

StyleSpeakTM

The salon & spa journal

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John Paul Mitchell Systems

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GREEK WELLNESS

A spa outing at Meraki Spa & Wellness is all about relaxing with a luxurious Greek twist courtesy its décor and therapies to match.

Words | Bindu Gopal & Photographs | Meraki Spa & Wellness



Located in Bengaluru's upmarket commercial quarter St. Mark's Road, Meraki Spa & Wellness is "heavily inspired by the Greek word 'Meraki' which means 'to do something with soul and love; to put a piece of yourself into your work'. All the staff is aligned to this meaning and we also have a Grecian decor to match its vibe," says Founder, Debanjan Kundu. And once the doors open into this absolutely delightful space you know just why.

The white arched shaped door opens to a corridor that is lined with rugs in a series of varied geometric patterns in blue, grey yellow and beige on one side and a comfortable seating including a swaying chair and the other end. This opens to a reception area that has small nooks displaying small bottles of the products used here. Cane lights hang from the ceiling and a staircase takes you to the treatment rooms upstairs.

Debanjan had recommended I try the signature Meraki Soul Package a two-hour indulgence that comes with a choice of massage for 90 minutes and a 30-minute choice of body scrub followed by steam and shower. The spa manager asked me about my choice of pressure and when I said 'medium', I was recommended the Swedish massage that helps increase blood circulation and uses medium pressure to release muscle tension and stress. I combined this with a Cucumber & Mint Body Scrub considering the rather warm weather outside. The cucumber lightens and rejuvenates the skin while being a natural way to help soothe the skin of any sunburn which felt perfect.

My therapist Aring from Manipur was ready and lead me to the room where I was first asked to sit and given a feet wash using warm water. Once she patted my feet dry, she



asked me to change and lie face down. She then started the massage by first patting me all over with the towel and stretching my whole body to prepare for the massage. Using warm olive oil she started with my back where after liberally applying the oil she used pressure from her palms to cover my entire back. Her strokes were very firm and she effectively used her fingers especially her thumbs as she ran them along my spine. The pressure was quite strong yet felt deeply relaxing. She massaged the entire back using a variation of strokes some done in sync and some on one side at a time. After this, she began working on my legs again using oil and massaging my feet in circular motions and then my legs and thighs. Following this, I was asked to turn over and she



massaged the front of my legs again using pressure from her palms. Then my stomach and chest were massaged. After this, she washed her hand and gave me an invigorating dry head massage that released all the tension from my head. Once the massage was completed, she started using the scrub that had a white creamy texture. Using warm water, she applied it thoroughly first on my stomach and then scrubbed my legs and hands. Asking me to turn over, she scrubbed



the mixture on my back, legs and hands. Once done, she wiped off the same from my back using a warm towel that felt wonderful. I was then asked to shower and sip on my green tea knowing that it was an afternoon well spent. **SS**

FACT FILE

Name of The Spa: Meraki Spa & Wellness

Established: 2015

Founders: Debanjan Kundu

Architect: Studio Goya, creative director Akshita Mehra. www.studio-goya.in

Area/Size: 3000 sq ft

Treatment rooms: 5 rooms

Number of estheticians: 6

Signature Treatment: Meraki Signature Touch (massage), chocolate body scrub

Timings: 11:30 am to 9:30 pm all days

Contact: 7619613118

Address: No. 8, Papanna Street, St. Marks Road, Bangalore 560001

Website: www.merakispain.com