

asiaSpa

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THE HOLISTIC ISSUE
AN A TO Z OF ALTERNATIVE THERAPIES
EXPLORING ENERGY ESSENCES
HOW TO... FIND INNER PEACE

**KICKING BACK
IN MACAU**

**ESCAPE TO
NEPAL**

**AUSTRALIA'S
MARGARET RIVER**

**INSIDE THE
BALI SPIRIT
FESTIVAL**

**TOP 10
SPIRITUAL
RETREATS**

Hong Kong, China HK\$48 • Singapore S\$6 (inc GST)
Malaysia M\$20 • Thailand ฿200 • China Rmb68
Philippines P\$28 • Indonesia Rp\$50,000 (inc tax)
Australia A\$38 • New Zealand NZ\$18 • Japan ¥1,280 • South Korea ₩16,000
Taiwan, China NT\$38 • Rest of Asia US\$7 • USA US\$8 • Rest of world £7



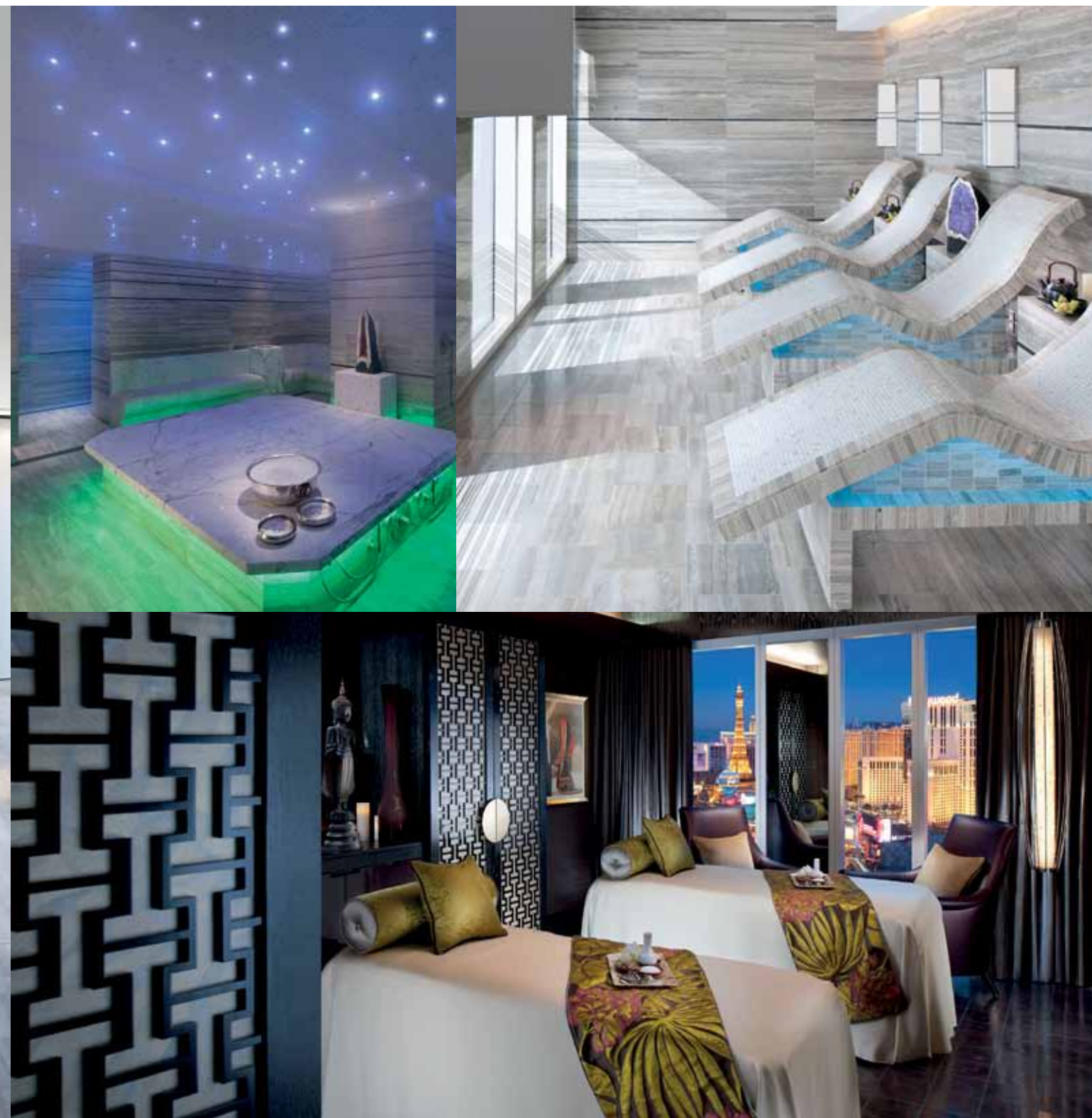
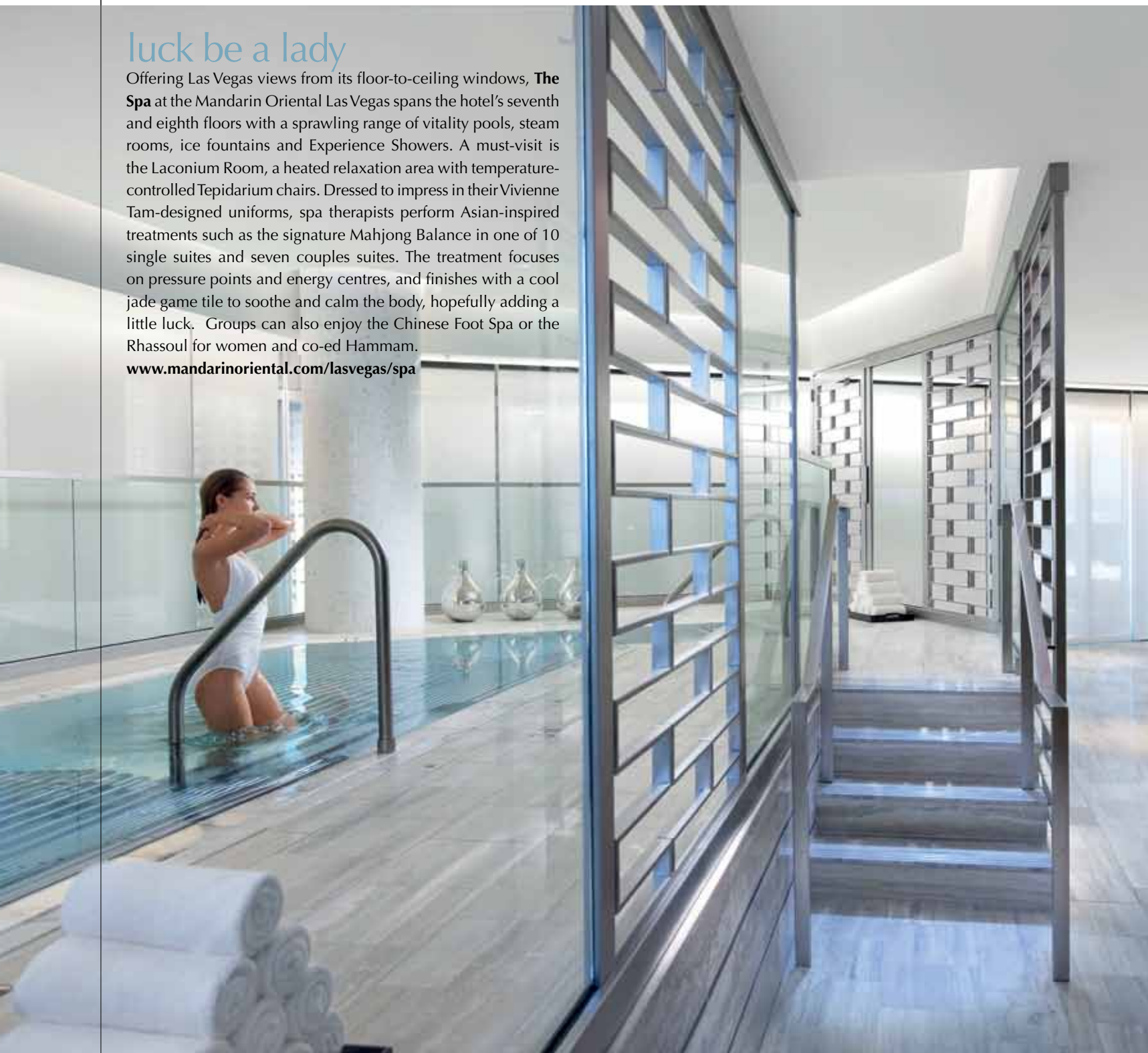
urbanspa

