

TOP 10 ASIAN SPAS

Escape to one of the world's best spas before or after your big day, writes Rachael Oakes-Ash



TREATMENTS FOCUS ON PURITY,
ENERGY, HARMONY OR TRADITIONAL
THAI TECHNIQUES... WE SAY 'BLISS'



CLOCKWISE FROM TOP LEFT
The pool at the Evasion Hideaway
and Six Senses Spa at Ana
Mandara in Vietnam. Celebrities
and jet setters love the spa at
Chiva Som in Thailand.
Aromasoul, a healing massage, is
the signature treatment at I.Sawan
in Thailand. PREVIOUS PAGE
Expect a life-changing experience
at the Como Shambhala Estate at
Begawan Giri in Bali.

THAILAND

**I.Sawan Residential Spa & Club,
Grand Hyatt Erawan Bangkok**
www.isawan.hyatt.com

URBAN: The work of New York design
darling Tony Chi, I.Sawan is serious luxury
for the truly pampered. Think spa, gym,
restaurant, relaxation and overnight villas set
in landscaped gardens on an open-air floor.
Treatments focus on Purity, Energy,
Harmony and traditional Thai techniques...
we say 'bliss'!

Room rates: From \$295 for a Grand Twin
room in the hotel or \$630 for a Spa Cottage
with spa co-ordinator and treatments.

Signature treatment: Aromasoul. A mix of
Asian, Mediterranean, Indian and Middle
Eastern healing massage.

Chiva-Som, Hua Hin,
www.chivasom.com

RETREAT: Chiva-Som is the favoured
retreat for stressed out celebrities, rockstars
and moneyed moguls. Guests indulge in
individual programs from weight loss to
detox, rejuvenation, energising and simple
time out. It's simply a matter of unpacking,
meeting your health masters, doing your
programme, joining in activities or lying by
the pool and enjoying the complimentary
spa cuisine and Gulf of Thailand view.

Room rates: From \$1940 for three nights
including treatments and meals.

Signature treatment: Chiva-Som Skin
Polish to exfoliate and nurture.

VIETNAM

**Xuan Spa, Park Hyatt Saigon,
Ho Chi Min City**
www.saigon.park.hyatt.com

URBAN: The Park Hyatt is pure Old Saigon
with louvered windows, ceiling fans and
four-poster beds. Add the luxury of the Xuan
Spa on the third floor and retire for the day.
Vichy shower treatments take centre stage at
Xuan and the poolside waterfall is designed to
soothe urban souls with its trickling melody.

Room rates: Park King room from \$175.

Signature treatment: A Vichy massage
using water jets.

**Six Senses Spa, Evasion Hideaway
at Ana Mandara, Nha Trang**
www.slh.com

RETREAT: Evasion Hideaway is all about the
villas – stylish hilltop, rock top, clifftop,
waterside cottages with plunge pools and
open-air bathtubs. It's remote luxury with
exceptional attention to detail. Everything
faces Ninh Van Bay from the yoga classes to
Tai Chi and the fitness centre and spa.
Full Day Spa Escapes come with a 'design
your own menu' but be warned they may
have to forcefully carry you out when it
comes time to check out.

Room rates: Three nights in a Beach Pool
Villa, breakfast and 135 minute spa package
from \$3525 inclusive.

Signature treatment: Their Jet Lag Recovery
treatment re-balances the body by reducing
swelling and tension and reviving circulation.





SRI LANKA
Serena Spa,
Lighthouse Hotel & Spa, Galle
www.slh.com

URBAN: Cinnamon-coloured clifftop buildings look over the hotel's private beach on the azure Indian sea. Emphasis is on 'discreet' as this hotel is built for lovers. The Serena Spa affords the same breathtaking views of the Indian Ocean. Treatments concentrate on couples and focus on the body's vital pressure points, known as *marmas* to promote mind, body and spirit harmony.

Room rates: From \$605 rack rate for a deluxe ocean view king room.

