

← [Breddos Tacos, Kingly Street](#)

## Ushvani Spa, Sloane Square

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.



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



After a quick trip to the changing rooms to change into my bathrobe, I was taken by my therapist to a treatment room for the Malay Massage. This signature treatment is one of the most popular at Ushvani, and is renowned for its contouring and toning benefits.

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 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.



I didn't want the massage to end. Afterwards, while hydrating with a nutmeg and ginger tea I realised that this Ushvani treatment had been without a doubt one of the best spa experiences of 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](#).

THIS ENTRY WAS POSTED IN [BEAUTY](#), [LIFESTYLE](#). BOOKMARK THE [PERMALINK](#).

← [Breddos Tacos, Kingly Street](#)

### Leave a Reply

Your email address will not be published. Required fields are marked \*

Comment

Name \*

Email \*

Website

Search

[WEEKEND JOURNALS](#)

Inspirational travel guide to Cornwall now available to order from our website.



If you would like to suggest something for me to review, please [let me know](#).

[MILLY'S FAVOURITES](#)

Subscribe to my website

Your email:

Follow Me!



Archives

Select Month

Featured Posts

[Likuliku Lagoon Resort, Fiji](#)

There is something special about Likuliku... the people, the calm exotic water, the remote luxury. I spent three days at [...]

[Things to do Las Vegas](#)

It is easy to feel acquainted with Las Vegas; the neon city so often depicted in films and TV shows. [...]

[Where to Eat, Drink and Shop in Auckland](#)

On first look Auckland is ugly and uninspiring, but discover the hidden corners of creativity and you will have a [...]