MAINTAIN YOUR EQUILIBRIUM IN THE CITY

luck be a lady

Offering Las Vegas views from its floor-to-ceiling windows, **The Spa** at the Mandarin Oriental Las Vegas spans the hotel's seventh and eighth floors with a sprawling range of vitality pools, steam rooms, ice fountains and Experience Showers. A must-visit is the Laconium Room, a heated relaxation area with temperature-controlled Tepidarium chairs. Dressed to impress in their Vivienne Tam-designed uniforms, spa therapists perform Asian-inspired treatments such as the signature Mahjong Balance in one of 10 single suites and seven couples suites. The treatment focuses on pressure points and energy centres, and finishes with a cool jade game tile to soothe and calm the body, hopefully adding a little luck. Groups can also enjoy the Chinese Foot Spa or the Rhassoul for women and co-ed Hammam.

www.mandarinoriental.com/lasvegas/spa





aqua revival

The Renaissance Bangkok is a funky, hip addition to the elegant hotels in the Chit Lom area – but no less luxurious. The brand's flagship **Quan Spa** offers eight treatment suites including two Thai suites, one Vichy shower treatment room and a foot lounge with five stations, perfect for a spa-ty. Decorated in dark wood, each room features a shower and steam facility. Guests can de-stress in the relaxation room overlooking the sunlit rooftop pool before or after their treatments which include the delightful Tropical Sand Rainshower Ritual, the signature body scrub using an Algotharm scrub that transforms into a creamy foam under the fall of a Vichy shower. The Aroma Fusion Massage that follows uses a day blend oil of lime, orange and lemongrass until 5pm, after which the lavender and sandalwood night blend is guaranteed to soothe. www.quanspa.com



PHOTOGRAPHED BY DANIEL AUERY

start spreading the news

After making their millions, bankers in New York can now relax at the ultra-luxe **Setai Spa** on Wall Street. Dressed in warm Brazilian walnut and dark mahogany wood, the spa offers eight suites and two Experiential Couples Suites with oversized soaking tubs and rain showers. Try the AquaGrotto™ facilities, eucalyptus aromatherapy steam rooms and the Finnish Sauna for the ultimate de-stress. Or soak it out in the Setai Herbal Hibernation treatment with a blend of botanical oils and therapeutic herbs. An enzyme facial, Moor Mud body wrap and relaxing scalp and neck massage completes the experience. www.setaiclubnewyork.com

inhale and...

Exhale Mind Body Spa + Gym, located in the dramatic EPIC tower in Miami, spans 12,000 square feet, ensconced between two pool decks. In addition to gym and yoga classes, the spa also offers a range of therapies including a canine wellness section for pooch pampering. Human visitors can enjoy treatments in one of 14 therapy rooms including two for couples, a quiet lounge with a hammam detox chamber and separate deluxe showers and infra-red saunas. The signature Deep Flow Massage, promises to improve circulation and rid the body of toxins by unlocking muscles and releasing energy blockages. www.exhalespa.com



heated healing

The spa and wellness facilities at Park Hyatt Jeddah span a massive 2.5 acres and include sports facilities such as tennis courts, gymnasiums and pools. Divided into **Evania Ladies' Spa** and **Seba Gentlemen's Sports and Wellness Centre**, the spa hosts the region's first Hydrotherapy centre, drawing upon the healing benefits of heated mineralised waters to alleviate circulatory and stress-related ailments. The signature Hot Stone Ritual balances the body's energies, beginning with a dry body brushing and followed by a full body massage during which hot stones are placed on strategic pressure points. The finishing face and scalp massage is an excellent antidote to sleep problems and stress. www.park.hyatt.com

parisian perfection

The French know how to appreciate the finer things in life, so it's no wonder that the **U Spa** at the new Fouquet Barrier Hotel is designed for that extra ooh lala. With two hammams, a heated tourmaline massage table and eight treatment cubicles, the spa excels at individual enjoyment. Using Japanese brand Sensai from Kanebo, treatments blend ancient oriental massage methods such as Shiatsu, with Western techniques based on aromatherapy and vitamin therapy. In particular, the six-hand massage is destined to leave guests with a true understanding of unity from both Eastern and Western traditions. www.fouquets-barriere.com



a buzz in the air

Living up to its reputation as a city retreat, the new **Dragonfly @ Hongfeng** in Shanghai offers over 600 square metres of dedicated relaxation space including three treatment rooms, 14 Chinese massage beds, two Japanese tatami rooms and a nail spa. Guests can enjoy a quick 30-minute head and shoulder massage, or go for the lengthier 'Give it to me One More Time' which combines a relaxing Aroma Oil massage, with Top to Toe, the signature Oriental foot massage and simultaneous head, shoulder and arm massage. A patio for family events and an outdoor gazebo for teen treatments makes this place a real family affair. www.dragonfly.net.cn



