



# INDIAN HEALING

Bengaluru's Earthen Wellness offers authentic Ayurveda in a soothing setting

BY CHARUKESI RAMADURAI

In my experience, there have been two kinds of spas that offer Ayurveda in any form: the very high-end with cosmetic and sanitised versions of the ancient science, or the small ones that seem to have the real thing, but are dimly lit and oily to the touch. So you have to compromise on either the treatment or the ambience.

So I was delighted to walk into the clean and airy lounge at Earthen Wellness one mild winter morning. The spa is spread over three floors of a building in a busy area in Bengaluru, but is peacefully insulated from outside noise and dust. The treatment rooms are themed after the elements, matched with the internal décor: soothing blues, brisk earthen hues, the misty greys of ether... The overall feel was that of sunlight and space, with light wooden tones.

The first step was a detailed consultation with an Ayurveda doctor, who took me through my health history, and previous experience. My session started with a 'Natural Glow Facial' performed by capable and soothing hands, and I soon found myself ensconced in a cloud of pure fragrances such as rose, sandalwood and aloe vera. After a brisk massage followed by a mask later, I was glowing, and ready for my body treatments! First off was an 'Abhyangam' for an hour, aimed at destressing and rejuvenating the system; in my case, this also acted as a starter for relaxing the muscles before the medicated 'kizhi massage'. This massage with traditional herbs soaked in a warm poultice was specially recommended by the doctor to enhance blood circulation and reduce inflammation of the muscles,

especially on the spine. Two therapists worked in harmony, using practiced strokes to spread the *kizhi* over the limbs, ensuring a thorough massage.

I ended the day with a brief steam session, after which I had another consultation with the doctor. The next time I head to Earthen Wellness, I plan to go through the same superbly relaxing routine, along with a pampering of the feet with an 'Ishthikasweda' treatment. 🌿

## EARTHEN WELLNESS

📍 New Number 24, Old Number 40, Ulsoor Road, Off MG Road, Behind Manipal Center, Bengaluru, Karnataka - 560042

☎ 080 41 41 15 46

🌐 [www.earthenwellness.com](http://www.earthenwellness.com)

✉ [appointments@earthenwellness.com](mailto:appointments@earthenwellness.com)



Soothing tones add to the overall feeling of wellbeing at Earthen Wellness