



## DUBAI THE PALM ARABIAN SPA EXPERIENCE

Be one of the first to stay at Anantara's prestigious Dubai beachfront retreat, and receive relaxing benefits. Each day begins with a leisurely breakfast buffet. Hideaway in the tranquil sanctuary of Anantara Spa and feel how your skin is polished and nourished by a creamy scrub infused with indigenous dates, before melting into an Arabian Massage that incorporates pressure point work using palm and elbow pressure to stimulate blood circulation, release muscle tension and enhance the body's energy levels.  
[www.dubai-palm.anantara.com](http://www.dubai-palm.anantara.com)



## BREEZE SPA FOR MEN

Step aside ladies, gone are the days when a spa is just a place for men to collect their girlfriends or read a newspaper. In 2013, men want to look good and feel great just as much as women. From stress releasing deep tissue massages to a quick grooming of the hands and feet, to choices of facials, Breeze has created a special range of treatments to cater to what men want and need! The new treatments are designed to complement a variety of male lifestyles, from the business traveller to the sports enthusiast. Breeze is available in Bangkok, Hua Hin, Phuket, Koh Chang, Pattaya, Krabi, Koh Samui and Doha in Qatar.

[www.breeze-spa.com](http://www.breeze-spa.com)



## ONE AND ONLY SPA

Acclaimed internationally as a rejuvenating destination spa, One&Only partnered with ESPA to create a centre of pampering excellence and wellbeing for the best treatments and massages in Dubai.

A serene sanctuary with 12 private treatment suites, the spa offers a range of holistic and tailored experiences to help aid the relaxation of mind, body and soul. Unwind, Balance and Uplift are the cornerstones of the spa. Each features its own specialised set of holistic programmes designed to guide guests in choosing the experiences best suited to their particular needs.

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## ABSOLUTE SANCTUARY UNVEILS NEW LOOK

After six months of refurbishment, the acclaimed destination spa resort is proud to unveil its new look. Situated on the hills of Cheong Mon on Koh Samui, the resort has been tiled from the lobby to its spa to guest rooms with Moroccan motifs. Wellness guests will appreciate the increase in spa treatment rooms and a vibrant, more comfortable and cosy wellness consultation room. Absolute Sanctuary, Thailand's Premier Detox & Yoga centre specialises in detox, spa and yoga holiday programmes.

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