cuticle cutter was used to cut all the extra cuticles. After this my hands and feet were scrubbed with a shower gel and cleaned thoroughly.

My therapists then applied a scrub and massaged my hands and feet – a truly relaxing treat. After washing this off with warm water, a Mud Masque was



applied and left on for a few minutes. After washing my hands and feet a brightening masque was applied to give my hands and feet a nice feel. Lastly, a cream was massaged into my hands and feet and a neat coat of nail polish of the colour of my choice completed the treatment, leaving my hands and feet very happy and refreshed.

Tress Talk

I also decided to go in for a hair spa as the heat had left it quite frizzy. My stylist Babu inspected my hair and recommended the Schwarzkopf Spa Essence Hydrating Cream Masque treatment. The treatment started with a hair wash using a Schwarzkopf shampoo. After this the Masque was

applied all over my hair with a brush for uniform coverage. This was followed by an invigorating massage to ensure the cream was soaked. If guests have specific problems like dandruff, this masque is infused with a serum as well. Post the ten minute massage, I was asked to take steam on the hair for 5 minutes to ensure further penetration of the masque. After this my hair was washed and dried and smelt heavenly and felt very soft and smooth.

O2 as a salon offers great service thanks to its courteous staff. You can sign on for their membership plans and get discounts too. So what are you waiting for? Head to your nearest O2 salon and indulge! **SS**



Photo Credits: Bindu Gopal Rao

FACT FILE

Name of the Salon: O2 Salon

Established: 2015

Founders: Ritesh Mastipuram

Area/Size: 820 sq. ft.

Number of estheticians: Three

Signature Treatment: Keratin Hair treatments

Timings: 10 am – 10 pm

Address: 295, Ayshwarya, HAL 2nd Street, 6th Main, Indiranagar, Bengaluru – 560038