



Ethereal affair

**The Heavenly Spa
at The Westin
Mumbai Garden
City**

Words: Saroni Roy

Tucked in one of the busiest areas of Mumbai and with corporate offices surrounding it, the Heavenly Spa at The Westin Mumbai Garden City is truly a wellness sanctuary!

Though the services at all the Heavenly Spas across the globe follow the signature philosophy of healing of the inner spirit through a variety of wellness services and holistic therapies, the spa experience here stands unique! StyleSpeak explores how.....

CONCEPT & PHILOSOPHY

The concept and philosophy of the Heavenly Spa by Westin, is to provide a sensorial experience in a serene environment designed to inspire and renew the spirit of the guests. The spa aims to calm the guests by taking them on a journey through all the five senses— sight, sound, touch, taste, and scent.



The Heavenly Spa by Westin offers signature Heavenly Touch massage services to soothe aches and pains, alleviate stress and rejuvenate the body; Celestial Body Treatments to detoxify, hydrate and heal; and Heavenly Glow Facial Treatments to purify and enhance beauty.

AMBIENCE & DÉCOR

At the Heavenly Spa by Westin, every detail has been carefully orchestrated. Walls in warm beige and earthy brown cane couches adorn the lobby area of the spa where the guests can consult with the spa manager over a cup

“Recently spas have evolved their positioning based on the services that they offer- like Destination spas, Day spas, Medical spas and soon we will have Detox spas and more lifestyle oriented spas. The need of the hour is to benchmark and go beyond just a massage and provide a complete wellness experience!”

- Dr. P K Shaji

of herbal tea for a customized spa treatment. The design is refreshingly contemporary reflecting the look and feel of the Westin hotel itself.

Various indigenous and natural elements including diffusers and candles are placed throughout the corridors that take you to the treatment rooms. The air is infused with the calming aroma of white tea and soft sounds of uplifting music permeate the spa. All the senses are touched subtly and the guest soon feels relaxed and calm within.

“The brief for this Heavenly Spa was for a modern and contemporary design, stream lined, simple and stylishly minimal rather than eclectic, colorful and loud. This was to be executed with a simplified set of finishes kept pale and light, tapping into concepts of peace and calm whilst still being comfortable and welcoming (not clinical). We also incorporated the signature floral motif in the entire hotel, and the Heavenly Spa derived from the unique forest setting.”
- Chaddha Siembeda and Associates from Australia

The Heavenly Spa has two main areas, the first being the public change and amenities area (divided into Male & Female) and includes the steam and chilled shower rooms as well as the dry and wet relaxation areas for before and after treatments.

There are 9 treatment rooms of differing sizes cater to individual treatment

MATERIALS' PALETTE

The material palette includes a combination of local, pale travertine stone with several contrasting textured finishes. The travertine stone textures are soft and delicate to look at and breathe spaciousness, inducing a relaxed and peaceful feel. The soft earthy hues of this natural stone keep it in tune with nature and the pure white resin both plain and with the signature Heavenly Spa leaf motif laser-carved into it, the pale timber veneers, clear glass and distinctive rugs add to the serene feel.

The local team in India sourced these textures from Australia, and then finished them.

specialties. Most of these rooms overlook the pool deck and are based on a consistent design concept.

THE HEAVENLY SPA SIGNATURE

The spa ensures a unique spa experience for their guests through high quality therapist training. Each therapist is trained in Yoga and Reiki which helps develop a spiritual connect between the guest and the therapist. Also these self healing techniques improve the healing hands of the therapists to provide holistic treatments and enhance the spa experience.

Prior to any spa treatment, some signature rituals unique to this Heavenly Spa are performed. Once the guest is escorted to the treatment room, a foot ritual is performed by allowing



SIGNATURE TREATMENTS

THE ROLLERSAGE

(75 or 90 minutes @ Rs. 4800 | Rs.6500)

A signature Heavenly Spa experience, Rollersage combines the healing properties of semiprecious stones with the relaxing feeling of a Swedish massage to relieve tense muscles. Pure, perfectly rounded stones are rolled over the body resulting in a deeply penetrating massage that gives a euphoric sensation, unique to the Rollersage experience. The metaphysical and healing property of semi precious stones enhances the healing experience.



HEAVENLY MESSAGE

(90 minutes @ Rs.4800)

Relax, rejuvenate and energize yourself for another day with a signature Heavenly Spa experience that uses a heated herbal compress to relax muscles before your choice of distinct essential oil blends are massaged into the body.

Westin's In-room Spa service allows you to indulge in the invigorating Heavenly Spa experience, customized for you, within the privacy of your own room

the guest's feet to soak in warm water with sea salts added to it, followed by a foot scrub. What follows is a very interesting and traditional Red Indian concept – 'The Burden Basket', wherein the guest is told to close his eyes, hold Rose Quartz stones close to his heart and rotate it in a clockwise motion and think about all the negative thoughts that bother him. These quartz stones are then put in a basket and hung outside so that all the negative energies are kept at bay! A fresh flower is placed on each spa treatment bed and a small bowl of white stones and flowers is placed just below the face cradle as a focal point for meditation and to block out all other distracting visual stimuli. And each treatment begins and ends with a chime to clear the alcove of energy and prepare the guest for what lies ahead!

With a mix of wellness rituals blended with spiritual beliefs from various parts of the world, make the spa experience at the Westin, Mumbai truly heavenly! **SS**

FACT FILE

Year of Establishment: May 2010

Name of the architect or designer: Chaddha Siembeda and Associates from Australia.

Timings of the Spa: 9 am to 10 pm

Number of Treatment Rooms: 9 including a dedicated Couples' Treatment room, one dedicated Traditional Thai Massage room and 1 dedicated Ayurvedic Massage room. Area: 940 sq. mt. of recreation space with 525 sq. mt. dedicated to the Heavenly Spa

Number of Therapists: A team of 11 – all trained in all the treatments on the menu and in Reiki as well.

Products Used: ComfortZone skin care products & Iraya

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