

StyleSpeak



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The
Interior
Issue

A Balinese Experience in Sri Lanka

Unwind and immerse yourself in complete relaxation at the Island Spa at Jetwing Vil Uyana in Sri Lanka - the ultimate go-to spa destination

Words | Bindu Gopal Rao

The Island Spa at Jetwing Vil Uyana in Sigiriya, Sri Lanka is about a five-hour drive from Bentota and three and a half hour drive from the capital city of Colombo. Set amidst lush paddy fields, marshlands, forest, and a stunning lake, this distinctive eco-luxury resort aims to be the perfect getaway tucked amidst the goodness of nature.

Accessible via a boarded wood pathway, flanked by a water body whose calming sounds instantly put one at ease, the spa is spread over 28 acres of lush greenery and water networks. Vil Uyana refers to a Garden of Lakes, a fitting tribute to the agrarian ancestors of the Sigiriya region.

Design Philosophy

The Island spa is situated in a secluded area within the property and is surrounded by a stunning manmade lake with

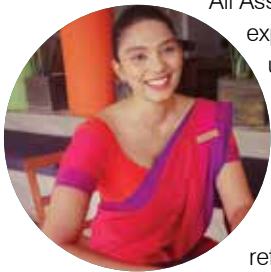
lotus strewn waters. Adorning a tropical themed design, the spa is accentuated with the natural setting, water body and lush vegetation. **Anne Dias, Resident Manager, Jetwing Vil Uyana** says, "Our wellness sanctuary is designed with sublime purity to offer guests holistic revitalisation during their stay





with us. The Island Spa, with mud painted walls and high-rise coconut thatched roofs helps keep the temperature cool, promoting natural air circulation. As an added extension of our hospitality, connected few steps away from the spa, we also offer a modern gym to compliment your active lifestyle, along with an inviting jacuzzi that serves as a refreshing respite here.”

The Staff and Training



All Associates at the Balinese spa must have an experience of at least six months initially, and undergo a one year course with practical training.

The curriculum covers a number of techniques such as massage, acupressure and aromatherapy, reflexology, deep tissue massage using a blend of aromatherapy oils to enhance deep relaxation and soothe aching muscles with a combination of different techniques such as long strokes, kneading and pressure, benefiting the body by assisting in circulation of the blood, unblocking the body’s natural flow or chi, and therapeutic pressure point activation.

They are given one to two weeks additional training before being assigned to a new property. This course covers health and safety guidelines, anatomy, and physiology, traditional *Balinese body massage, traditional soft exfoliation treatments, face massage and facials, warm healing pack treatments, foot massage techniques, head, neck and shoulder massage, body wraps and masks.*

The Spa uses professional facial products from **Viva Cosmetics**, Bali, and Sri Lankan brand **Prevens Skincare**. All the body scrub products are also from Bali and only natural oil products are used in the spa.



The Treatment

Inspired by Balinese healing traditions, the Island Spa offers multiple services performed by professional therapists from Bali, offering the best of care with calming sounds of birds in the background.

- **The Island Spa Signature Massage** is a relaxing combination of four massages, that has 30 minutes of long strokes and deep skin massage, 10 minutes shiatsu and 20 minutes warm stone massage on your back, shoulders, neck, and arms to release the tension of your stressed muscles. It ends with a 30-minute reflexology to relax and gives you a feeling of overall comfort.

I decided to try the Balinese massage - a full body massage that uses palm pressure and long gentle strokes using a unique blend of natural essential oils. “This stimulates the blood circulation, improves energy flow and drains tension away,” says my therapist Dara from Bali. A combination of gentle stretches, reflexology, and aromatherapy are used in this massage to stimulates the flow of oxygen and energy, bringing a sense of well-being, calm and deep relaxation. Dara uses deep tissue treatment techniques, which, combined with the aroma of pure jasmine oil, sends me into a deep state of relaxation. Energised, relaxed and refreshed post treatment, I sip my tea and see a beautiful white throated kingfisher fly past the water body. Being amidst nature is arguably the best way to heal! **SS**

FACT FILE

Name: The Island Spa
Established: 2006
Founders: Hiran Cooray
Architect: Sunela Jayawardene
Area/Size: 3984 sqft (Per Room -240 sq ft)
Treatment rooms: 4 (2 Double and 2 Single)
Number of estheticians: 2
Signature Treatment: Signature Massage -a relaxing combination of four massages
Timings: 8:00 a.m. to 8:00 p.m.
Contact: +94662286000
Address: Jetwing Vil Uyana, Sigiriya, Sri Lanka
Website: <https://www.jetwinghotels.com/jetwingviluyana>