Signature treatment: The Adam & Eve Serenity Spa Experience. The last treatment of the day is enjoyed in the spa in private, followed by a floral bath under the stars with spritzers and canapés and a three-course dinner by the spa's plunge pool.

The Baths, Amangalla, Galle
www.amanresorts.com

RETREAT: Amangalla is old world Sri Lanka with 400 year old buildings formerly used by the Dutch *commandeur*. The Baths spa guests experience Sri Lankan Ayurvedic healing massages, energy balancing treatments and hydrotherapy.

'His and hers' treatments offer the bride head-to-toe pampering and beauty treatments while her Mister gets a good sprucing at the traditional barber's shop before joining up for champagne and lobster lunch in the pool garden. Jolly ho, Jeeves!

Room rates: From \$630 per night.

Signature treatment: Couples will love the tailored 'his and hers' treatments.

INDIA
Jiva Grande Club & Spa, Mumbai
www.tajhotels.com

URBAN: Expect to find traditional Indian treatments at the Jiva Grande Club & Spa in urban Mumbai. It's all about the 'whole self' at this exclusive club and spa. Work out with the personal trainers on offer or simply hit the jacuzzi, steam bath and Jiva treatments in the spa. The Taj Wellington Mews Luxury Residences provides a place to rest come sundown.

Room rates: A variety of one bedroom luxury residences available at the Mews starting at \$175 per night.

Signature treatment: Vishrama massage is a blend of Indian and Western with yoga stretches and Ayurvedic aromatherapy oils.

Ananda in the Himalayas
www.anandaspa.com

RETREAT: Once the residence of the Maharaja of Tehri Garhwal, the Vice-regal Palace now houses the reception rooms for Ananda. Stay for three or more nights and embark upon one of the retreats on offer: wellness, weight loss, detox, rejuvenation and even romance. Choose from 79 body and beauty treatments utilising both Indian and Western methods. For the more spiritual, yoga enlightenment and meditation retreats are offered. Pampering princesses will also want to head for the Aveda Beauty Institute and start charging.

Room rates: Start at \$550 for a deluxe palace view. Retreats start from \$2215 for a three night wellness package.

Signature treatment: The Himalayan Honey and Rose Facial nourishes and hydrates, perfect for mountain-stressed skin.



CLOCKWISE FROM TOP LEFT
 A treatment room at the Jiva Grande Club and Spa in Mumbai where Ayurvedic massages are a specialty. Once a palace and home to the local Maharaja, the Ananda in the Himalayas is now home to a luxurious spa. Leave your worries behind when you sit by the Baths at the Amangalla, an Aman Resort in Sri Lanka.





MAKE YOUR SPIRIT SOAR
... WITH SOME TIME OUT
AT A LUXURIOUS SPA

CLOCKWISE FROM TOP LEFT
The luxe Spa Botanica at the Sentosa Resort & Spa in Singapore has views of the South China Sea. After months of planning and celebrating, at least a few hours of relaxation and pampering is just what every newlywed needs. Snuggle up with your man in one of the 24 luxe villas, share your Italian bath or surrender yourself a Watsu water treatment.

SINGAPORE
Waterfloor Spa, M Hotel,
Singapore
www.mhotel.com.sg

URBAN: From the outdoor pool area with its massage pools and hydrojets to the wet treatments in the spa, The Waterfloor is, as you'd expect, all about water. With clean lines and exposed wood, this spa on the eleventh floor of the M Hotel epitomises Singapore's sophisticated style. Each of the five water treatment suites is also designed to cater for couples so spa treatments can be shared.

Room rates: From \$120 for room only online booking deal.

Signature treatments: Singapura Ritual massage using tropical coconut and Oriental massage.

