

Style TM Speak

The TM Journal



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7 TOP SALONS OF KOLKATA

Featuring luxurious salons from the 'City of Joy'

New-Year Resolutions

Industry professionals share their power-packed New-Year resolutions

CUTICLE CARE 101

Expert guide on the best ways to groom cuticles

Trending Natural Hair & Beauty Products

Give your clients hair and skin a natural boost with these salon must-haves

Oil Based Treatments for Skin & Hair

A lowdown on how essential oil infused treatments and products can benefit skin and hair health

The Natural Issue



Experience Royal Splendour at Ruhab Spa at Fairmont Jaipur

Spa treatments that are inspired by your zodiac sign aptly called Horospa is what you can experience at Ruhab at Fairmont, Jaipur

Words | **Bindu Gopal Rao**

The magnificent capital of Rajasthan, well known as The Pink City, Jaipur, is an elegant place when it comes to its architectural heritage. One of the most beautiful hotels of Jaipur, built in the tradition of the region's grand Mughal palaces, the Fairmont Jaipur is synonymous to royalty. The majestic hotel's in-house spa 'Ruhab' was an experience I can never forget. The spa offers a slew of wellness therapies including a special massage customised to your sun sign, making it even more interesting.

Palatial Decor

Ruhab Spa takes you on a journey of regal times with its palatial décor. This abode truly represents royalty and wellbeing. The range of wellness treatments and rituals are carefully crafted to offer a luxurious escape from the outside world where body, mind and soul are relaxed, nourished and rejuvenated.

Rinku Rai, the Spa Manager, who helms the spa and wellness experiences at the spa with nine years of work experience mentions, "We conduct staff training at

least once a week so we can refresh the Fairmont Jaipur hospitality and values along with product training. It also helps us connect with all the staff members better and plan our weeks better".

The design takes inspiration from Mughal architecture and the steam rooms, powder rooms and treatment rooms have arches and beautiful mirror stonework. Rinku adds, "For thousands of years, people in India have been using Ayurveda for healing and relaxation. Fairmont Jaipur draws on this for its exclusive treatments that involve

CHAKRA HEALING BY SUN SIGN

Air Signs: Aquarius, Gemini, and Libra

Third Eye and Heart Chakra - this full-body treatment aims to relieve physical stress and tension.

Water Signs: Pisces, Cancer, Scorpio

Sacral and Crown Chakra - using Asian techniques, this treatment mainly focus on the back, neck and shoulder, relieving aches and pains.

Fire Signs: Aries, Leo, Sagittarius

Solar Plexus Chakra - this balancing treatment focuses on calming the nervous system through aromatherapy for deep relaxation.

Earth Signs: Taurus, Virgo, Capricorn

Throat and Crown Chakra - an invigorating full body massages with stretching techniques that promotes blood flow and energizes the body.

treatments based on doshas and chakra healing at Ruhab Spa. The Horo Spa treatments offer customized therapies for the twelve Zodiac Signs based on healing remedies suggested in the ancient Vedas."

Product Profile

The spa works very closely with **Forest essentials** products. Forest Essentials being a traditional skincare brand has based its product line on the principles of Ayurveda with a modern and contemporary aesthetic to be relevant to modern consumers. "We use traditional methods of spa which include Ayurveda, Panchkarma and deep tissue massages. There are four distinctively appointed massage rooms and one traditional Thai massage room. One can choose to wind down after a long day at the jacuzzi,



eucalyptus steam bath or dry heat sauna," says Rinku.

What's Your Rashi?

You might have often been asked what your sun sign is, but it is unusual to be asked that at a spa. Ruhab Spa however has specific stress relieving treatments based on your sun sign aimed to bring out the star in you! These therapies are designed according to zodiac signs and healing remedies from the ancient Vedas which offer customised treatment for the twelve zodiac signs. Being a Sagittarian, I was recommended the Navam Santulam or Balancing of nabhi therapy uses black pepper essential oil as the navel or nabhi is the energy center for my sun sign. The oil is applied in a clockwise direction around the navel to stimulate waste elimination and improve organ function and blood circulation by bringing conscious awareness to the belly.

Pepper Treatment

The session begins with a foot ritual where my therapist Nada applies sea salt and cleanses the legs using warm water. They start with a massage from the spine and cover the entire back. The shoulders and base of the neck are also massaged using finger pressure that frees all the stiff muscles. The pepper oil has a nice,

warm aroma that doesn't overpower the senses.

Bringhraj oil for a stimulating head massage is also a part of the procedure and is the most relaxing and revitalizing part of the entire experience. Proceeding to the sauna room for a steam session and a warm shower after the head massage felt relaxed, energetic and ready to paint the town red. A warm cup of green tea finishes the session perfectly. **SS**

FACT FILE

Name: Ruhab Spa
Established: August 2021
Architect: Clive Grey
Treatment Rooms: 5
Number of Estheticians: 7
Signature Treatment: Horo-spa Signature Treatment
Timings: Every day from 0700 Hrs. to 2100 Hrs.
Contact: 01426 420 000
Address: Fairmont Jaipur, 2 Riico, Kukas, Rajasthan 302028
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