

BRIGHT & BLISSFUL

An urban oasis of wellness, Blliis Spa & Salon by Ravissant takes your spa experience a notch up with its luxe ambience and indulgent therapies!

Writer | L Negi

How does a spa help one slow down, relax and rejuvenate in just an hour? To know the answer (or rather say, to experience the transformation from a 'tired' you into a 'terrific' you), head to Blliis Spa & Salon by Ravissant. A name synonymous with luxury, Ravissant redefines the 'Day-spa experience' with its flagship spa and salon in the capital. Offering bespoke luxury, the strengths of the spa are its minimalistic design, understated decor, decadent treatments and immaculately trained staff.

LOCATION

In the middle of New Friends Colony, Delhi's posh shopping, restaurant and bar district, travel up to the third floor of the iconic Ravissant building to discover 'bliss' in its true sense. From haute couture, jewellery and home décor to sterling silverware, the brand is famed for offering 'All things beautiful' – the meaning of Ravissant in French. Extending the philosophy to the spa & salon, the brand promises you an unparalleled experience of opulence, for which it's known worldwide.

"Back in 1981, my father Ravi Chawla chose this location to deliberately keep our products out-of-reach of curious on lookers. For him luxury is a painstaking process that cannot be sold or bought overnight. It was his vision that has set our brand apart," says Charoo Chawla Anand, Spa Director and the force behind Blliis. A spa enthusiast, she aims at making Blliis a 'spa destination within the city' rather than a mere stopover. "I don't want a stampede here, so the question of competition doesn't arise here. It's for people who understand luxury and appreciate the 'experience'," she declares.

CONCEPT

Over three decades ago, people came to know what true luxury means with Ravissant. Today, with the same zest and commitment, Blliis shows people what 'blissful' looks and feels like. Luxuriously spread over an area of 4,800 sq.ft, the spa houses three



Treatment Room

treatment rooms, private cabins for haircuts, a VIP room, a stunning retail boutique and a café lounge run by one of the city's best patisseries, L'Opera. A luxurious space that oozes glamour, it's created for the niche spa connoisseurs of the capital city.

From interiors to products, a sheer 'wow' factor runs through the spa. Whether it's the oversized and cozy massage chairs for mani-pedi or internationally renowned spa brands like Sundari and Aromatherapy Associates, exclusivity is clearly a ruling factor here. "Exclusivity



Pedicure Section

enhances and enriches one's overall experience, creating a state of mind and body that eases a person into the spa journey," states she.

The endeavour to go beyond the 'obvious' is quite evident. There are private cabins for haircuts and styling and a big LCD in the mani-pedi room to keep you entertained while you indulge in some pampering. "Along with this, we have also tried to design this space in an eco-friendly way. From LED lights and use of organic products, especially the zero-chemical hair colour range to recycled mirrors and wood, we have tried to make it as sustainable as possibly," explains she.

DESIGN

The subdued colour on the walls with a carefree throw of rustic gold reinforces the brand's reverence to opulence. Unlike many spas, you won't find a lot of paintings and artifacts pleading for your attention here. Instead you will be greeted by large and flattering mirrors and uplifting contemporary music.

A modern-day wellness oasis, it reflects how spas of future will look like – sleek, stylish and sophisticated! Explains Charoo, "Today, people are well

travelled and thus very much aware of the spa cultures and trends around the globe. They look for the same standards in the country as well, which is what we have tried to incorporate in our décor."

Besides world class ambience and services, another thing catches your attention is the importance given to 'privacy'. "We have limited number of shampoo stations, salon chairs, pedicure stations leisurely scattered over this huge area. Again the aim is to give our clients an experience and not just a service." Indeed, a luxe VIP room for those who love their 'me-time' shows that privacy is priority here. And probably which is why, it is one of the preferred choice for some TLC for diplomats, expats, industrialists, and crème-de-crème of the metropolitan.

TRAINING

A trained team of 23 people breathes life into this space. It includes of five spa therapists, three beauty therapists, five hairstylists and one international hairstylist from Paris. "They all have been trained by international trainers for seven months when we have been in process of making this place," she informs. Experts of Sundari and

Aromatherapy Associated flew down from UK and US to train the therapist on product knowledge (benefits and usage) and massage techniques. From establishing an emotional connect to delivering the results, the spa therapists are warm and brilliant.

