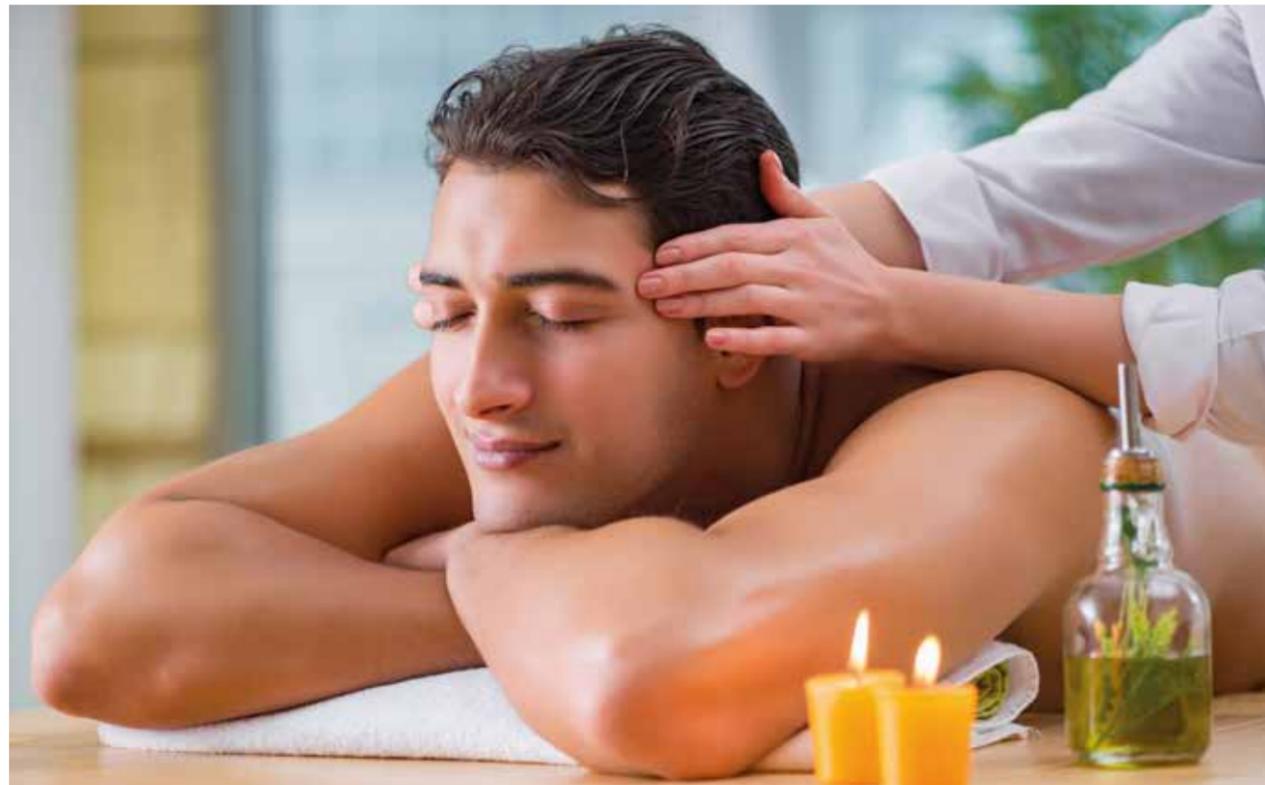


Best Hair & Beauty Services for the Well-Groomed Man

The modern Indian man is redefining grooming standards, here are some of the best salons and spas that are at the forefront of this evolution.

Words | Bindu Gopal Rao



Services once considered optional, like head massages, eyebrow grooming, and natural hair colouring are now regular requests. Men view grooming as essential self-maintenance, like fitness or professional development.

Men's Vanity Matters Too!

At **Envi Salon and Spa**, men's treatments are thoughtfully designed to address male grooming, skin services, and relaxation needs in a comfortable, refined setting. "Our men-specific services include **precision haircuts**, beard shaping and grooming, **scalp care**, **deep-cleansing facials** for men's skin, stress-relief massages, and hand and foot treatments focused on maintenance rather than cosmetic shine. Each service is practical, effective, and tailored to suit an active lifestyle," says **Namika Kant**, technical expert at **Envi Salons**.

