

Beauty Fix

Treat yourself with some TLC at YLG salon and you're sure to come out feeling super fresh

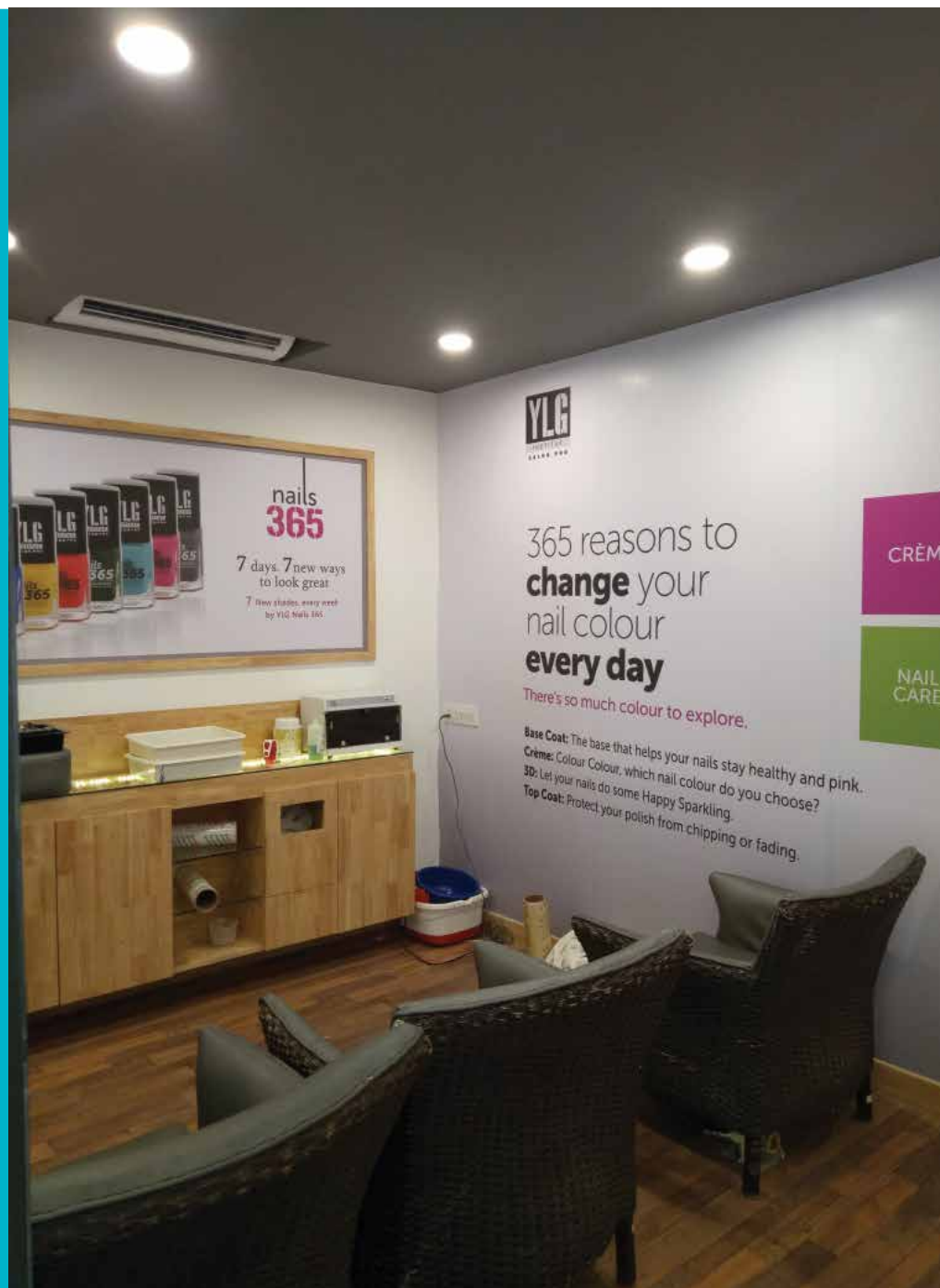
Words | Bindu Gopal Rao

A salon visit in the middle of the week was something that came up quite suddenly but a welcome one for sure. Caught between several deadlines, this was a break that was well timed and gave me a quick relaxation as well. At YLG Salon, there are myriad treatments that are aimed to make you feel and look good.

The interiors of the salon are done up in pastel shades of grey, white, cream and beige and the colour pop comes from the attractive wall features which accentuate the services at the salon. Neatly organized into various sections, the salon has separate rooms and areas for the various services. The staff is friendly and easy going and attentive to what guests need.

Happy Hands

As I had less time on hand, I decided to try the Classic Manicure a 20 minutes procedure that begins with applying a cuticle cream on the nails and allowing them to soak in warm water for 5 minutes. Ramya and Radha my therapists are enthusiastic and explain what they are doing and also ask me if I am comfortable through the session. Using a cuticle pusher my nails are pushed back and also cleaned and all the cuticles are then removed. After this, the nails are shampooed and cleaned with a small brush. Post this shampoo, a scrub is used to massage the hands and then this is washed off. Following this, my nails were shaped and then massaged with cream for a few minutes post which all the residue was wiped clean. Post that, I was asked to select a nail polish of my choice, which



completed the nail care routine. The best part is that in 20 minutes I had hands that felt as good as they looked.

Tress Care

The next treatment I tried was the Express Hair Spa also for 20 minutes which my therapist Divya did. Starting with a hair analysis, she said while my scalp was good, my hair was frizzy and dry. Therefore, she started with a hair wash using a L'Oreal Purifying shampoo and conditioner to ensure any pollution impurities were removed. This was followed by application of L'Oreal Primer Repair Lipidium on the length of the hair and a massage for the tresses for 5-7 minutes. This is a pressure point massage done at the backwash area but for the comfort of the guest, you are seated in an enclosed area.

Post the invigorating massage the same was allowed to get absorbed into the hair for about 3-4 minutes. After this, my hair was washed with water just a rinse without the use of any shampoo or conditioner. An absolute repair



serum was applied on the hair and not the scalp to ensure sunlight, dirt and dust would not be absorbed. This also protects the hair from damage and split ends. A quick blow dry and my hair was left feeling soft and smooth, a complete contrast from the dry and frizzy texture I had when I entered the salon.

My therapist also suggested that I use an Absolute Repair Shampoo and Conditioner for dry and frizzy hair at home. The entire session was quick and effective and most importantly a great way to give yourself a makeover. Now that is certainly a big deal.

So go ahead and make yourself feel wow at YLG! **SS**



FACT FILE

Name of the Salon: YLG Salon

Established: 2009

Founders: Rahul Bhalchandra

Architect: In House

Area/Size: 1400 sq. ft.

Treatment rooms: 6

Number of aestheticians: 2

Signature Treatment: European Light Therapy Facials, Brightening Wax, Light Therapy for Hair

Timings: 11 am – 8 pm

Address: No.55, 5th Main, HAL 2nd Stage, Old Airport Raod, Kodihalli, Bangalore – 560008.