

Sohum Spa at Mövenpick Hotel & Spa Bangalore reveals Indian traditions for relaxation.

Mövenpick Hotel & Spa Bangalore partners with Sohum Spa, a renowned Indian operator in the wellness segment to allure guests with world-class treatments and experiences.

Sohum Spa, a modern haven to revitalize body and mind has opened its doors at the Mövenpick Hotel & Spa Bangalore, a five-star business destination offering exciting opportunities for relaxation, dining and entertainment.

Built keeping in mind the ancient temple architecture of Southern India and conceptualised on the Indian ethos of holistic healing of the mind and body, Sohum Spa pampers its guests with quintessential Indian therapies and treatments as well as with exotic Oriental and European healing techniques.

Designed over an area of 370 sqm (4,000 sqft), guests enjoy the lush spa that has been built with textures of old stone, timber and beaten copper. Based on different themes, each of the eight rooms has a mythological animal print signifying the different moods that the rooms encompass.

The most unique feature at the spa is the ceiling mural of the “Tree of Life” signifying the union of the four entities of spirit, soul, personality and body, done by the skilled Kalamkari artists from Machilipatnam town in Andhra Pradesh. Kalamkari is a popular and ancient art form in which natural dyes are used and mainly mythological characters are represented. To welcome guests at the spa’s entrance is the statue of Sri Dhanvantari, God of Healthcare, which is made from local stone.

At Sohum Spa, guests can experience therapies that have evolved from century old healing arts of India and other countries. These ancient therapies have been refined and reset in a modern environment.

The Spa’s prime emphasis is Ayurveda - this ancient science focuses on establishing and maintaining the balance of energies within oneself, promoting harmony between the individual and nature which in turn promotes good health. The spa also offers the services of an Ayurvedic consultant, who can recommend a series of treatments according to one’s body type and specific needs.

Signature services reflect the rich history and mysticism of its location. Ayurveda treatments include highly effective therapies such as Abhyanga, a traditional Indian massage, where the therapist applies warm herbal infused oils to stimulate circulation, hydrate the skin and re-balance energy and Shirodharais the ultimate Ayurvedic therapy where warm medicated herbal oil is poured in an even stream onto the forehead. This treatment pacifies and revitalizes the mind taking guests to a deep peaceful meditative state.

Apart from the body treatments and massages, an appointed consultant is also available to suggest facials and skin rejuvenation therapies. All the services offered are facilitated by specially trained therapists who undergo a minimum of one year intense classroom training followed by a six month on job training.

Further spa facilities include private relaxation zones and separate his and hers wet-room sections offering steam rooms, sauna and cold and warm rain showers.

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