scarlet fever

Featuring distinct tented rooms lit by lanterns for a truly spiritual feel, Cornwall's **Scarlet Spa** takes luxury to a new indulgent level. Offering up a log fired outdoor hot tub for star gazing or storm watching, this eco spa boasts a chemical-free pool. Treatments combine Ayurveda with indigenous Cornish ingredients that balance the body and ease stress. The three to four hour Spa Journeys begin with a bathing ritual with a scrub or hot seaweed bath. Then together with therapists, guests work with on Pranayama breath work or guided meditation. An Ayurvedic treatment is then administered and guests are encouraged to spend time in the cocoon-like relaxation pods for some quiet time before heading out to face the real world once more. www.scarlethotel.co.uk

beneficial brightening

The new **SKII Boutique Spa** in Singapore is designed like a modern two-storey loft, its 1,800 square feet of white but warm spaces offering seven treatment suites, two relaxation lounges and a skin counselling room. The new Aura Lucency Facial uses the brand's latest Cellumination products for instantly brighter results. The triple-mask and biowave machine ensure skin gets the ultimate moisturising solution and reduces fine lines and wrinkles. A skin consultation pre or post-treatment will ensure that new glow can be maintained. www.senzesalus.com



for the busy in the city

A new city sanctuary is making its presence felt in the busy Central district of Hong Kong. **Sheila Beauty and Spa** offers relaxing spa treatments as well as nutritional and diet advice for a total holistic experience. Spread over 2,700 square feet, the spa hosts six Zen-style treatment rooms, three with their own private wet areas. The menu includes technologically advanced treatments using Artistry skincare and the French Yon-Ka for Men. The signature 3D Lifting Facial begins with a Polishing Scrub, then a supersonic machine implements the 3D Lifting Serum. Next a face massage and collagen mask help to improve skin texture and reduce signs of ageing. www.sheilaspa.com



a blend for balance

Skillfully combining relaxation and luxury, **The Spa at Tangla Beijing** offers treatments that focus on aligning health through Chinese Qi and Indian Ayurvedic philosophies. The 1,000 square metre spa offers seven VIP treatment rooms each with a private hydrebath, an exclusive Tantsu Zone and six foot ritual stations. The new Tasu Retreat combines traditional Chinese Tui Na and Indian Yoga beginning with a consultation with a Traditional Chinese Medicine Doctor who will test inner Qi for balance. Next a therapist conducts a deep breathing exercise to encourage inner stillness and a Chakra Balance is performed to improve inner energy flow and balance, both within and without.

www.tanglahotels.com

royal welcome

Bringing Europe's old world glamour and romance to Guangzhou, the **Dragon Fountain Spa** at the Dragon Lake Princess Hotel offers four floors of luxury spread over 12,000 square metres. The first floor includes a range of water treatments such as spa bath, foot spa and surf zone after which guests can head up to the second floor for healthy spa cuisine. On the third, 11 luxurious private rooms await, while the fourth is reserved for five VIP suites. In addition to hydrotherapy, hot stone and essential oil massages, the spa offers the Kowloon Queen, a treatment derived from ancient royal customs that includes a massage for improved blood circulation, increased skin elasticity, detox and the elimination of fatigue.

www.dragonlakeprincesshotel.com.cn



indian indulgence

The **Cape Town Day Spa** is Jiva's first branded spa in South Africa and offers all of its traditional Indian wellness treatments. Drawing from Indian healing wisdom and Ayurveda, the spa has four expansive single massage suites, a double room for couples with a soak tub, an Ayurvedic consultation and treatment suite and two suites dedicated to beauty treatments. Facilities include a heated indoor pool, Jacuzzi, sauna and hammam. The exclusive Cape Fynbos Treatment uses the herbs of the Cape region starting with a scrub and wrap specially prepared from baobab oil, indigenous clays, sea salts and shea butter to enrich the skin. A massage using local Marula oil with Fynbos (a natural South African shrub) completes the treatment for total revitalisation.

www.tajhotels.com

medical magic

Featuring 26 rooms designed in private island clusters, the **Talise Spa at Madinat Jumeirah** in Dubai is a garden of calm where outdoor treatment tents really allow guests to get in touch with nature. With a yoga studio, hot and cold plunge pools and a wet relaxation area, the spa is a one-stop relaxation facility. The Talise Luxury Arabian Gold Ritual uses Arabian Rose to relax the mind and body followed by a gentle exfoliation using basil and mint. Next a purifying gold clay body mask and balancing shiffa face mask is applied and a scalp massage invigorates the mind. End the experience with a rich body gold infused massage and healing balm face massage. The spa has also just added the Talise Integrated Medical Centre where guests can focus on maintaining a healthy lifestyle with services including Life Coaching and Naturopathy. www.jumeirah.com

