

StyleSpeak

The Seasonal Journal



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ISSUE

TAKE A TROPICAL SPA BREAK

An experience at The Wilderness Spa at Ayatana Coorg in Karnataka is the best way to experience a wellness retreat post Covid

Words | Bindu Gopal Rao



When I was invited to **Ayatana Coorg** this year, I took some time to say yes. However, once the second wave of Covid-19 eased I decided to make the time for the visit. Being an unusually wet September, it rained through the way and throughout my stay giving me ample time to soak into nature's treats.

Set amidst verdant greens, away from civilization, Ayatana Coorg is nestled amidst a forest which makes it unusual as most resorts here are found overlooking coffee estates.

The in-house **Wilderness spa** has four treatment rooms and is spread over 1,500 square feet which gives you the added space, essential in these times.

The Lush Interiors

A stone pathway flanked by a water body led me to the Spa Reception where my therapist Lavanya greeted me. I was taken to the treatment room that has large glass walls that overlook the lush landscape outside. Done up in hues of beige and brown and a pop of red coming from the inhouse flowers, this spa offers both Western and traditional

Ayurvedic treatments. The architecture is a contemporary take on the vernacular style of houses in Coorg and Kerala. Functional and enjoyable elements such as the sloped roofs and the verandas have been borrowed from this style, while retaining the minimal contemporary style which does not take away from the surrounding landscape.

The site being an untouched rainforest, it was very important to begin sustainable practices from the construction stage. Per-fabricated structures with hollow clay blocks were preferred to minimize the



debris pile up. Waterways and streams are strongly integrated into the landscape plan to not intervene with the natural flow of the water, which is very important to avoid soil erosion that further causes landslides. Hence all the natural streams and springs were mapped and studied to help design the roads and determine levels around it.

While doing the master planning, the main emphasis was on retaining trees along the roadways and structures adding great character to the masterplan of the retreat.

The Treatment

My therapist recommended the relaxing Swedish massage. This massage works on the surface layer of the muscles and pays attention to traditional techniques that relieve muscle aches and stimulates better blood circulation.

The treatment started with a massage using a light lavender infused olive oil. Lying on my stomach I could hear the constant sound of the rain and see the lush foliage getting greener making it the

perfect setting for the treatment. After finding out if I was comfortable with the room temperature and pressure level, Lavanya started with the back massage. Since it had been a long while, I was glad to experience the synchronic moves that ensured the right kind of pressure was used to erase all the stress and knots from the back. She then completed the leg massage with a series of deft and long strokes and asked me to turn over. Massage complete, you can choose to relax a few minutes and then take a shower.

Swedish massage is a relaxing medium pressure massage that works on the superficial layers of the muscles. It eases tension and is exceptionally beneficial for improving the oxygen circulation. It involves stroking, effleurage, kneading, tapping and vibration. The oil used is extra virgin olive oil with aromatic oil with lavender or sandalwood essence. After the treatment, I felt a sense of deep relaxation and rejuvenation. The spa follows all COVID protocols including

thermal screening and hand sanitization so clients can enjoy a stress-free spa experience. Founder and architect, Vishal Vincent says, "The Wilderness Spa is a haven for the stressed. Besides its signature treatments and accommodating staff, the beautiful view of the lush green lands is simply ethereal." **SS**

FACT FILE

Name of The Spa: Wilderness Spa

Established: 17th July 2018

Founders: Vishal Vincent Tony

Architect: Vishal Vincent Tony

Area/Size: 1,500 sq feet

Treatment rooms: 04 Rooms

Number of estheticians: 06 members

Signature Treatment: Cafe Deluxe and Chocolate fantasy

Timings: 09:00 a.m. to 08:00 p.m.

Contact: 08276298061

Address: WelcomHeritage Ayatana Resort and Spa Coorg, Kumarahalli, Karnataka – 573123.

Website: www.ayatanacoorg.com