

# Stylespeak<sup>TM</sup>

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# Summer Spa Treatments

StyleSpeak lists some special treatments that will make the skin feel joyful and refreshed

Words | Bindu Gopal Rao



As the summer breeze sends the temperatures soaring, there's no better time to enjoy a revitalizing spa treat. Here are 8 luxurious offerings from some top spa destinations.

## Signature Beauty Experience at Sterling Holiday Resorts The Subuthi Spa, Sterling Holidays Resorts Alleppey, Wayanad, and Puri

"This special summer spa treatment called the Signature Beauty Experience is an exclusive face and body treatment. It begins with a selection from a bouquet of scrubs and wraps, meticulously crafted to invigorate the senses and leave the skin glowing followed by an indulgent aromatherapy session, designed to melt away stress and tension. A refreshing fruit facial rejuvenates the client's complexion," says **Harinath Mohanasundaram, Senior Vice President - Marketing, Sterling Holiday Resorts Limited.**



## Invigorating Marine Wrap JW Marriott Mumbai Juhu

Experience the pulse and rhythm of the ocean as you relax and soak in marine minerals, vitamins, and micronutrients extracted from the depths of the sea. This treatment not only stimulates circulation but also relieves pain and enhances metabolism. **Ankush Tandon, Director Rooms and Spa, JW Marriott Mumbai Juhu** says, "Marine wrap is a cooler that relaxes the body with natural minerals extracted from the marine bed. It carries an essence of the earth and Mumbai being a coastal city, the natural minerals of the land work for the skin under the humid summers in Mumbai."



**Summer rejuvenation  
Elevation Spa  
O by Tamara Trivandrum**

O by Tamara Trivandrum has curated an exclusive luxury summer rejuvenation routine specially for the hotter summers in Kerala. The offer includes the perfect blend of cooling therapies to tackle the heat. "Our expert masseuses provide massage therapies employing skilled techniques using refreshing and cooling oils that provide instant relief and cooling to the body. The refreshing drinks are also specially curated to enhance the therapeutic experience. The package will provide a full body refreshment to our guests and access to our pool will also be beneficial in providing them with the ultimate summer escape," says **Dr. Subha P Sasidharan, Salon Manager, Elevation Spa, O by Tamara Trivandrum.**



**Summer special spa treatment package at Angsana Oasis Spa & Resort Bengaluru**

This treatment focuses on utilizing strategic pressure points to help your body unwind and revitalize. Through targeted techniques, this treatment aims to eliminate stress and

enhance inner 'qi'. Central to the package is a body polish or scrub, carefully designed to nourish and rejuvenate you.



**Julia Maring, Assistant Manager, Spa & Wellness, Angsana Oasis Spa & Resort** says, "Our skilled therapists incorporate specialised methods to stimulate key pressure points, promoting deep relaxation and revitalization throughout your body.

This holistic approach ensures that you not only look refreshed but also feel rejuvenated from within."

**Navarakizhi at Moksha Himalaya Spa & Resort, Parwanoo Himachal Pradesh**

A rejuvenating spa treatment originating from Ayurveda. It involves massaging the body with small linen bags filled with a special mixture of cooked Navara rice, milk, and herbal decoctions. The bags are dipped in warm medicated oils and then applied to the body, promoting relaxation, improving circulation, and nourishing the skin. "The ingredients used

in Navarakizhi, such as milk and herbal decoctions, help to hydrate the skin, which is especially beneficial during the hot summer months when dehydration can be a concern," says **Sunil Dutt, Director of Spa, Moksha Himalaya Spa & Resort.**

**Nourished Glow spa experience at Ritz-Carlton Spa, Pune**

The Nourished Glow spa experience is designed to leave the skin feeling refreshed and radiant. It starts with a thorough body exfoliation, followed by a body wrap that hydrates and rejuvenates the skin, followed by a personalized back massage with a rich, nourishing oil, leaving you relaxed and glowing.



**Special Summer Spa Treatment at Taj Corbett Resort & Spa**

This offers a fusion of ancient Indian aromatherapy techniques with modern spa indulgence. Immerse into the soothing scents and healing properties of traditional Indian herbs and essences, starting with a rejuvenating Indian aromatherapy session. This holistic treatment aims to balance the mind, body, and spirit, leaving you feeling refreshed and invigorated.



**Yavana Luxury Luminescence Medifacial at Yavana Aesthetics Mumbai**

A perfect blend of Ayurveda elements with the latest FDA approved technologies, this gives a sculpted, toned, and radiant visage. **Dr. Madhuri Agarwal, Founder & Medical Director, Yavana Aesthetics,** says, "This Medi facial is crafted with exosomes which have the power to heal the skin and it has multiple steps. The exfoliation is designed to reduce the dead skin buildup, the congestion of the pores, thereby improving the turnover of the skin. Then a brightening gel is used which has a natural exosome extract which reduces the tanning and helps to soothe, thus making the skin fresher, healthier, and rejuvenated. It also has a couple of other steps and activities which stimulate the circulation." **SS**



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