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ABOUT

HOME

Ushvani Spa, Sloane Square

MUSIC

POSTED ON 14/11/2017

I don't visit London spas very often, usually they are tucked away at the back of hotels and feel like a bit of an afterthought. But a few weeks ago I visited a special spa that I am still dreaming about.

Ushvani Spa is a serene and luxurious day spa located minutes away from Sloane Square station, concealed within a beautiful Georgian building on Cadogan Gardens. Ushvani's philosophy is based on ancient Asian culture and the team take a holistic approach to treat the mind, body and spirit.



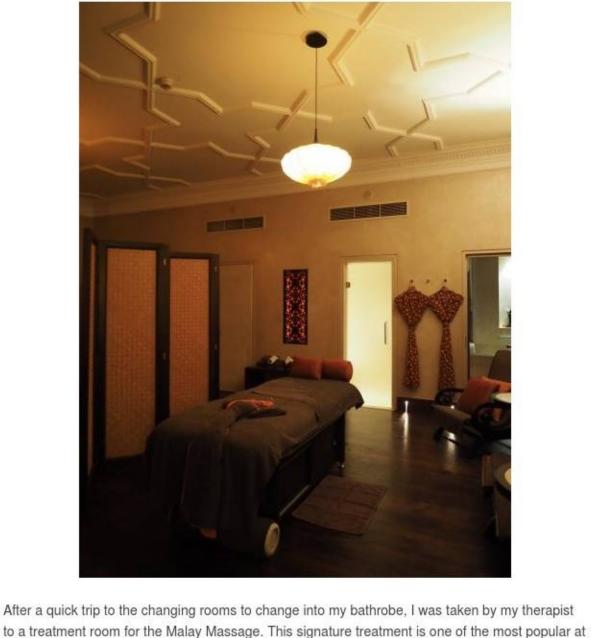
Owner and Founder Usha Arumugam has created a blissfully relaxing retreat, and from the moment you step through the door busy city life is a forgotten memory. The warm and luxe decor is Malaysian inspired throughout; an intimate spa with dark wood panelling, carved sculptures, and a fish tank displaying clown fish, a symbol of good luck.

The softly spoken therapist who greeted me at the door immediately made me feel at ease, replacing my worn-out trainers for slippers and placing a refreshing hibiscus-infused towel in my hands. She then took me on a brief tour of the spa, which features a plunge pool, steam room, relaxation room, Sentosa studio (for yoga and meditation classes) and male and female changing rooms.



inviting suite is ideal for any of the two hour treatments and guests can enjoy the private facilities after the joint treatment. I noticed a lovely deep sunken stone bath where I was told that the water is infused with Ushvani's signature Nutmeg Flower Bath oil. It sounded divine.

There is also the Asmara Suite... a specially designed room for couples treatments. The cosy and



My legs were elevated and I was told to take in a few deep breaths, the fresh smell of eucalyptus filled the air. My therapist was brilliant at responding to my body's aches and pains. She used long

Ushvani, and is renowned for its contouring and toning benefits.

kneading strokes and plenty of nourishing oil to relieve and soothe the spots of tension and stretched out my tight muscles. Without my guidance she knew exactly where to apply pressure and where to be more gentle, and after a few minutes I felt my breathing slow and my body let go.



my life. I felt a deep sense of calm and relaxation... the earlier stresses of the day were now a distant memory. More information and book a treatment at Ushvani Spa here.

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