

StyleSpeakTM

The salon & spa journal



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Priyanka Borkar

That Perfect Ambience

Set the right mood in your
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Head-turning Hairstyles

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COUPLE CONNECT

Bond over a fascinating experience at the Ritz Carlton Spa this Valentine's Day

Words | Bindu Gopal Rao

February is the month that celebrates the feeling of love and it is a great time to acknowledge a relationship. And what better way to do this than spending some quality time at a spa which could help re-establish an equation between loved ones.

The Ritz Carlton Spa, Bangalore is located on the 5th floor of the luxurious hotel and the entire floor is dedicated to wellness. As you enter this floor, your senses are taken over by the wafting aroma of a blend of essential oils.

The spa design is inspired by nature and traditional Indian design and it is impossible to miss the delicate hand-made lotus flower shapes and intricate Jaali screens and patterns that not just provide privacy but also filter light creating design patterns that enliven the space. The spa offers a diverse range of solution-led face treatments, body treatments and massages, each one designed and tailored specifically to ensure that you experience the most beneficial physical and emotional therapeutic benefits depending on your needs and requirements

Making the Connect

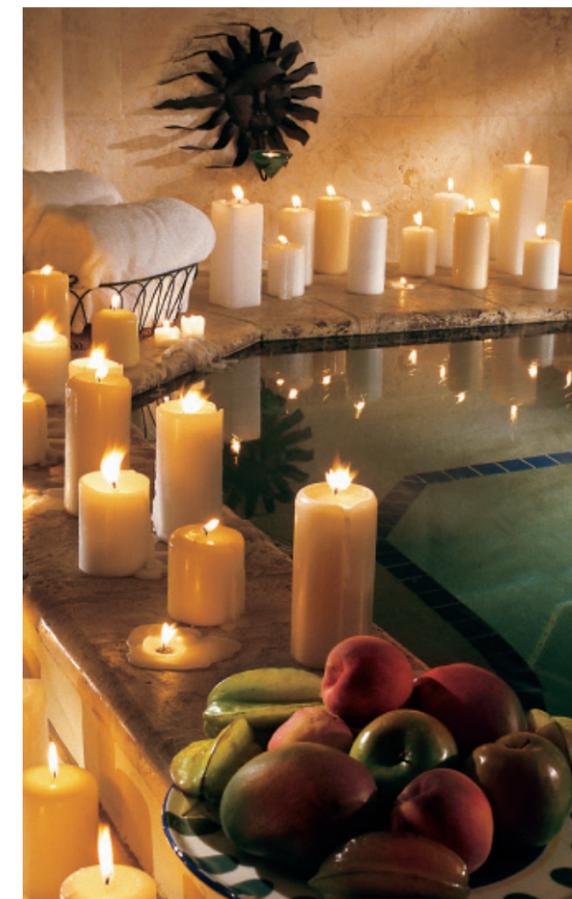
I reached the spa on a Monday morning, quite the perfect way to start

the week and Ankit Rawat, Director of Spa welcomed me here. As I settled down sipping a cold concoction of ginger, cinnamon, honey and lime, he suggested that I experience the special 'Couple Connect' therapy a specialty for February. So I decided to go for it as this is a special treatment that uses ila products a company that creates the world's finest spa treatments and products and partners with some of the world's leading luxury spas and retailers. "Designed for couples to experience together, this sensual ritual helps calm the nerves and ease you into a spot of sublime. It promotes reconnection on a physical, emotional and spiritual level," says Gargi Guha, Director of Public Relations, The Ritz-Carlton, Bangalore.

The Therapy

My therapist Achui from Manipur escorts me to the luxurious spa suite that is complete with a living space, an attached sauna and shower, a Jacuzzi, a relaxation space and a treatment room. Yes all this in one treatment room! The room itself is done up beautifully with floating rose petals and heart shaped designs that reflect love in all ways! After I change, Achui does a quick foot massage ritual and asks me to lie face down. I am taken in by the whiff of marigold, from a bowl of them under my spa bed. Achui explains to me that the massage is a light pressure one and includes a chakra rejuvenation as well. "Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – Rose (the oil of love), Orange Blossom (for bliss) and Jasmine (for stimulating the flow of love) – to encourage a beautiful union of body, mind and soul. The Couple's Connect treatment addresses healing to the subtle energy field through the physical body via the lymphatic system, marma massage and the light techniques," says Gargi. The 120 minute ritual starts

with a synchronised back massage with the essential oils and then Achui starts pressing my back muscles in a specific manner. This is intended to improve blood circulation and the gentle at first movements become restorative and replenishing during the mid-massage period. After this she starts moving her hand across my back which helps in lymphatic drainage as well. The back massage itself takes a hour. After this my legs were also carefully massaged and the rest of the body was also massaged with the same oil. Once the body massage was done, Achui took out a special pot in which a mix of Almond and Ayurvedic oils were poured in a special ila container and a whole litre of oil was slowly trickled down from my forehead to my hair and an invigorating massage left me feeling light and relaxed. A hot steam and shower and I felt relaxed and rejuvenated. As I sipped on the strawberry essence drink after the treatment both my spirit and body felt uplifted and this was really one of the best ways to start the New Year. You can too – make the effort and you will know it is well worth your time! **SS**



FACT FILE

Name of the Spa: The Ritz-Carlton Spa
Established: 31.10.2013
Founders: Nitesh Shetty
Architect: Peter Silling & Associates
Area: 17000 Sq.ft
Treatment rooms: 12
Number of estheticians: 3
Signature Treatment: Jaali Embrace (Four Handed Massage inspired by the jaali or trellis scenography of the hotel)
Timings: 07.00AM – 02.00PM
Contact: 080 4914 8000/
 +91 9900.077.036
Contact Person: Ankit Rawat, Director of Spa
Address: The Ritz-Carlton, Bangalore, No. 99 Residency Road, Bangalore, 560025, India