

« TRIED & TESTED SALON & SPA REVIEW

A LITTLE LOVE, A LOT OF GLAM

A hint of lavender and a lot of love — Rhea Dhanbhoora finds indulgence in the new ME! Ritual from MyGlamm

We're no strangers to the great treatments from MyGlamm, though some of their therapies and procedures are better than others. They recently introduced a new range of ice cream manicures and pedicures, which we decided we simply had to try. From chocolate and strawberry to luscious lavender, we couldn't wait to indulge our senses in the experience.

Since we couldn't choose between chocolate and lavender, we decided to pick a chocolate manicure and a lavender pedicure since in our opinion at least, pedicures are a lot more indulgent and the scent of lavender was already heavy in the air when the box was pried open.

INDULGE ALL YOUR SENSES

Pick a comfy spot and remember that although they're extremely neat and well organised, it would serve you well not to pick a spot near anything that may break or get damaged by spills. You should also ensure that sockets and switches are nearby, as well as access to a water source for the foot and hand baths. If you're as particular as we are about keeping your home spick and span, you may be a little less relaxed than you would in a salon, but that has nothing to do with the therapy or the brilliant therapists.

The treatment starts with a luxurious soak that hydrates your skin and is followed by exfoliation, moisturisation and a soothing mask. The massage for both is even more indulgent, since the scent of the lavender (or chocolate, as with the manicure) wafts through the room. But, how does this differ from other mani-pedis? The first thing that stands out is that each box comes with its own scented candle, which is lit at the beginning of the treatment, helping to set the mood in the comfort of your own home. There's also the flavoured tea — although the chocolate was just alright, the lavender is incredibly soothing.

If you have to pick, pick the lavender. It's soothing, indulgent and will leave you in the most blissful state. Even if you start your treatment worried about water rings and product spills, around ten minutes in, you're not going to notice anything but the heady aroma. Their pretty nail paints come from Faces, and we picked a shimmery gold for the season that lasted for weeks, but they also have a gorgeous lavender, if you want to keep with the theme!

Price ₹1,400 (pedicure);
₹1,200 (manicure)
Contact www.myglamm.com



>> The soulful therapies at Antara Spa will help you slip into a blissful state



Where The Club Mumbai,
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A SPA-TASTIC SURPRISE

Looking to treat yourself to a spa indulgence this season? Pearl Mathias tells you why you should book one of the latest therapies at Antara Spa for your next appointment

If you've visited The Club Mumbai in Andheri, you can't have missed the beautiful spa by the pool. Antara Spa celebrates a decade this month and has several new treatments on offer that we couldn't wait to try. In Sanskrit, 'Antara' means to look within or introspect, and is represented symbolically by the lotus, which has many petals signifying the various levels of existence such as the physical, mental, emotional and spiritual levels.

LOOKING WITHIN

The sound of children playing in the water puts a smile on your face as you make your way past the pool into the spa, where the reception is simple yet special with mother of pearl inlay set on a calming beige background. We were told that the spotless white marble signifies a connection between the treasures of the sea and the purifying effects of water. While the simplicity of design is the overriding theme here, the therapy rooms are given a unique character with textured fabrics and exquisite silk. The design keeps five elements in mind — space (starry skies in the dry floatation room), air (relaxing aromas), earth (earth tones of the flooring), water (water bath in the couple's therapy room and at the entrance) and fire (aroma burners).

The wellness therapies include a relaxing Aroma Therapy (₹2,500 for 60

minutes), Body Wraps (₹2,000 for 45 minutes), Hot Stone Therapy (₹3,000 for 90 minutes) and Foot Reflexology (₹1,000 for 30 minutes). They also offer healing services such as Chakra Balancing (₹2,600 for 90 minutes) and the Pre & Post Natal Massages (₹1,750 each, for 45 minutes). They offer some traditional therapies created exclusively for men such as the Babor Indulgence (₹5,500 for 150 minutes). But, we were excited about trying the new Vinyotherapy with Hot Stone (₹3,500 for 60 minutes and ₹4,000 for 90 minutes).

SOULFUL ENCOUNTERS

Even late on a Thursday evening, the spa was buzzing with clients. It's apparently booked through the week, so make sure you make an appointment well in advance. Our unique massage therapy began with special Californian candles ignited to generate warm grape seed oil. The masseuse, Shang, soaked my feet in water that was infused with rose petals, massaging them gently. A full body massage with warm oil was followed by warm grape seed oil massaged on my body with the help of hot basalt stones. The grape seed oil not only smells heavenly, it also hydrates and moisturises, while the basalt is used to gently pass heat through to the body and soothe aching joints. The refreshing treatment was followed by a quick



>> Antara in Sanskrit means to introspect

head and face massage and a steam-shower combination. We were told that the Cupping Therapy (₹2,750) is an alternative medicine that has been modernised in different ways in order to cure and ease muscle tension. Whether you're suffering from stiffness or not, it provides numerous benefits such as improving circulation and blood flow, toxin release, faster muscle healing and benefits for ligaments and tendons. It reduces pain, softens stiff muscles and tissues, and also reduces hypertension, stress and depression.

ON A BLISSFUL NOTE

Whether you're looking for a signature massage therapy or to try something new, we recommend booking an appointment at Antara for your next indulgence. Apart from the soulful ambiance, we enjoyed the hospitality and service, and the fact that we left not only with a little pampering, but with a bit of knowledge about our treatments as well. Would we go back? Without a doubt!