Spa Botanica at the Sentosa Resort & Spa
www.slh.com

RETREAT: Twenty-seven acres of water gardens facing the South China Sea make up the Sentosa Resort & Spa. The destination Spa Botanica offers indoor and outdoor treatments, mineral and mud baths. Peaceful contemplation can be found at the Labyrinth meditation walk, soak in the King's Bath a giant bronze tub of ancient heritage and the mud pool offers volcanic minerals to detox and purify. The spa menu ensures the bride's body is cared for with full protein, carbs, calorie and fat breakdown.

Room rates: From \$565 for a deluxe room plus breakfast and two hour spa treatment.

Signature treatment: Five elements that cleanse and purify. A combination of Tibetan and chinese body treatments with ginseng and lotus blossom.

PHILIPPINES
Uno Retreat,
The Farm at San Benito
www.thefarm.com.ph

RETREAT: The Philippines is home to two of the world's best destination spas, forget urban, we're going 'double destination' for twice the retreat. Be warned, the Farm is all about detoxing which means you'll come out looking years younger and feeling more vital but the journey may mean some discomfort that you don't wish to share with your hubby-to-be. Take a bridesmaid and a good book instead. The rewards will be well worth it come wedding day. Book in for a three, five or seven day detox program and enjoy the famed 85/15 spa restaurant.

Room rates: From \$230 twin share per night including meals, massage, medical consultation and all activities.

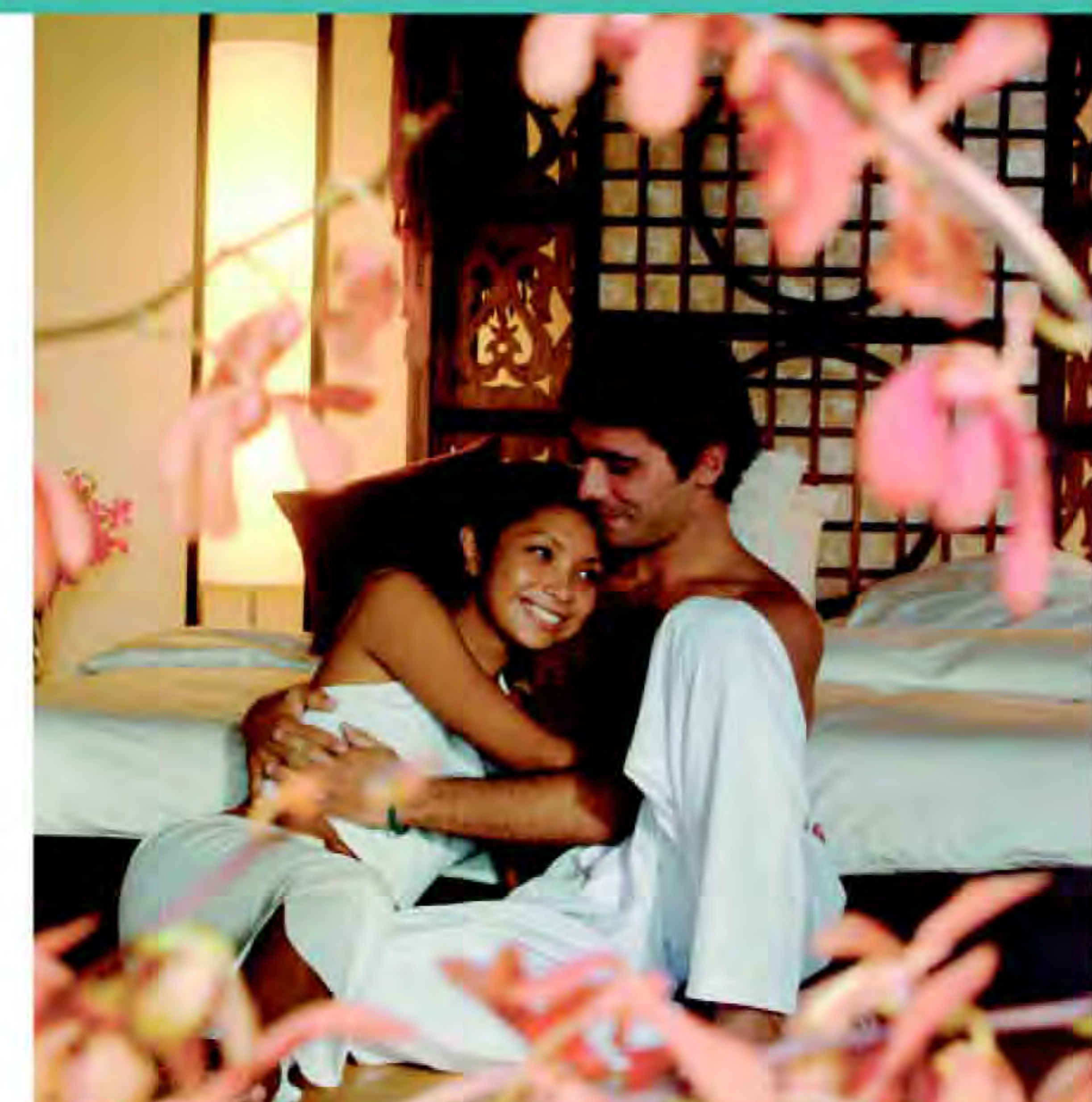
Signature treatment: Moxa Ventosa uses glass to draw toxins from the body.