What makes these treatments ideal for men is the approach. Men's skin is thicker, oilier, and often more exposed to shaving and environmental stress. "Our facials and skincare treat-

ments are selected to target concerns such as razor irritation, clogged pores, dryness, and fatigue. Grooming services focus on structure, clean lines, and easy upkeep. The environment is discreet, relaxed, and welcoming, designed so men can unwind without feeling out of place. At **Envi**, we believe self-care is essential, not indulgent. Our goal is to help men look sharp without unnecessary fuss," adds **Kant**.

Mane Care

Sinh Salon chains have tailored its services to meet the evolving needs of modern men. Hair treatments are in high demand, particularly perming and curling services inspired by celebrity styles and 2026 trends that add texture and volume.



Joginder

"Our haircut menu features the season's **most popular hair-styles**: classic mullets, precision burst fades, and lower fades, each customised to individual face structures. Nearly every guest adds our signature head massage, which promotes scalp health, reduces stress, and improves circulation. For hair colour, men prefer natural-looking shades – subtle grey blending and tones that complement their appearance without dramatic change. Our beard services specialise in **Italian beard styles and fade beards** with seamless transitions and precise sculpting," says **Joginder**, Senior Hair Stylist, **Sinh Salon**.

Lakme Salons'

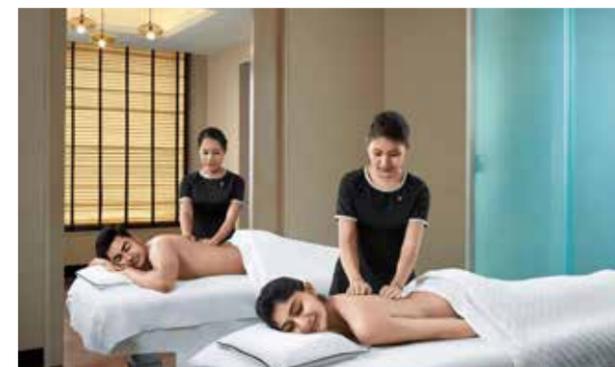
specialised scalp and hair spas address common concerns like hair fall, dandruff, and dryness. "Treatments include Bioscalp Oil Shots for dandruff control or hair fall, Ayurvedic Oil Head Massage, and luxury rituals like **Caviar Ultimate Revive** or **Protein Rush Spa**. Our newest innovation is the **K Essence Head Ritual** that not only soothes the scalp with benefits but also adds a luxury experience for our clients. Oil massages escalate to Moroccan Oil Spa for nourishment with argan oil to reduce frizz and boost shine," adds **Audrey D'Souza**, National Creative Director, **Lakme Salon**.



Audrey D'Souza

Bespoke Treatments for Men

At **JW Marriott Hotel Bengaluru**, men are offered a curated wellness experience that feels both restorative and intentional. The **Rejuvenation for Men** (90 minutes) is a signature full-body massage performed using Shankara Ayurvedic products, where essential oils and time-honoured techniques work



together to ease physical fatigue and mental strain. For those with more high-stress routines, the **Sports Massage** (90 minutes) works effectively on muscle tension and fatigue, making it particularly beneficial for active lifestyles. The offering is complemented by the **Intense Eye Repair** (30 minutes), a thoughtfully designed express treatment ideal for corporate professionals experiencing screen fatigue and eye strain.



Jayanti Gomes

"The use of Ayurvedic products in the massage lends the experience a sense of heritage-led wellness rather than a routine spa visit. Each therapy is structured to address real concerns, muscular stress, skin fatigue, mental burnout, and the effects of long work hours, while remaining efficient enough for today's fast-paced lifestyles. It is this balance of tradition, efficacy, and refinement that makes the offering feel genuinely elevated and far from ordinary," says **Jayanti Gomes**, Director of Spa, **JW Marriott Hotel Bengaluru**.

Capitalizing on the Festive Fervour

With the wedding season in India, spas and salons have also seen a surge in men opting for professional makeup services. "Wedding season brings unique pressure to look polished without appearing overdone. We deliver that balance – groomed, confident, and naturally handsome. Whether it's celebrity-inspired textured hair, sharp fade beards, rejuvenating massage and sun shower therapy, relaxing head massages, or camera-ready wedding makeup, **Sinh Salon** offers services that respect and enhance masculinity," adds **Joginder**.

From using ingredients that work well for men, to ensuring there is a bespoke programme for male aesthetics, spas and salons are certainly putting men on top priority. **SS**

