

# StyleSpeak<sup>TM</sup>

The salon & spa journal



Vol.10 ■ No.4 ■ 150 pgs ■ June 2017 ■ ₹100

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Anubha Dawar

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issue



# IN 'SEVENTH HEAVEN'

An oasis away from the city, Seventh Heaven Spa, Bengaluru is the ultimate escape the hustle and bustle of life

Words | Bindu Gopal Rao

**B**ased on the concept of serenity and tranquillity, the Seventh Heaven Spa has an apt name. Set amidst beautiful landscaping, this is a huge spa spread over 11,000 sq. ft. and is expansive to say the least. With an ambience that reflects calmness, this space offers masso-therapy, international standard steam sauna and more.

All the therapists at Seventh Heaven are professionally qualified and have several years of experience. Some of the signature therapies include Classical

Swedish, Seventh Heaven Balinese Magic, Seventh Heaven Sports, Seventh Heaven Thai Massage, Aromatic Delight and Chinese Reflexology. Some of the royal ritual packages include – Javanese Mandi Lulur, Balinese Boreh and the Marma body Mind and spirit massage. Popular with couples, this also has packages for couples including the Adam and Eve Serenity and the Massotherapy treatment.

The Seventh Heaven Ayurvedic rituals include a range of treatments to revive one's inner energies. There are also a

range of treatments offered including the Seventh Heaven Express Revive, Seventh Heaven Skin care treatments, Signature face therapies, Hydro Indulgence and more.

## **Bali Calling**

From the range of signature treatments, I was advised to try the Seventh Heaven Balinese Magic by the spa manager Lilly. The treatment can be done for 60 minutes or for 90 minutes. This is a traditional village massage that uses aromatic oils combined with acupressure and skin rolling movements to improve

blood circulation, relax the body and restore balance.

My masseur Elli led me to the changing room and gave me a robe to change into. Upon changing, I was led to the treatment room. Done up in hues of beige and cream, the room was large and had a wall that runs along with muted lighting and figurines of fish and storks. Elli told me to lay face-down and covered me up with a towel enquiring if the music level and temperature were conducive. She also asked me if there were specific parts of the body I would like for her to concentrate upon and enquired about the pressure levels I prefer before beginning therapy.

The massage started with the back and using her thumbs and hands in tandem, she applied the aromatic oil and smoothed all the frayed nerves. Soon she massaged my legs and hands and asked me to turn over and completed the massage. One has a choice to opt for a head massage, with or without oil as well.

The strokes used were a combination of stretches, pulling and pushing techniques that relax all the muscles of the body. At the end of the massage I felt light and relaxed. I was asked to lie down for 5 minutes while the steam was readied. I was advised to take the steam for 5 minutes and take a shower after that. After I changed, I was offered a cup



of piping hot green tea, which left me feeling both rejuvenated and refreshed. Naturally my feedback had one word –

excellent. A great way to detox, this is the treatment to try in Seventh Heaven Spa, it truly takes you to seventh heaven! **SS**



### FACT FILE

**Name of the Spa:** Seventh Heaven Spa, Clarks Exotica

**Established:** 2007

**Founder:** Ronald Colaco

**Area/Size:** 11,280 sq. ft.

**Treatment rooms:** 14

**Number of estheticians:** 9

**Timings:** 10:00am to 7:00pm

**Address:** Clarks Exotica Convention Resort and Spa, Swiss Town, Hollywood Junction, Sadahalli post, Devanahalli Road, Bengaluru – 562110