



Green rejuvenation

Feeling blue about the lack of green in our environment? Head to Ellaa Hotel, Hyderabad. By: Soumya Jain

Driving through Hyderabad means witnessing the union of the old and new. It also means paving your way through narrow and congested roads. You feel you are missing something in the vibrant setting of Hyderabad. It is when you drive into Ellaa Hotel that you realise what it is. The colour green! Eighty per cent of the hotel is covered with verdant foliage which makes it easy to enjoy and de-stress in the relaxed environs. It has been strategically built in Gachibowli, the heart of Hyderabad's IT sector, since it caters especially to business travellers. This hotel has been designed with ample thought and some eco-friendly initiatives.

Green technology

Natural light streams in through the central atrium in the mornings, illuminating the interiors with sunshine. The atrium is covered by two coats of netlon insect screen which prevents heat and ultra-violet rays from entering the hotel. This little step cuts down the use of air conditioner. Water consumed in the hotel is filtered and reused to water the gardens. The hot water used in the hotel is warmed by using the heat generated from the AC chiller and also by solar heating panels. This reduces diesel consumption by 60 per cent and lowers the emission of harmful gases that are generated by the usage of diesel boilers.

Sybaritic spa

In stead of getting tensed about going to a spa, go there to release your tension. All treatment rooms at the Nirva Spa at Ellaa Hotel have a shower and steam room, and an en-suite wardrobe, where you can keep your belongings and protect your modesty. An adaptation of the Sanskrit word 'nirvana', nirva means eternal bliss and peace. The soothing ambience of the spa is complemented by soft Thai music playing in the background. As you enter Nirva Spa, you are greeted by an open relaxation area on one side, where you can savour some spa cuisine. The other side has an indoor heated pool. The main spa area is flooded with gentle lighting.

The spa menu includes a variety of Thai treatments. Once you have chosen your therapy, you are led to your room. A small potpourri sack is hung outside your room so that you are not disturbed - another Thai tradition followed by the spa. The spa has 11 treatment rooms, is spread over 14,000 sq ft and includes a salon and gymnasium.

All their therapists have been trained in-house. The special touch shows during the treatment. Even a simple Aromatherapy massage has been enhanced with some simple techniques like scalp massage to give a full-



body experience. Their signature treatment, Nirva Retreat (Rs 5,500), combines aromatherapy, deep tissue massage, Shiatsu and Ayurveda. This three hour delight starts with a deep relaxing massage with pure essential oils. The therapist's fingers release trapped energy from the pressure points. It also improves blood circulation. This is followed by a foot and leg massage. An aromessence facial eases tired muscles in the face. A scalp massage completes the experience.

The 45 minute Thai Herbal Body Polish (Rs 1,300) uses dried and crushed pomegranate seeds, along with other natural herbs and oils to exfoliate the skin, smoothen out dry and rough skin, and improve blood circulation. The Wine and Honey Wrap (Rs 1,800) combines the healing properties of honey with the anti-oxidant polyphenols found in wine. In this treatment, a mixture of honey and wine is applied on body. You are then wrapped in a thermal blanket and temperature is increased. The gentle warmth on your body lulls you into sleep. Staying like this for half an hour moisturises and heals the skin. Some other treatments in their menu include Javanese Scrub, Balinese Boreh Scrub, Dead Sea Mud Wrap, Chocolate Body Wrap and Diamond Wrap.

The menu also has a plethora of facials, hair treatments, foot treatments and hydrotherapy. After the treatment, you are served chamomile tea, which is surprisingly non-bitter, to further help in the elimination of toxins. The courteous staff makes the deal better. Walking out of the spa, you can't help promising yourself another visit here. If you don't have time, fix a spa appointment after office hours as the spa is open till 10 pm.

Talking comfort

Since Ellaa Hotel caters to business travellers, the rooms have comfortable and easy-going interiors. With the growing number of women business travellers, Ellaa has dedicated a floor for women - The Eves Floor. Apart from the usual luxuries and amenities, these rooms include additional cosmetics and commodities just for women. All the 117 suites in this all-suite hotel are furnished with 36-inch plasma-screen TVs, DVD players, electronic safe, complimentary newspaper, wired and wireless Internet access, microwave, and refrigerator among other things. The hotel also has a business centre and currency exchange services. If you want to take in the sights and smells of Hyderabad, the concierge will arrange a car for you.

The hotel also has a wide variety of dining options. Indus is a multi-cuisine restaurant which serves international and local cuisines. Taste authentic flavours of Hyderabad in their dinner buffet. Rocks Bar serves a wide selection of spirits and wines from around the world. Alchemy, a lifestyle lounge, serves exotic cocktails and global cuisine. Their highlight, however, is Polynesian cuisine, which is rarely found in India. Kebab Pavilion, an open-air barbecue restaurant, serves authentic Hyderabad cuisine. You can even go for golfing at an 18-hole golf course in Boulder Hills, situated right opposite the hotel. 🌿

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