Mandala Spa, Boracay
www.mandalaspa.com

RETREAT: Set on the stunning tropical island of Boracay, Mandala, guests choose from a Wellness, Rejuvenation, Yoga, Cleanse, Detox or Honeymoon holiday. All elements of Mandala combine to inspire your senses, from food to spa and the lush accommodation in one of only 24 exquisite natural villas with Italian baths.

Room rates: Honeymoon rates from \$550 per person for two nights including facial, massage, wrap, breakfast and dinner.

Signature treatment: The award-winning Watsu water treatment encourages guests to surrender to the water, cradled by a therapist.





BHUTAN
Como Shambhala Retreat,
Uma Paro
www.uma.como.bz/paro

RETREAT: There's nothing urban about Bhutan. This magical Himalayan paradise offers up one supreme spa to match its beauty and the view alone is therapeutic. Pine forests, villages, fields and rivers of the Paro Valley deep in Bhutan. Steam up and spa up with treatments in the hot stone bath house and hydropool. Meditate in the open-air pavilion or book in for a yoga retreat with world masters. Post treatments take a trek to the Haa Valley with an Uma picnic from the kitchen. End the day spooned up with hubby in your suite, watched over by the mountains.

Room rates: Superior rooms from \$350.
Signature treatment: Hot Herbal Bath. High-altitude herbs help soothe muscles.

BALI
Como Shambhala Estate at
Begawan Giri
cse.comoshambhala.bz

RETREAT: Choose from five cliff-dropping accommodations based on fire, wind, earth and water and book in for a three, five or seven day personal journey. (Don't be surprised if you run into high-stress Hollywood types on retreat. Uma Thurman's dad Robert holds regular meditation retreat here.) Daily activities are inclusive, there's a kick-butt spa with streamlined treatment rooms and yoga yurt and a hydrotherapy pool to get those muscles moving. Glow, the restaurant, is first class with a spa cuisine menu that tastes more fine gourmet than lo-cal. Take a trip to the Source, the mineral spring deep in the valley, but hire a sherpa to get back up, the steps are a killer.

Room rates: A three-night health programme from \$1670 single suite occupancy including meals and massage.
Signature treatment: Warm muscle wrap uses Balinese hand-crushed rice and spice mix is thought to break down cellulite.



Kirana Spa, Ubud
www.kiranaspa.com

URBAN: This purpose-built spa is built into a cliff on the breathtaking Ayung Gorge and is the first Shiseido spa to be built outside of Japan. Reach out and touch the rainforest from the infinity pool at the exclusive Spa Garden. A presidential villa, six suite villas and eight treatment villas provide the ultimate surroundings for single or couple treatments. Book a three-hour treatment and receive two hours of pampering and one hour of spa suite time. Kirana chauffeurs pick you up from your hotel for your treatment.

