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The salon & spa journal

No. 10 ■ 132 pgs ■ June 2020

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SS SPA REVIEW

An Urban Wellness Sanctuary Rooted in the Five Senses

Aavraa Wellness at The Residency Towers in Chennai is where you can achieve your wellness goals within a harmonious, holistic space

Words | Bindu Gopal Rao



Located in the heart of Chennai's T Nagar is Aavraa Wellness, a space that is all about giving you a luxurious spa journey.

THE SPACE

The Residency Towers wellness floor has beige-hued interiors that automatically invoke a sense of calm, and the expansive space has chic interiors complete with tall floor-to-ceiling light fixtures. The beige-hued interiors automatically invoke a sense of calm, and the expansive space has chic interiors complete with tall floor-to-roof light fixtures.

The salon, gym, swimming pool and spa and is designed keeping the five senses in mind. The state-of-the-art fitness centre with Technogym equipment and guided workouts, an open-air outdoor pool offering and an inhouse salon are part of the experience.

The Aavraa Spa takes centre stage here, promising a wellness journey built on three pillars - tranquility & wellness; agility & fitness; and vitality & beauty. The Spa offers a range of calming massages, restorative therapies, and invigorating

rituals to nurture your wellbeing. The spa has a philosophy of giving timeless rejuvenation, inspired by tradition and international exposure. With a vision to redefine luxury wellness by seamlessly blending India's rich Ayurvedic heritage with globally renowned therapeutic treatments, it delivers an unmatched spa experience. Among the signature massage experiences is the Bee **Wax Scrub Massage**, a deeply nourishing treatment using pure beeswax scrubs to exfoliate and soften the skin, followed by a soothing oil massage. The **Kashmiri Lavender Oil Massage** is a calming and stress-relieving massage using Kashmiri lavender oil, known for its relaxing and therapeutic properties. The **Ashwagandha Oil & Scrub Therapy** is another signature rejuvenating treatment incorporating ashwagandha-infused oil and herbal scrubs to restore balance and vitality. The spa also has exclusive wet area experiences, including steam rooms with aromatherapy, saunas for detoxification, hydrotherapy showers and soaking baths.



THE SPECIFICS

Aavraa Wellness's approach focuses on ingredients and conducts extensive research and development to ensure valuable products. The Kashmiri lavender used in the **Nielpyosh oil** comes from the Pulwama district, while the scrub is unique with beeswax as a base and uses flowers like marigold that are associated with happiness. For premium services, oils like the **Kubani Ginger** or **Camphor Sandalwood** come from the luxurious Ayurveda brand, Forest Essentials. The facial products are from **Skyendor** and **Kenpeki**, and for the salon, the styling products are

from **Sebastian**.

When it comes to hiring people, the most important aspect is to focus on the right attitude and basic communication. Education is not a focus. Most staff are hired from Skill India Institutes, the World Skill Center, and many small skill institutes. The staff are further trained after hiring, and the service approach is renewed frequently to keep up the standards. This includes training at the onboarding level when they first join, as well as ongoing training once they have been with the company for a while to maintain service quality and standards.



THE TREATMENT

I am given two welcome drinks – kokum and ginger jaggery – to start with. After that, I was advised to take a 90-minute Thai Herbal Poulitice Therapy. The session starts with a foot massage. After patting them dry she uses a small wooden stick to press the back of my feet in a circular motion to 'prepare my organs' for the session ahead. These are rhythmically pressed across the body. The massage continues in a sequential fashion where the legs, stomach, hands, back, neck and face are massaged with oil. A head massage with an aromatic hair oil ends the session. After that I have a shower; there is also a separate steam and sauna area where you can experience the same and have a shower. A glass of warm green tea is the perfect way to end the session. **SS**

Fact File

- Name of the Spa: Aavraa Wellness
- Established: 2025
- Architect: WoW architects
- Area/Size: 14900 sq.ft.
- Treatment rooms: 5
- Number of aestheticians: 8
- Signature Treatment: Laamu Balinese Bliss, Deep Sleep Twin Harmony Ritual, Ashwagandha.
- Timings: 7:00 a.m. to 8:00 p.m.
- Contact: Himadri 7010377336
- Address: 115, Sir Thygaraya Road, T. Nagar, Chennai - 600017
- Website: www.theresidency.com