

StyleSpeak

The Journal



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The Gadget Issue



WH Cheetagharh Resort

Svasti Spa

Healing amidst nature

Experience harmonious balance between mind, body and soul at The Svasti Spa, Rajasthan

Words | Bindu Gopal Rao

The TAF Svasti Spa at Cheetagharh Resorts & Spa in Bera, Jawai Rajasthan, is all about enjoying a break in the wild. The name Svasti denotes wellness. This is a tranquil space that creates harmony (samanjasya) within your body and brings you to a state of wellbeing (Svasti). In fact, Svasti is a dynamic equilibrium between the body, mind and inner consciousness.

The spa offers a variety of services including, facial indulgences, massage journeys, global rituals, body excursions, nail services and fitness and yoga offerings. At the spa, the therapies are customized to suit your requirements. It is an amalgamation of ancient ayurvedic healing and aromatherapy, transcending you to the state of Svasti.



Design Philosophy

The spa is a compact space comprising of a small reception area, a large couple room with an attached bathroom and steam room. Light and relaxing colours have been used in the spa, which is in line with the rocky terrain of the Jawai region. Earthy tones used in the property is inspired by the granite so that it blends well with the exterior lush surroundings. The same neutral colour palette adorns the spa interiors to achieve a similar vibe.

The Staff and Training

The spa mandates that the masseur should have a minimum of two years' experience from a well-known spa apart from the mandatory Spa Certification.



Karan Bakshi, General Manager, WH Cheetahgarh Resort & Spa says, "This spa from a Delhi-based organisation is into wellness. New recruits at the spa need to complete training at this centre for two weeks. Training is also conducted every month."

Every quarter the spa manager visits and conducts refresher training for the therapists based on feedback from the guests. The spa uses products from brands like **Forest Essentials, Kama Ayurveda and Mountain Roots** as well.

The Treatment

The facials at TAF spa are done by trained therapists using internationally acclaimed **Phytomo USA products**. The procedure involves cleansing, toning, exfoliating massage and finally applying a pack in an aesthetically pleasing ambiance.

I was advised the **Navikri or a Full Body Scrub**, a body polishing therapy. A scrub made of natural ingredients like oats, almonds, milk and honey using their own Svasti formulation exfoliates the skin gently and peels away the dead skin and impurities. This ensures that the skin comes to its cleanest form. This is followed by gentle massaging of the body with baby oil giving the perfect skin appearance that is soft to touch and radiant to look at. A supple skin and feather-like body is what you experience after this therapy.

The treatment starts with a back massage where the scrub is applied and then massaged into the skin. Using a wet towel, the scrub is wiped off and an invigorating massage with olive oil follows. The massage techniques are varied with elongated long strokes and focussed short strokes using pressure from the fingers. The process is repeated on the hands and legs. It is repeated once you turn over and you can opt for an oil or dry massage for your face and head. The session takes roughly 90 minutes and you are bound to leave feeling refreshed, relaxed, and rejuvenated completely.

Signature Treatment



Abhyangam (Oil Massage) is a massage that involves the application of healing ayurvedic oil on the body with long gliding strokes in the direction of blood returning to the heart. It is extremely beneficial for increasing oxygen in the blood, reducing muscle toxins and enhancing the blood circulation while giving a deep sense of relaxation to the body. This massage gives a complete rejuvenating experience. **SS**

FACT FILE

Name: Svasti Spa
Established: Oct 2021
Founders: Chhavi Jhurani
Architect: Chhavi Jhurani
Area/Size: 1550 sq. ft.
Treatment rooms: 2 single therapy rooms and 1 couple therapy rooms
Number of aestheticians: 3
Signature Treatment: Abhyangam – Oil Massage |
Timings: 08:00 am to 08:00 pm
Contact: +91 - 9251665723
Address: Welcome Heritage Cheetahgarh Resort & Spa, Bera, Pali District, Rajasthan 306126
Website: www.cheetahgarh.com