

Fusions:

A holistic touch for skin

Surabhi Bali visits the beauty salon located at Santacruz which takes care of your skin-related issues

You step inside Fusions and it's tranquil ambiance instantly cuts you off from the outside hustle and bustle. The abundance of silent white in its interiors along with a combination of gentle silver and frosty pink calm, your abstracted mind and the subtle fragrances pacify your anxious nerves. Now you are ready for an aromatherapy session. Fusions at Santacruz (W) is not just another parlour. It is a holistic beauty salon owned by therapist Seema Jerajani.

Seema's journey started with a professional course from Shehnaz Herbal more than two decades ago after which she got into hairdressing, to satisfy her creative side. The turning point came a couple of years later when she suffered from a health problem that no allopathic doctor could cure. Reiki came to the rescue and thereon began her quest into other modalities of healing including mind control and pranic healing, before she was introduced to aromatherapy. It revealed to her a much deeper and wholesome meaning to beauty.

Today, Seema uses holistic therapies along with beauty techniques to achieve balance, well-being and radiance for each individual. When you combine ancient wisdom and advanced techniques of modern science along with the healing and restorative powers of nature, the result is evident not only on your skin but also your mental state. At the end of the day true beauty is all about being at harmony with yourself and your surroundings.

At Fusions, essential oils extracted from plants, are used in skin therapies in order to heal at the physical, emotional and spiritual levels. "Every oil has a different characteristic or a healing power," enlightens Seema. "For example, lavender oil — on the physical level relaxes your skin, on a



Seema Jerajani

mental plane balances, and on a spiritual level helps you reach a deeper state of meditation."



A holistic facial differs from a regular facial, "An aroma facial would not only rejuvenate your skin but also uplift your mood. The essential oils are used in a unique combination on each individual depending on their skin type and mental make up to attain the desired result," explains Seema, who can read your skin and what it needs to achieve balance.

"I would pick cues from the client while talking to them." After a facial or two her clients know what to ask for... something relaxing or mood uplifting or energising or emotionally

balancing or stress releasing. "The whole idea is to de-stress so if a client is unable to relax I would use guided meditation technique," adds Seema.

Various kinds of holistic skin treatments (priced at Rs 850 onwards) are available which include aromatherapy facials, stress therapy facial, aroma pressure point facial, lymphatic body massage, and foot reflexology.

Seema is the first Indian to receive the LCGI (licentiateship) in hairdressing, City and Guilds - UK, and has completed her teachers' training from Vidal Sassoon, UK. With several other feathers in the cap in the form of diplomas and certificates from India and abroad, it is not surprising that brands like L'Oreal, Wella, Schwarzkopf use her services to train their technical team. Seema regularly conducts courses in personal grooming, hair dressing and of course holistic aromatherapy at her academy in Santacruz, Mumbai.

Fusions, Holistic Beauty Salon and Academy, Juhu Road, Santacruz (W)