

HOLISTIC  
HEALING

# SHINING THROUGH

*In the midst of a city that is dizzyingly fast-paced and forever on the move, **Neha Malude** suggests Shine Spa for Sheraton Bangalore where you can enjoy a few hours of peace at the hands of masseurs who really know their stuff.*



shimmer



## HOLISTIC HEALING



On a hot, late Saturday afternoon, I found myself standing at the reception of Shine Spa for Sheraton in Bangalore in a quest for something to soothe my travel-ravaged muscles. Shine is the in-house brand of Sheraton but the one in Sheraton Bangalore is the first to open in India. While there are treatments you can experience with your loved ones or friends, I was happy at the thought of being alone, not wanting to encounter another living soul for the next few hours. The decor is simple and contemporary, the interiors are inspired by classic elements of the Regency period and the ambience immediately has a calming effect. While there are several interesting therapies you could go in for, like the Indian Spice Scrub (a body treatment involving finely ground pulses, herbs and nuts) and Marine Mud Wrap (fresh flowers, fruit juices, vegetables and herbs blended with clay), I chose their signature massage called Shine Massage.

The spa recommends that their guests arrive before time to enjoy the steam and sauna prior to their treatments. This

helps warm and relax the muscles so that your therapy is even more beneficial. After a few minutes in their waiting area, I was beckoned by a petite masseuse down a carpeted, spiral staircase where it suddenly got darker and if possible, even quieter. The feeling was a tad unsettling, much like being led down a rabbit hole.

Amusingly, the spa encourages you 'forget about sombre and silent spa experiences, feel at home and burst into laughter or relax'. The subterranean world, shall we call it, is a long candle-lit corridor that leads to several rooms behind closed doors. The rooms are adequately furnished with wardrobes, an attached shower, a sofa and a dressing area. For the next hour or so, this was to be my sanctuary. I was asked to change into a fluffy robe following which I did the unthinkable: I switched my phone off. They are rather keen, and rightly so, about respecting their guests' privacy. And so began a glorious 65-minute session of much-sought pleasure. As with each treatment, this massage too, began



with a ritualistic foot wash. I then lay on my back while the masseuse prepared a generous mixture of lavender and mandarin oils blended with salt butters. She began with long, gentle strokes that seemed to pull at all the dormant, tired sinews of my legs which resisted at first but eventually felt weightless. And then it was time for my back, which in that moment, was transformed into a canvas. My masseuse may well have been a painter, what with her hands' brush strokes, sometimes feathery soft and at other times, quite strong. You can, however, request yours to go easy if the pressure feels too much but I enjoyed it despite the little stab of pain now and then. As the knots in my back dissolved gradually, I felt more at peace. The music, though, needs rethinking. If they could have had the soothing sound of water, it would have uplifted the experience. The next 30 minutes involved the same rhythm and strokes on the upper body with a rectangular piece of cloth filled with round, cold stones on the eyes presumably to provide a cooling effect.

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The last ten minutes or so, the deft masseuse shifted her attention to the head, starting from the mane to the temple, gently stopping at the pressure points. The fragrant, warm oils worked their magic as they seeped into the scalp – can't deny the magic of a good head massage, can you? By the time she was done, I was in a near-comatose state and much to my embarrassment, had to be prodded twice to be woken up and told that it was over. A short meditative shower later, I was fully dressed and ready for the chaotic world outside but not without a slight buzz at the back of my mind, possibly the after effects of the past wonderful hour.

The staff, very courteously, offers a cup of herbal tea so that the after effects of the calming spa are extended for the guest and we would definitely recommend it. In my case, I was content beyond expectation and the only thing on my mind while walking out of the spa was a plan to return as soon as I could. The Shine Massage is priced at Rs. 3500 (for 65 mins) and Rs. 4500 (for 95 mins). Other signature Shine Spa experiences include Shine for Two, Shine Facial, Shine Hands and Feet and Shine Body treatment. You can also go in for the more conventional treatments like their Hot Stone Massage, Swedish Massage or the Deep Tissue Massage.



Picture Courtesy: Shine Spa for Sheraton Bangalore