Rates: Three-hour private spa program in a suite villa is \$225.

Signature treatment: Kirana Original treatments use Japanese-style massage to stimulate the flow of Qi, or life, in the body.

THIS PAGE, CLOCKWISE FROM TOP LEFT The Como Shambhala Spa at Uma Paro in Bhutan has spectacular views. Kirana Spa in Bali is Shiseido's first spa outside Japan. A candlelit dinner for two at the Como Shambhala Estate at Begawan Giri in Bali. OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT Spa Village at the Pangkor Laut Resort in Malaysia hovers above the bay. The Oriental Spa at the Landmark Oriental in Hong Kong is decadent and impeccably designed. Treatment rooms at the Plateau Grand Hyatt in Hong Kong are an oasis of serenity in the city.



INTIMATE AND DECADENT TREATMENTS FOR MR AND MRS ARE ALL THE PAGE



MALAYSIA

Anggun Spa, Hotel Maya, Kuala Lumpur
www.hotelmaya.com.my

URBAN: Hotel Maya, home to the Anggun Spa, is Kuala Lumpur's newest boutique hotel. Expect a totally relaxed spa experience where formality is checked at the door. Sink into the hydrotherapy pool and let the jets soothe flight weary muscles. Balinese, Thai, Malay and Japanese massage are offered in both single and couple treatment rooms.

Room rates: Two-night honeymoon package, including romantic dinner, massage, flowers, wine and flower baths from \$685 in a studio.

Signature treatments: Anggun Spa's Hydrating Steam Bath Therapy uses steam to revitalise and nurture.

Spa Village, Pangkor Laut Resort, Pangkor Laut Island
www.slh.com

RETREAT: Pangkor Laut is a decadent cluster of over-water bungalows, beachfront villas and hillside havens on a private island. Book into one of the new spa villas for access to the exclusive Spa Village, spread over four acres on a quiet bay. Eight treatment pavilions serve up a mix of Chinese, Ayurvedic, Malay and Thai therapies and their his and hers packages offer personal yoga, private steamrooms and nap gazebos. Consistently voted most romantic spa in the world, this is the deluxe of the luxe when it comes to romantic spas and not to be missed by the loved up spa devotee.

Room rates: Garden villas start at \$350.

Signature treatments: Campur-Campur is a blend of Malay and Thai massage using lemongrass and pandan leaves.



HONG KONG, CHINA

The Oriental Spa, Landmark Mandarin Oriental, Hong Kong
www.mandarinoriental.com

URBAN: The Oriental Spa is cocooned within the serene charm of the Landmark Mandarin Oriental hotel in Hong Kong's Central district. Guests soak it up in the relaxation area hydro tubs or steam up in the giant amethyst crystal steam room.

Bride to Be tip: go with your man and experience the coupled pleasure of the Sanctuary VIP suite and its dual treatments.

Room rates: Ticket to Romance Package – from \$545 for a King room with roses, champagne and a choice of the most romantic DVDs of all time.

Signature treatment: Time Rituals are two or three hour treatments designed for the individual's unique needs and tailored specifically for you.

Plateau, Grand Hyatt, Hong Kong
www.plateau.com.hk

RETREAT: Plateau at Hong Kong's Grand Hyatt in Wan Chai features 23 accommodation suites for the discerning spa traveller. The baths in your luxury harbourfront suite alone will hold you hostage – the square glass like tubs are big enough to swim in. Plus the spa's outside sauna boasts one of Hong Kong's best views of romantic Victoria Harbour. Dine on a healthy breakfast on the spa terrace away from those pesky business folk filling up the hotel restaurant.

Room rates: From \$525 for a Plateau Room and spa breakfast.

Signature treatment: Shiffa body treatments utilise the healing properties of rose, crystal, diamonds, sapphires, ruby and amethyst.

