

In the Lap of Luxury

At Kaya Kalp, the spa at ITC Gardenia in Bengaluru, a spa outing is all about an elevated level of relaxation in an uber luxe environment.

Words | Bindu Gopal Rao



Located on the busy Residency Road, Kaya Kalp – The Spa at ITC Gardenia spread over 10000 sq. ft. is an urban oasis away from the hustle and bustle outside. The LEED platinum-rated spa offers therapies from all over the world as well as a number of indigenous therapies of Eastern origin.

Signature Ritual

As I enter the spa floor, there is an unmistakable aroma of natural essential oils that waft through the air that relaxes my mind quite instantaneously. Dr. Neeraj Chauhan, Spa Manager recommends that I try the 120 minutes Exotic Pomegranate signature treatment and my welcome drink is also a wholesome pomegranate juice. Once done, I am asked to fill a small health questionnaire after which I am taken inside, given a change of clothes and a locker to keep my things before heading for a steam. Post the steam I am led to a relaxation area where Yan my therapist from Nagaland is waiting to escort me to my spa suite. Done up in hues of brown and red, the dim lighting and soft music are a perfect precursor to the session ahead. My treatment starts with a foot ritual with sea salts mixed with rosemary and eucalyptus and a breathing exercise to acclimatize myself with the sandalwood oil I have chosen for the massage. As part of the foot massage I am also given a foot bonding exercise when a wooden hammer is gently tapped along the back of my feet an ancient Chinese tradition that is said to help in blood circulation. The treatment starts with a scrub made with pomegranate seeds known to have deep cleansing antioxidant properties mixed with organic brown sugar that aids in a gentle exfoliation. Not only does it have a cleansing effect it also removes the stress and leaves the skin feeling soft and supple. After this I shower using plain water and come back for the massage. Using a fragrant sandalwood oil, Yan uses her hands and works



magic with her strokes that have deep rhythmical movements and synchronised moves that ensure all the body stress just vanishes. The Kaya Kalp's signature blend of exotic pomegranate polishes and softens the body to perfection. "Kaya Kalp Massage Our signature massage is designed to relax the entire body, focused on relieving muscular tension while combining wonderful soothing strokes for the ultimate massage. This powerful aroma therapeutic massage incorporates a dynamic blend of oils. Indian Foot Massage Relax, listen to our soothing music and put your feet up. This therapy will send you on the royal road to pure relaxation with a foot massage using healing creams and ancient techniques that include stimulating pressure points that will leave you in a state of bliss. I had the option to customize my treatment and Neeraj recommended a mini facial which included a cream based cleansing, toning, scrub, black head removal and a massage cream with steam that left my face feeling both radiant and relaxed. As I sipped my honey, ginger lime tea after

the session, I could feel a new energy in my body and it was certainly thanks to Kaya Kalp. **SS**

FACT FILE

Name of The Spa: Kaya Kalp

Established: 2009

Founders: Signature Spa Chain by ITC Hotels

Architect: Rajinder Kumar

Area/Size: 10400 sq. ft

Treatment rooms: 07

Number of Aestheticians: 09

Signature Treatment: Spa Journey EXOTIC POMEGRANATE (120 min)

Timings: 7 am to 10:30 pm

Address: ITC Gardenia, # 1, Residency Road, Bengaluru 560025

Contact: Dr. Neeraj Chauhan Spa Manager, ITC Gardenia Bengaluru +91 6682 5260

Website:

www.itchotels.iWn/itcgardenia