

« STORE REVIEW: TRANQUIL SPA

Calm in the midst of chaos

WHERE
SMAAASH,
Kamala Mills, Gate
No. 4, Lower Parel
CONTACT
www.smaaash.in



>> Sheer blue curtains help make it seem like you have a private space while you enjoy your massage at Tranquil

Deceptively small at first glance, **Tranquil Spa** at SMAAASH provides a necessary break from the noise of the gaming zone outside. **Rhea Dhanbhoora** visits to see if treatments are as relaxing as they promise

If you've ever been to SMAAASH, you know what a large, chaotic hub it is for gamers and diners alike. Filled with children running from one game zone to another, football fans screaming for their teams to win and happy partygoers grooving to a host of beats, the entertainment zone is anything but peaceful. The heady activity can leave you pooped, but if at the end of a day filled with action, all you want to do is kick your heels up and relax, you don't have to go too far.

SMAAASH has recently launched a spa, aptly named Tranquil, which is situated in an almost unidentifiable corner near the entrance so you can get rejuvenated on your way in or out of the zone. There's hardly any place to stand in the tiny reception area, so I was wondering how much space they had inside to actually administer the treatments.

The menu is placed open on the counter so you can select a treatment from the 15, 30, 60 and 90 minute options that are available. So, whether you want one of the express 15-minute treatments like a foot massage, hand massage, head, back and

shoulder massage or just a cut, file and polish treatment, you can indulge for an affordable ₹200-₹450. If you want a 30-minute massage or a mini-manicure or pedicure, you'll be spending between ₹750 and ₹850. The spa therapies cost ₹1,650 and ₹2,250 and include a Himalayan Hot Stone Foot Treatment, an Indian Potli Treatment and a Tranquil Spa package, for 60 and 90 minutes respectively. And if you've got children, you'll be interested to find out that they will soon be starting their Kiddies Mani and Pedi procedure, which costs ₹950. The menu is short and sweet and not inclusive of taxes, but the prices are still affordable.

Though the spa seemed cramped and tiny from the outside, step inside and it's well-done up little room with ample space. With the walls decorated in a blue and orange with soft blue lights hanging over each comfortable massage chair. They then draw the sheer blue curtains, and you're ensconced in your own little cocoon.

I tried the Himalayan Hot Stone Foot Treatment, a

60-minute procedure that involved a hot stone foot massage, followed by a short, effective head and back massage, so none of the aching bones in your body were left wanting.

My masseuse was adept at her skill, easing away aches and pains and truly relaxing me, although the hot stones were slightly disappointing because they seemed to be more lukewarm than hot. She massaged the pressure points on my feet with skilful ease and combined with the back and neck massage, it was a peaceful experience. Everything at Tranquil, from the prices to the décor and the actual treatments, is appealing. The only thing you might miss is a private room, so your experience might depend on how empty or full the spa is and how respectful of the much-coveted silence other people who enter are. Since the spa can't really control either one of those things, we're not going to hold that against them. If you're in the area, visiting with a group of friends or taking your children for a fun day out, you shouldn't skip out on a visit to relax yourself.

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