



Luxe Getaway

A session at Conrad Spa is all about relaxing in a luxurious setting that will ensure you can rejuvenate and detox By **Bindu Gopal Rao**



Located on the third level of the plush Conrad Bengaluru, is a wellness floor that has a fitness centre and swimming pool, as well as a yoga pavilion. However, when you enter the spa, it is the unmissable aroma of essential oils enveloping the space that catches one's attention.

I am welcomed at the reception by the Spa Manager, Mahesh, who takes me to the relaxation area — large comfortable seating in navy blue upholstery; curtains that separate the seats allow for privacy and calm. I am given a consultation form to fill, which asks questions on basic

health, kind of pressure, and even if I am comfortable with a massage in the chest area. I am impressed with the attention to detail and thoughtfulness, even as my therapist, Linda from Manipur, meets me with detox water. A mix of beetroot, ginger, lemongrass and Himalayan pink salt, this drink is aimed to cleanse the body.

The décor is in muted tones of cream and beige, and the menu is like a book with various sections. Under the 'Essentially You' section, there are treatments that rejuvenate your mind and body with technologically advanced elements. 'Perfectly You' has a selection of treatments that combine time, technology and organic treatments perfectly. 'Beyond Perfection' has innovative treatments tailored to meet your requirements. The 'Conrad Bengaluru Signature Treatments' are a collection of treatments inspired by local techniques, culture and surroundings. The spa has a unique ice fountain that dispenses ice, which helps to close pores after a sauna session.

Mahesh asks me a few questions, and suggests I try the Swedish massage, based on my answers. With that sorted, Linda

shows me the treatment room, and once I have disrobed, she comes in and starts with a foot ritual. My feet are dipped in an urli with warm water into which Himalayan pink salt is added. She scrubs my feet and pats them dry, then asks me to lie face down on the massage table. A small pillow is placed below my legs, and I am covered with a thin cotton bedsheet. The spa bed itself is warm, as it is heated, and is very comforting. Using lavender oil, she starts with a back massage, applying the right pressure with her deft palms, and eases out all the stress and tension from my back. Then she massages each of my legs individually, and my hands as well.

When she is done, she covers me with a sheet and does a small dry massage. Once I am asked to turn over, I am given a head support, and an eye mask is placed on my eyes. Starting with the leg massage, Linda ensures that my thighs are relaxed and feel light. She then massages my hands, and removes the eye mask to massage

my face and head. The pressure used throughout is uniform and firm, never once feeling too heavy, and ensures that I am at ease.

At the end of the session, she uses a warm towel to wipe my feet dry of any



trace of oil. I am taken to the steam room, and the shower thereafter. Once done, I feel relaxed and rejuvenated; this spa experience is certainly one not to be missed. A warm herbal tea at the end of the session is another highlight. So do not forget to make your appointment at Conrad Spa the next time you are in Bengaluru. It is exactly what you need.

Rates: Starting at Rs 2500 for 30 mins and Rs 3800 for 60 mins (exclusive of taxes)

Fact File

Address: 25/3 Kensington Road, Off M.G. Road, Ulsoor, Bengaluru – 560008

Timings: 9 am - Midnight

Contact: 080 2214 4444

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