

« SPA REVIEWS: SVASTII AND ABYDOSS

There's been a lot of talk about the new spa in town, which left me a little suspicious. It's always a let down when you read and hear so much about a place, expect the sun and the moon and are left with a cloudy day at best. Although I wouldn't rave about receiving the sun and moon, Svastii didn't disappoint either.

You can tell it's a high end spa from the twinkling chandelier which catches your eye you as you move to sit down on the white sofa dotted with coloured cushions. If you don't spend at least ten minutes looking around, you're probably in a huge hurry, which we don't recommend, even if you're there for one of their Express Treatments.

Svastii is chic and high-end without being snobbish, which we appreciate. Reference must be made to the different rooms dedicated to each type of treatment, including the 'Express Room' where they offer quick-fix services such as hand and shoulder massages that can soothe your after-office aches and pains; separate rooms dedicated to skin treatments and the separate white and pink salon with dedicated salon staff.

The pebbled pathways and little water basins make it even more interesting. Every room is decorated to suit the mood, and it works well. The VIP room, for longer treatments, is worth walking into if only to look at. They also offer holistic treatments and have a personal counseling room.

You can tell the unisex spa has been laid out carefully and with precision enough to

A Heady Mix

Spas are in season with big and small outlets springing up all over the city. **Rhea Dhanbhoora** takes a look at Powai's newest addition to the mix



>> Svastii's dedicated rooms for different treatments give you the ultimate Spa experience

be unable to find fault even when you're looking really hard. Treatments range from ₹390 for Express Treatments to ₹6,000 for the Signature treatments. They also have inaugural and membership packages.

My stabbing shoulder pain made them suggest a head, neck and shoulder massage along with my hair spa. I was skeptical at first, my shoulder still hurting through the first ten minutes, which can make you wonder. But there's a point between nimble fingers kneading away the aches and pains during which skepticism melts into complete surrender.

Although my shoulder still tingled a tad bit at the end of it, which meant it wasn't a complete remedy, I was more alert and oodles more relaxed. Enough to endure the choc-a-bloc traffic out of Powai with minimal complaint.

Although it might be a bit difficult to get in and out of Powai as often as we'd like to, it's a cheerful addition to the bustling little mixture of spas and wellness centers springing up in Powai. The dedicated areas means there's a heady mix of different treatments, enough to make you want it all, just to experience the different settings.

It does well more because of its ambience and interiors than anything else; the treatments are, well, spa treatments. But they're good enough to go back for a second helping.

WHERE 8a, Svastii - The New-Age Unisex Wellness Haven, AG -3 Ground Floor, Delphi A Wing, Orchard Avenue Road, Hiranandani Business Park, Powai
CONTACT 42155377 / 42155380

« NEW LAUNCHES: FIND OUT WHAT'S JUST OUT



ESTD. 1977 LAUNCHED IN INDIA

Estd. 1977, a brand that screams style, is now being launched in the Indian market. With young and very stylish designs in sync with the latest trends, this brand will garner attention for their vast collection of footwear. Designed in London and Milan, this brand is ready to set international standards in the Indian market. Sahil Kejriwal, Director of Estd. 1977 says, "The designs are as such that they are bound to entice both the young and old. We envision a great demand for our products considering the fact; both design sensibilities and preference have been kept in mind in the formulation of Estd. 1977." Elegant and classy footwear under the name of a trusted brand, what more would you want?

Price: ₹1,680 - 2,280

Available at: Premium stores across India

Just like Cleopatra

Although it's not big and luxurious like the run off the mill spa, **Abydoss** has a lot to offer. **Rohit Prammar** tells you more

Whether you'd like a facial, an ayurvedic massage, aromatherapy or body treatment, there are several luxury spas in Juhu that will cater to all your needs. A lot of spas also have special suites for couples, so you can have the added benefit of relaxing with your partner while getting the treatment of your choice.

Luxury has its own price, and such spas can be a bit expensive for the average Mumbaikar. Don't worry though, Abydoss - the pyramid of wellness and well-being in Juhu, is the perfect place to soothe your woes.

The founder of Abydoss, Dr. Aneeta Arora aims to incorporate a realistic understanding of skills related to assertiveness and the purpose of those skills to aid us in the communication process.

Dr. Aneeta is a lifestyle and de-stress consultant who also does counseling and psychotherapies. She says, "Abydoss offers you physical, mental and

emotional wellness. Our treatments, therapies and products are nature based and will rejuvenate your inner and outer self."

Abydoss is definitely not one of those luxury spas. It's a small spa but it delivers well.

It offers a variety of treatments, from body massages to body wraps and various therapies. The prices are affordable compared to other spas. An aroma therapy of 90 minutes can cost ₹1,800, a body wrap costs ₹1,500, while a full body massage can set you back ₹2,100.

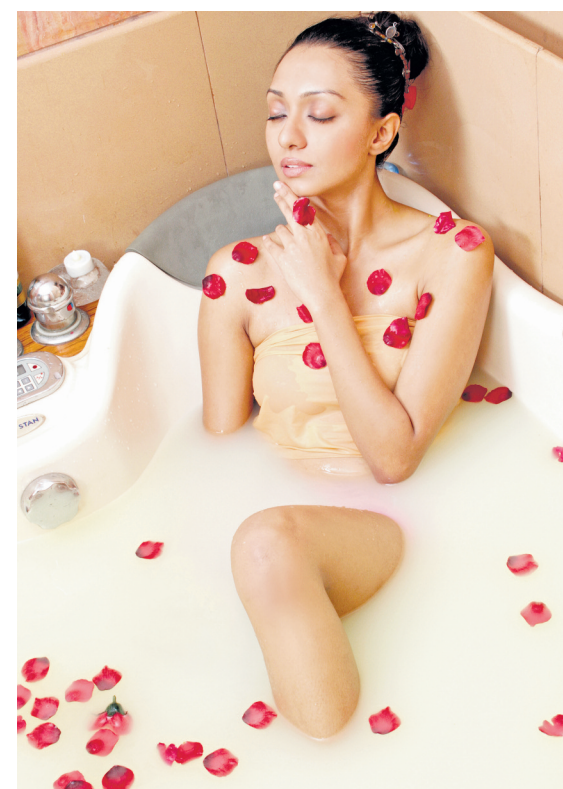
The products used for the treatments are completely natural, with no preservatives. The spa also treats problems such as frozen shoulders, lower back pain, irritable bowel syndrome (IBS), chronic fatigue syndrome, sleep disorders, eating disorders and almost all problems that stem from stress.

The treatments are customised as per individual needs with the

personal attention of skilled therapists. The treatments comprise of body work as per diagnosis of physical health and counseling on lifestyle management.

OUR PICK Just like Cleopatra, this luxurious hydro-treat allows you to lie down in the royal grandeur of milk and essential oils to enhance the quality of your skin and alleviate your senses.

VERDICT What works favourably for the newly opened Abydoss is the variety of treatments, which they offer at affordable prices. But at the end of the day, it's a spa like any other.



WHERE Abydoss - Wellness and Wellbeing, Varun Apts, Ground floor, Gulmohar Cross Road No. 12, Juhu
CONTACT 26288313 / 22-56789827