

FEELING DAINTY AND DEWY

A spa session at the Dew Salon and Spa at Novotel Vijayawada Varun Hotel is a sure way to fire the blues away.



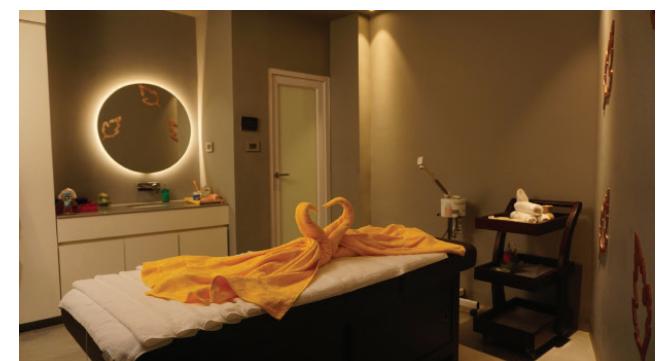
Words: Bindu Gopal Rao | Photos: Novotel Vijayawada Varun Hotel

Aspa appointment after a 10-hour long road trip is exactly what the doctor ordered. And after a long day of sightseeing around Vijayawada, I was fortunate that I happened to sign up for a session at Dew Salon and Spa at Novotel Vijayawada Varun Hotel.

When I arrived at the spa located on the terrace level, it was evening and the cool breeze and shimmering pool adjoining the space put me into a relaxed space. It helped that the weather courtesy the monsoons had cooled down the otherwise hot city. The terrace is where the hotel has

dedicated all its wellness offerings so the spa, pool and fitness center are all located here. A 215 meter carpeted walking track is also on this level. The spa is done up with a Zen like feel with grey tones, a Buddha head, natural plants and small umbrella like artefacts. The lobby that leads to the rooms is fitted with concentric mirrors.

I was recommended the Dew Signature Massage as it is perfect for anyone who is over worked and stressed as it aims to relax the body and mind and I could immediately relate to it. I was told that this massage uses a variety of techniques on the muscles to stimulate blood circulation, soothe tension and leave you feeling energized and revitalized. My therapist Sunitha showed me my room that was done up in warm beige notes and furnished with a comfortable spa bed. There was also a cupboard where I was asked to keep my clothes as well as a mirror and wash basin on one end of the room. Hailing from Vijayawada, she starts the massage with a dry stretching and pulling which feels a little hard at first but soon I warm up to it. Starting with the back of my feet, she presses her fingers along my feet's pressure points and it feels wonderfully relaxing post a long day. She then pressed her hands against my legs and using deft moves quickly works her way up to my back. The dry massage includes some turning and twisting of the legs and is a great way to release all the accumulated stress from the body and mind. Once done she asks me to hold her hands and pulls me up which stretches my hands and chest completely.



After the dry massage is completed she starts the actual massage using olive oil. Starting with my legs she first applies



the oil all over and then uses her palms to slide the oil all over with light pressure. She then repeats this with a more firm pressure and then uses her fingers to massage the entire length of the legs. Once both the legs are massaged, she starts with the back massage. Applying oil liberally, she first works on my lower back, using a variety of strokes applying pressure with her fingers and thumbs, unlocking all the stress from the muscles. Then she moves to my upper back and uses her hands in a synchronized manner to release all the tension and the entire back is relaxed. Continuing on to my hands, she massages them with long strokes and the palm massage feels deeply relaxing. After this, I am asked to turn over and my feet and legs are massaged first. Then my stomach and chest are massaged as are my hands. Then Sunitha massages my neck and face using a variety of upward strokes. The head massage is done at the end of the session and all the fatigue of the long day vanishes almost magically. Once done, I am asked to take a steam bath for five minutes and then have a shower. The steam and shower is attached to the room itself so it is really convenient. Once I come out, I feel light and refreshed and can safely say that the spa session delivers what it promises. SS



FACT FILE

Name of The Spa: Dew Spa & Salon at Novotel Vijayawada Varun Hotel

Established: Dec 2018

Founders: Smita Vallurupalli

Architect: Amith Melpuri

Area/Size: 1300 Sq. ft.

Treatment rooms: 4

Number of estheticians: 6

Signature Treatment: Dew Signature Massage

Timings: 8:00 AM – 9:00 PM

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