

« STORE REVIEW: PALMS SPA & MAYYUR GIROTRA

# BEING IN BALI...

... if only for 90 minutes. **Rhea Dhanbhoora** explains how the newly opened **Palms Spa** changed her opinion of the Balinese massage

A Balinese massage, made popular by the Indonesians because of its origins in Bali, is a massage that is touted world over for its ability to reduce stress, stimulate blood flow and provide relaxation. I've had these massages before, but none of them had me in Michelle Pfeiffer-like rapture. So, either the film *New Year's Eve* was lying to me about its ability to knead away pain, or the massages I was getting weren't good enough.

I decided that it was time to give it another try at the newly launched Palms Spa in Colaba. I had read a lot about the spa — from their Cherry Blossom & Lotus Escape Ritual to the famed Matrix Rhythm Therapy, created by Dr. Ulrich Randoll from Germany. However, my cells weren't in dire need of rejuvenation and I wasn't suffering from any afflictions, so I wanted to be fair to the treatment and try something that was best suited for what most of us suffer from on a Monday — stress.

Now, several spas claim to be sanctuaries away from chaos, but Palms Spa has location on its side. It's hidden at the far end of Dhanraj Mahal, where all you'll see are green trees and working professionals scampering away after a hard day at work.

I settled in as always, ready for some respite after a difficult day. I'm glad they didn't skip what I consider to be an essential part of a massage treatment — the pre-treatment drink and fruit. Some spas serve this after the treatment, but I think a little tea/ juice while your feet are dipped in water strewn with rose petals helps prepare you a little better for the massage. Otherwise, everything seems a little too rushed and you're left with no time to unwind. It can leave a good massage seemingly incomplete. They did not ask me for my medical history, preferences or whether I had any allergies — this could be because they have set techniques for each massage, but I think it is something important that they should start doing. After all, the Balinese massage is not gentle, and several clients are

>> Visit Palms Spa for Balinese Massage. A little heavy on the pocket, this therapy is surely going to rejuvenate you



usually advised against them. When the actual massage started, unlike the occasional tugs,

pulls and slight discomfort I've experienced at other spas — there was gentle kneading, accompanied by flicks, strokes of pressure, circular raps and gentle stretching over my entire body, including my face, neck and scalp. I was bathed in a sea of calm, with waves of serenity gently soothing my usually ruffled feathers. The dim lights and soft music in the background helped — I was glad this wasn't a spa that skipped out on music, as several are beginning to these days.

Although I was in and out of dreamland during the treatment, I felt alive after. The hot tea in the waiting area after the massage, helped me stay comforted on the journey home.

The spa uses products from 60-year-old Parisian institution Sothys, though none of this will matter when you're in the midst of your massage. I highly doubt I would have been able to differentiate between types of oils, forget the brands. But, if they're all that they're cracked up to be — this is an impressive feature that may or may not have justified the price tag on their treatment. It is also important to mention, that their service is impeccable and their website, incredibly informative.

Thanks to Palms, I now understand the hullabaloo surrounding the seemingly humble Balinese massage. The deep massage therapy itself is one of the reasons I recommend a visit to the spa. What's my one grouse with the place? The prices! Spas seem to be getting more expensive, with this one doing badly on the affordability list, at ₹5,250 for a 90-minute Balinese massage. It's satisfying, but paying a bill like this at the end of the treatment might bring you down from your cloud. But, if my pockets were a little deeper, it would be right up there on my list of weekend treats, even as frequently as twice a month.

**WHERE** Ground Floor, Dhanraj Mahal, near Gateway of India, Colaba  
**CONTACT** 66349898/ 9922

# A FASHIONABLE SHOWCASE

While you might be slightly disappointed if you're looking to shop off the rack, those looking for a customised bridal wardrobe are in for a treat at **Mayyur Girotra's** new store in Khar.

**Dev Goswami** finds out whether it is worth visiting

Popular fashion designer Mayyur Girotra has set up a new store in Khar. Before you visit, understanding the concept behind the store will help. While it is designed like a normal store where you can browse and pick up items that you like, it is the elegant couch located in the centre of the store where all the magic happens. Mayyur Girotra has a vast range of ready-to-wear anarkalis, bridal lehengas and gowns, but they focus on customising their products to give you exactly what you want. This is the reason that the items they have on display don't come in different sizes — the store functions as more of a preview of the designs and the type of finish that you can expect from them.

However, that doesn't mean that you should completely avoid shopping off the rack. The designs they offer are pretty interesting and are arranged in a beautiful, colour-coded manner. You can look forward to gold and silver embroidery as well as bridal ethnic wear. A quick look through their collection was enough to assure me that there is something for everyone. They have dresses and anarkalis that feature a lot of work without being tacky as well as apparel that is relatively bare, but won't be out of place at a wedding or any other Indian occasion.

The bridal and ethnic wear is available in the usual shades of blue, yellow, red, green and black. Their black anarkalis stood out — not because they were better than the rest, but because the black cloth highlighted the



>> Fashion designer Mayyur Girotra has opened a new store. Read on to find out if it is worth a visit

quality of finish and intricate designs that you can expect from their embroidery.

The evening-wear though extremely well-designed, was quite ordinary, but their accessories — particularly their clutches — held my attention. I absolutely loved the solid coloured clutches, with extremely thin gold (gold-plated silver) chains wrapped around the body of the clutch. It made for a unique and eye-catching design.

Their jewellery stands out too. They have a mix of silver and gold-plated silver necklaces and earrings. Overall, the collection has a royal, sophisticated vibe. Some of the necklaces had a beautifully dated look because of the unpolished silver. The one piece that really caught my attention was one made of vintage Victorian-era coins. That unique image was the one that I left Mayyur Girotra with.

As I mentioned earlier, customisation is their focus. The store receives new designs every week or so, but the staff will help you out with designs that aren't even on display (such as their menswear range). An order will take them anywhere between 30-40 days to finish and the price will, quite obviously, depend on your choices. But, roughly their outfits are priced from ₹18,000 onwards while the accessories start at ₹4,500.

**Where** Mayyur Girotra, 14th Road, Opposite Costa Coffee, Khar  
**Contact** [www.mayyurgirotra.com](http://www.mayyurgirotra.com)

« NEW LAUNCHES:  
FIND OUT WHAT'S JUST OUT



**Women's watches by Dulcecouture**

Online store, Dulcecouture, has launched innovative women's wrist watches that will look great with casual attire. The trendy blue strap on the hat and moustache motif watch spells class and the watch in itself, is creative and looks quirky. It's the season of florals, so we love the pink floral watch as well. With a pink strap and floral design, this watch will make you look chic. With many more designs, these watches are surely going to catch your attention, especially, if you are a watch-lover. Also, they are very reasonable priced!

**Where** [www.dulcecouture.in](http://www.dulcecouture.in)  
**Price** ₹680 onwards