



# Angsana Oasis Spa & Resort Bengaluru: An ‘Oasis’ of Calm

A serene urban escape ideal for a luxurious weekend retreat.

Words | Bindu Gopal Rao

Nestled within an eight-acre estate on the city's periphery, Angsana Oasis Spa & Resort in Bengaluru has 79 elegantly appointed rooms and suites, complemented by a variety of indoor and outdoor recreational facilities for all age groups. The spa here is operated by the globally renowned Banyan Tree Hotels & Resorts, presenting a thoughtfully curated menu of wellness treatments that blend tradition with innovation. Guests can indulge in Ayurvedic therapies, Thai massages, and revitalising body polishes, creating a true sanctuary for rejuvenation. Some of the most sought-after treatments include Ayurvedic therapies like Abhyangam and Swedhanam as well as the Thai treatment Vitality Starter and Angsana massage.

### Design Details

The spa is designed using natural materials such as stone, wood, and bamboo, nestled in the heart of a lush green oasis.

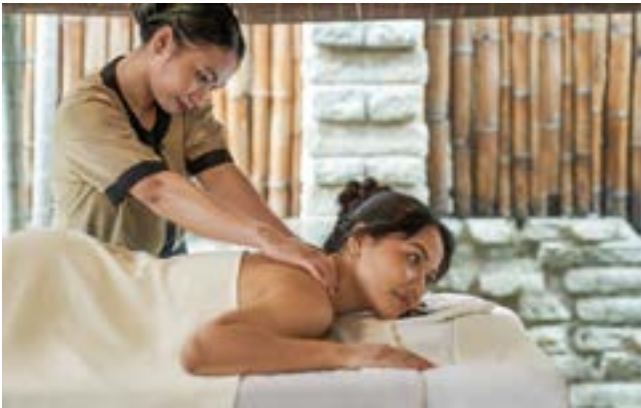
**Julia Maring, Assistant Manager - Spa & Wellness, Angsana Oasis Spa & Resort**

says, “This creates a serene, harmonious atmosphere that

invites relaxation. The treatment rooms are naturally airy, with adjustable blinds to gently filter the light. The soothing sounds of chirping birds and rustling leaves enhance the tranquil environment, helping you unwind the moment you arrive.”

### Product Profile

Enhancing their massage therapies, the spa features its signature Angsana line of massage oils, thoughtfully curated



in Euphoria, Invigoration, and Harmony blends, alongside pure sesame oil. The selection of each oil is carefully aligned with the specific needs of the treatment. Complementing this personalized approach, all facial treatments at the spa utilize Jeannot Ceuticals, a premium plant-based skincare brand, while their authentic Ayurveda sessions exclusively feature the esteemed products of Arya Vaidya Pharmacy.

### Training Cues

To ensure consistent and high-quality service, Angsana Oasis Spa & Resort equips its new staff with essential knowledge and protocols from the outset. Their onboarding includes a detailed overview of Angsana's Spa Policies and Standard Operating Procedures (SOPs), comprehensive training on treatments, products, and services, and thorough sensitization to maintaining impeccable hygiene and sanitation protocols.

The spa plans to offer upgraded family packages with enhanced experiences for children as well as come up with new spa offerings to include access to the resort's full range of facilities.

“This apart, there is training given as part of ongoing development. This includes continuous refinement of treatment techniques across various spa therapies and building strong guest relationships by understanding individual needs and delivering deeply relaxing, personalised experiences,” says Maring.

### Massage Matters

To experience the essence of Angsana's offerings, I chose their signature massage, a treatment crafted to enhance inner energy ("qi") through targeted pressure point work. The light and fresh euphoria massage oil, with its sesame oil base, was used for the therapy. The experience began warmly with a refreshing tamarind juice. My therapist, Lydia, ensured a tailored treatment right from the start, carefully asking about my preferred pressure level (soft, medium, hard) and any areas needing specific attention or caution. Lydia initiated the massage with a light, grounding touch, transitioning into a full-body dry massage. Small touches like the pillow

supporting my feet and the towel covering my head added to my comfort. The treatment then progressed with a soothing hot towel cleanse of my feet and legs.

The Angsana massage began with a gentle tapping on my back, a prelude to the soothing warmth of the oil. Lydia's hands glided in long, synchronized strokes before she applied focused pressure with her fingers. Moving to my legs, she systematically eased any knots. My hands, too, received attention, including an invigorating palm massage that revitalized them. Turning onto my back, a dry massage focused on my forehead and scalp, giving a calming touch. From my legs to my hands, Lydia seemed to intuitively find and release every point of stress. Turning onto my back, a dry massage focused on my forehead and scalp, giving a calming touch. The experience culminated in a wonderfully invigorating head massage that left me in a state of profound relaxation.

As I slowly sipped warm lemon tea, my gaze drifting over the lush greenery enveloping the spa, a deep sense of relaxation and rejuvenation settled within me – a precious interlude of 'me' time, perfectly spent. **SS**



### FACT FILE

**Name of The Spa:** Angsana Oasis Spa

**Established:** 2001

**Founders:** Ho Kwon Ping

**Architect:** Prestige Leisure Resort Pvt. Ltd.

**Area/Size:** 280 sq. mt.

**Treatment rooms:** Six

**Number of estheticians:** Five

**Signature Treatment:** Akhara Maalish

**Ayurvedic:** Abhyangam, Swedhanam

**Thai:** Vitality Starter, Angsana massage

**Timings:** 9:00am - 6:00pm

**Contact:** 080-28468892 | 7619569061

**Address:** Main Doddaballapur Road, Northwest County, Rajanakunte, Bangalore

**Website:** <https://www.angsana.com/india/bangalore>