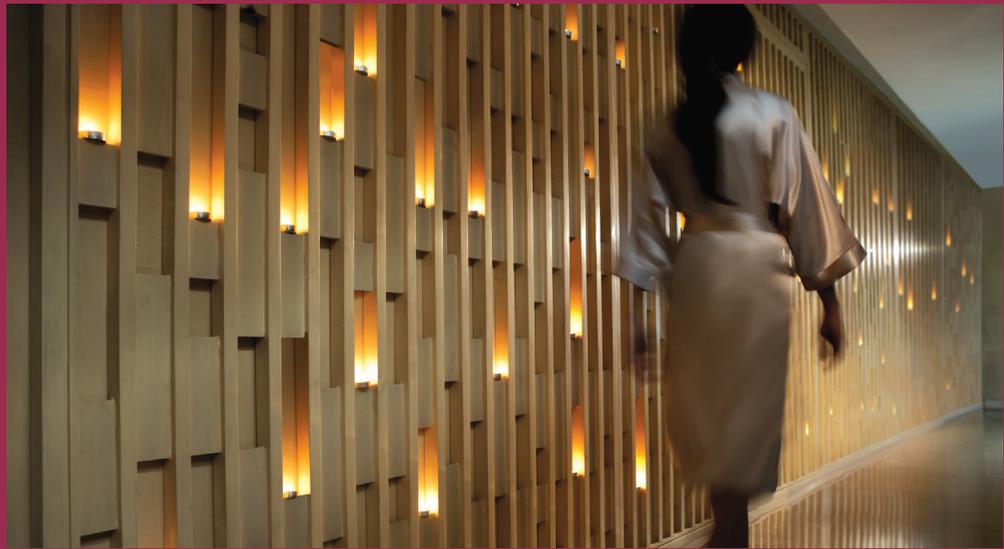


Hot stone therapy at the Quan Spa in JW Marriott Chandigarh is sure to drive your blues away and help you embrace the very best of the season.



WARM VIBES

CHANDIGARH | BINDU GOPAL RAO

A spa session is one of the best ways to relax and when it is done to perfection with attention to detail, it makes the overall experience several notches higher. This is exactly what I experienced at Quan Spa in JW Marriott Chandigarh that was wonderful after a long journey to the city.

As I entered the spa, I could sense a warm ambience and the spa manager Avneet sat down with me to fill a consultation form over a cup of green tea. The spa itself is done up in contemporary colours like steel grey, beige and brown and lends an aura of relaxation courtesy its décor. There are a couple of seating areas in the reception area with a magazine stand on one end as well. Once done, my therapist Mercy, from Nagaland, led me to my treatment room and asked me to change. I was recommended the 45 minute Hot Stone Therapy that begins with a foot ritual. Using rose petals and sea salt mixed with essential oils, Mercy massaged my feet gently with the same telling me that it was done to remove dead skin. After wiping my feet dry, she asked me to lie face down on the massage table. As I looked into the bowl of flowers below, my mind instantly

relaxed. Since in my consultation form I had chosen the objective as a relaxing spa, she suggested fragrant lavender oil known for its relaxing properties.



The first part of the massage included a dry one over the towel ensuring the body got ready for the session. Starting the massage with my back first, Mercy applied warm oil and used circular strokes around my shoulder and back muscles to iron out all knots. This was followed with similar strokes using two hot stones on either of her palms and using the same pattern as the oil massage. The touch of the hot stone was instantly rejuvenating and relaxing. The focus of this massage is on the back and hence more than half the allotted time is spent on the back. I was certainly not complaining as this is an area where I always feel a lot of strain. Using synchronised strokes, Mercy completed the massage on both sides of my back and then started

with my legs. First applying oil and then using the stones, the elongated strokes felt like a panacea to my tired feet. Turning over, she continued the massage on the front of my legs, stomach and chest and ensured that all the tired muscles sprung back into action. Once the session was done, I was advised to head to the sauna for better absorption of the oils. I was also advised to keep the oil at least for an hour if not overnight and not shower if possible. This is again to ensure that the oil penetrates the body leaving the skin soft and supple. After the session, I was back at the reception with another green tea and as I was sipping it, Mercy came back with a card giving me a list of recommendations that I could use at home to keep fit. Now, how's that for a personal touch?

Address: Plot no: 6, Sector 35-B, Dakshin Marg, Chandigarh-160035
Hours: Mon-Sun: 8 am – 11 pm
Appointment is required; Phone: +91 172 455 5577
Price for treatment: Rs. 3000 plus taxes (45 minutes) and Rs. 4500 plus taxes (90 minutes)
Website: <https://www.marriott.com/hotels/travel/ixcjw-jw-marriott-hotel-chandigarh/>