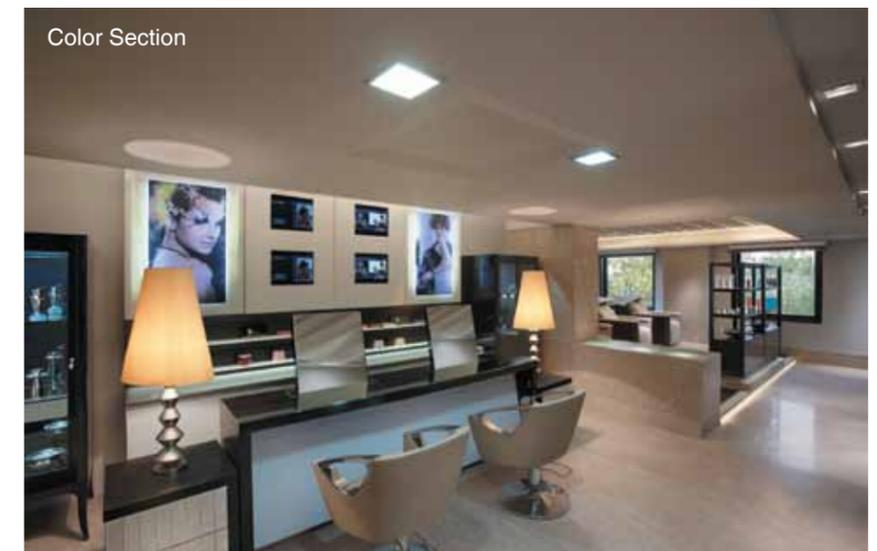
When the therapist touches the right pressure points, identifies the problematic areas correctly and soothes them easily, you know the secrets of perfect healing have been happily passed on. Training however, is an ongoing process here. "We keep calling experts from overseas to train our staff. Basically, every new product that we add from overseas requires a good amount of training to help deliver the results," she explains. Though the training is more product-based, it helps in customizing a treatment and enhancing the experience. Every feedback is taken seriously and the feedback notebook is kept as a treasured possession.

TREATMENT

While each therapy here is a unique journey, it's the excellent and premium range of products that double the effect of all the treatments. Sally Hansan, Lengiton Denny and OPI for mani-pedi;

Kerastase and L'Oreal for hair spa; Sundari, Aromatherapy Associates, L'occitane and Forest Essentials for skin and body treatments – these popular brands make the spa journey complete and an enriching experience.

Though the spa menu doesn't offer a wide range of options, it gives you a good balance of Indian and western spa therapies along with some decadent salon services. The highlights of the menu are a few unique, fusion massages that promise a 'de-stressed you' at the end of the treatment. For example, the Deep tissue massage here comes with relaxing twists of stretching moves done with the help of the therapist. Excellent in alleviating stress, it helps boost blood circulation and restore the balance. Beside the massages, one can also try the soothing wraps, fabulous body polishing treatments, nourishing hair spa rituals and divine facials. What more? There is a good variety of treatments for men as well. "Our signature treatment for men called 'Blliis for men' is a popular choice. They are also fond of our pedicures," smiles she.

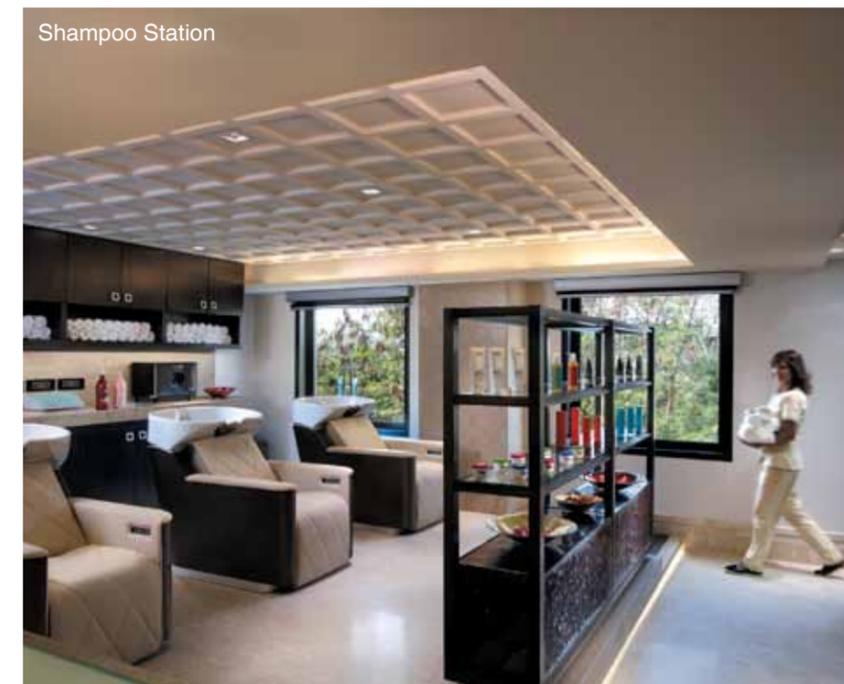


Color Section

I found my peace and happiness in the Thai Combination, again a delightful fusion therapy offering the goodness of Thai massage and Aromatherapy. Giving my legs a miss, my therapist Tenzin Phentok began the treatment with my back. Petite but a powerful healer, she turned and twisted my entire body in every direction possible, truly

testing my flexibility. Little inhibited and skeptical, my body however decided to follow her instruction without any resistance. And soon my mind realized why. She used the Thai massage technique of blocking and releasing the blood flow with the help of her elbow, which helped relieve the pent up stress in my muscles and a sense of relaxation started enveloping my body and mind.

The stretching was followed by a soothing Aromatherapy massage with Gotu Kola Lotus body oil by Sundari. The fragrance of the oil had a tranquil effect on my senses. Encouraging calm, it pushed away all the inhibitions out of my mind and lulled me into deep slumber. While I was busy losing myself in the journey, Phentok dedicatedly worked her way around my painful right shoulder and neck. She was working on the areas that needed most attention as if my body was talking to her. Far from the usual choreographed treatment, it was a sublime experience that delivered pure and simple healing. Infused with new energy, by the time treatment was over I knew why it's called Blliis! 



Shampoo Station