

« STORE REVIEW: SUKHO THAI'S SUMMER SCRUB AND FENNY G & FRIENDS

MANGO MANIA

>> From the comfy chair and dim lighting, to the relaxing music in the background, the ambiance at Sukho Thai adds to the experience



Sukho Thai's new mango therapy will leave your skin surprisingly soft. But, is it just a glorified exfoliation treatment or is it really worth heading over to the spa for? Rhea Dhanbhoora finds out

Mango Therapy (70-minutes if you're running short on time, though I suggest you get the full experience) — their seasonal scrub offering for the summer. But, I was speculative about how much value-for-money I'd be getting, with the treatment's ₹2,790 price tag. Sukho Thai has never been cheap, but when you say mango scrub and that amount together, you tend to choke up a little.

The one issue I usually have at spas that have the open-chair format of Sukho Thai rather than exclusive rooms, is that as good as your therapy may be, boorish customers can ruin it for you, which is something the spa can do very little to control. As luck would have it, I was treated to some loud noises, a few cellphone pings and some incessant chatter from the back rooms, but thankfully, the disturbances passed and I could settle in for the treatment, which may not have exceeded, but definitely matched expectations.

The scrub in question includes 30 minutes of exfoliation, with a scrub that smelt only very faintly of mango — and more like a mango sweet than fresh mangoes. Barring a few extremely ticklish moments near my toes and the occasional lack of water (but not enough to chaff my skin) the scrub was well applied, leaving my legs feeling soft and fresh. This was followed by one of the best foot massages I've had the pleasure of experiencing, keeping in tune with Sukho Thai's reputation. Followed by

the traditional 15 minutes devoted to your back and neck and you're left cooler, calmer and much more relaxed than when you walked in. Service at the spa is great, the therapists are warm and friendly and they will ensure that you're comfortably reclining in the big armchairs before your therapy begins. They also give you enough time to enjoy the delicious tea and bowl of fruits that you're served after it's done.

Cooling scrubs and massages are very often cooling *only* when you're at the spa. But, as I stepped out onto the sultry roads, my legs were not only ridiculously soft (the softness as well as the glow lasted for three days, which left me very impressed), they were also incredibly cool. The massage oil left a peppermint fresh feeling on my legs, so much so that they remained oblivious to the pollution as well as the summer heat.

It's safe to say that Sukho Thai left my skin relaxed, smooth and glowing for days, so I was more than a little satisfied. A little more mango in the scrub that would have left a heady mango scent lingering on my skin would have made this treatment more worthy. The price tag will still leave you wondering whether to opt for the treatment or not, so it won't become your go-to summer massage. But, if you want to treat yourself to a guilty indulgence, this is the place you should visit.

Where Sukho Thai, Turner Road, Bandra (W)
Contact www.sukhothal.in

March madness and heat-related tantrums usually define my summer, so finding a way to relax is at the top of my agenda. Understandably, this is the best time to visit a spa, especially when the spa in question is Bandra's foot spa champion, Sukho Thai. Not usually one to disappoint, I wasn't particularly worried about the quality of treatment when I visited to try the pampering, 90-minute

Designed for fun

Where Shree Siddhivinayak Plaza, Plot B 31, Off New Link Road, Andheri (W)
Contact 7738123494



Nestled in one corner of a quiet lane in Andheri, sits Fenny G & Friends, a unique lifestyle store. From products such as distinctive dinner sets to card holders that are anything but run-off-the-mill, it has everything in store, literally. Another thing that sets this store apart, is that the alternative retail space morphs into The Little Door, your friendly neighbourhood Mediterranean bar, that transforms into an airy café during the day. Fenny G & Friends at The Little Door is a fluid, well-curated space, with never-seen before décor, uber fashion and exciting gourmet food, all blended together into a bundle of memorable experiences.

As you walk into the store at The Little Door, you expect to be greeted by music and a large crowd, but instead you meet serene calmness and a relaxing vibe. Fenny Ganatra, also known as Fenny G, has travelled around the world to promote her debut product, Bounce — a new age chair with a comfortable seating experience. On her travels, she came across innovative products that were on par with her design principles.

Take a trip to newly opened Fenny G & Friends to find out how to jazz up your daily life. Radhika R. introduces the store and helps you pick from their fun artefacts

This inceptioned the idea of making these products available in India, which led to the first ever Fenny G & Friends store, which now stands for a unique design experience that blends into the social fabric of the city.

Fenny G & Friends houses specially hand-picked brands from across the globe such as Fenny G (India), Flux (Netherlands), Seletti (Italy), LEFF Amsterdam (Netherlands), Zisiska (Netherlands), Day Craft (HongKong), Mayank & Shraddha (India), Batle Studio (San Francisco), IndianBean.com, Organic coffee (India), Radhikas Fine Tea, (India), Bean Therapy, Chocolates (India) and Good Juicery.

A few useful day-to-day products have been designed with a twist, including the Flux chair (₹7,000). This origami inspired chair weighs just 5kg and can be folded into an extremely thin package. Available in a variety of colours, this chair can be used in gardens, homes and even in office spaces. The Seletti dinner set (₹4,672) is also quick to catch your eye. These sets come in the shape of different palaces and each has a winding story to tell. This visionary concept comes

complete with plates, soup bowls and spoons, the roof of the palace serving as covers for the bowls.

The bubble designed Seletti glasses are another example of the light, delicate designs. These borosilicate glasses are known for their resistance to thermal shock and can hold up in extreme temperatures whether you serve chilled or hot beverages. Giving the store a dose of fashion is the summer collection from fashion designer duo Shraddha (Nigam) and Mayank (Anand) with resort wear and cutting edge textures and fabrics.

After a fun-filled shopping experience, your food fix is filled with options too. Their day menu is filled with fruity choices. The Watermelon & Feta Salad (₹237) is a dish that stands out. Their breakfast menu has a variety of egg options such as Raw Mango Baked Eggs (₹257) and Poached Eggs (₹257). Apart from daytime nibbles, their menu also has pizzas, burgers and wholesome meals.

Overall, it's great to walk into a place that promises you relaxation and lets you unwind after a fulfilling shopping experience.