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# StyleSpeak

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# Indulgent Getaway

Spa by JW promises to Calm, Invigorate, Indulge and Renew in a sensorial journey of relaxation.

Words | Bindu Gopal Rao

If you are looking for a spa experience that is rooted in holistic wellness for the body and soul, Spa by JW at JW Marriott Bengaluru offers the best options with a range of treatments that are guaranteed to give you the ‘me’ time you need.

## Spa Sense



**Spa by JW at the JW Marriott Hotel**

**Bengaluru** is located on the ‘H’ level of the property and has a muted colour palette that is instantly pleasing. Fragrant aromas waft through the space once you step off the elevator, promising guests a sensorial experience. **Vinayak Rao Karri, Spa Manager, JW Marriott**

**Bengaluru** says, “Our staff have been trained to welcome the guests and make them comfortable in a consultation area as they come in. Here they are served our signature Jasmine tea while a therapist sits down to understand what they are looking for from this session. Our therapist or manager then takes them through the menu and helps them select the session that would be best suited to their needs and usher them in to get started.”

A consultation form that asks for basic information, any medical conditions, medication being taken and BP level helps the therapist prepare for the session. The Spa has been using Shankara products, recognised as world’s number one Ayurvedic line of products for wellness and skin care. They also use **Sandalwood essential oil** which has been extracted from real Sandalwood combined with saffron which leaves the skin smooth and radiant.

## Design Philosophy

The spa has been designed to offer guests a place of refuge. It is a space that muffles a lot of the sounds of the busy hotel and instead reverberates a soothing musical sound to calm





one down as soon as they step in. “We have seven luxury suite rooms each equipped with inbuilt private Jacuzzi as well as a dual temperature restoration facility to adjust the temperature of each room while it is in use. Besides this, we also have Express Spa Suites that are open for extended hours and allow guests to walk in for a quick treatment without an appointment. These areas are equipped for foot treatments and chair massages,” says Karri.

The colours are neutral and the rooms are lined along a pathway down a quiet corridor which offer each guest the privacy they look for. “Since this is a dynamic space which sees new therapies, treatments, ways of rolling out services quite often, we make it a point to congregate our staff every alternate day to bring them up to date with new research, demand from guests and train them to be on top of trends and techniques to serve our guests better,” adds Karri.

### The Treatment

I was suggested the Deep Sleep Massage under the Indulge section for a relaxing session and my therapist Esther from Mizoram explained that the **Sundarya Body Oil**, a combination of Aloe Vera and Sandalwood will be used for the massage. The session starts with a foot ritual where my feet were scrubbed clean using sea salt and warm water. The massage is on a heated spa bed where my feet are first propped using a pillow and my head is covered with a towel. Then a body walk is done to warm the body in preparation of the session. The back massage is done with the therapist from one end of the spa bed using a combination of strokes with her fingers, palms, and hands. The warm oil has a fragrance that is mild and the music in the background lulls me to almost fall asleep. The back massage is continued on the hands almost as a smooth flow and the palm massage relieves the tension from my hand. The legs are massaged one after the other and the foot massage especially is great as Esther uses the pressure from her fingertips to activate the nerves of the feet. Once I turn over, my eyes are covered and the massage is completed. A steam, sauna, and shower later, a green tea is the perfect way to end this indulgent session.



### FACT FILE

**Name:** SPA by JW  
**Established:** 25th September 2014  
**Area/Size:** 6400 sq ft  
**Treatment rooms:** 7  
 Number of estheticians: 4  
**Signature Treatment:** Spa by JW Essentials & Body Nourishment  
**Timings:** 8:00 a.m. to 12:00 a.m.  
**Contact:** 8884111024  
**Address:** 24/1, Vittal Mallya Rd, KG Halli, Shanthala Nagar, Ashok Nagar, Bengaluru, Karnataka 560001  
**Website:** <https://www.marriott.com/en-us/hotels/blrjw-jw-marriott-hotel-bengaluru/overview/>