

StyleSpeakTM

The salon & spa journal



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the Creative Head of Enrich Salon

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JAPANESE TWIST TO WELLNESS

Based on Japanese wellness concepts, Sara Spa & Sento in Bengaluru offers spa treatments that are unique and highly effective

Words | Bindu Gopal Rao

As you step into Sara Spa, you are drawn to the serene and calm environment; a stark contrast to the hustle and bustle of the urban chaos outside. The trained therapists use a fusion of ancient oriental healing methods and Japanese Shiatsu with the help of the healing power within your body to rejuvenate your senses!

Japan Calling

Located in a basement, you need to leave your footwear outside and change into comfortable spa slippers outside the

spa. The reception is chic and done up in beige and brown. The spirit of Japanese hospitality referred to as 'Omotenashi' which means a wholehearted and welcoming way of treating guests is practiced here and each treatment at Sara is approximately 30 minutes longer compared to other places.

The well-defined space has a common bathing area which is a shallow elongated bath tub that has water heated to 40 °C. This space also has Akasuri, an area where dead skin is removed post the hot bath as well as a dry sauna and



mist sauna. Each of the rooms has a common colour scheme that creates a sense of calm here.

Yoga Meets Stretching

My therapist Tsering Namdol, a Tibetan from Hubli recommended that I try the signature treatment Yoga Shiatsu Deluxe that can be done for 90/120/150 minutes as per one's convenience. And unlike other massages where you disrobe, I was actually given a pant and shirt and asked to wear it! There was also a poster that explained pictorially how one can wear the Thai massage pants!

Tsering began the treatment by washing my feet with warm water and immediately told me I have stress in my lower back and shoulders. When I asked her how she is so accurate she explained that in Japan, the feet are a mirror for all organs of the body. I was led to a room that had Lazy boy chairs for the first part of the session – a foot massage. Pressing each point, Tsering explained which stress points were being massaged. The massage started with the left foot as it is believed that the heart is on the left and the Japanese work with their heart! The rhythmic movements and massage with a simple cream felt relaxing.

After half an hour, I was led to another room that had a plain mattress and pillow. I was asked to lie on my stomach



and the Yoga Shiatsu started. A combination of Indian and Japanese techniques, my body was stretched slowly and pressure was softly applied to the energy line using fingers and palms. This proved to be highly beneficial in balancing the mind and the entire body as the rhythm of slow and deep breathing was synchronised with these stretches.

The hour-long session was done with the use of hands and no oil or cream was used – essentially this is a dry massage.

Using her thumbs, palms, arms and even her foot, my masseur deftly removed all the stress from my muscles. She instructed me to hold on to her hands and helped me stretch which resulted in instant rejuvenation. My entire body felt alert and relaxed at the same time. I was taught simple yogic postures to relieve my lower back pain too.

In all, this was an experience like no other, simply because it was so different! I highly recommended giving Sara Spa & Sento a visit! **SS**



FACT FILE

Name of the Spa: Sara Spa & Sento

Established: 9 March 2016

Founder: Hyagreeva Hotels & Resorts Pvt. Ltd. in association with Toyota Enterprise (India)

Area/Size: 4,175 sq. ft.

Treatment rooms: Six

Number of estheticians: Nine

Signature Treatment: Yoga Shiatsu

Timings: 11:00am to 11:00pm

Address: The Chancery Hotel Basement, 10/6, Lavelle Road, Bangalore – 560001