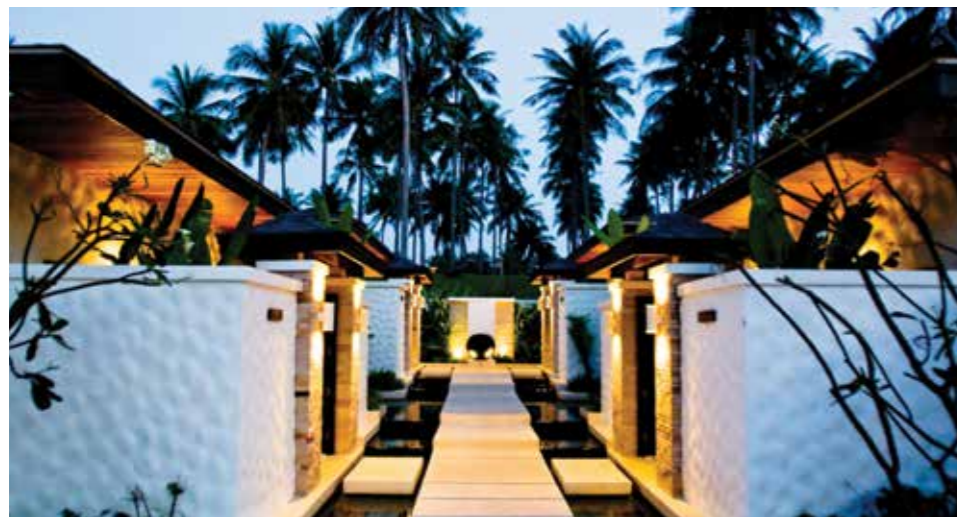


What's Happening

Floral Indulgence

At the Anumba Spa at **The Racha** in Thailand, the Thai Flower Ritual is gentle and calming, and its effectiveness in soothing tired minds and muscles is refreshingly simple. It opens with a relaxing steam, followed by a Thai herbal scrub and floral bath and wraps up with a sublime aromatherapy body massage and Anumba Visible Brilliance Facial. An Early Riser Special discount is available when the treatment is scheduled for between 9am – 12pm. www.theracha.com



Lit From Within

Studies suggest the first thing people notice in others is their face, which would explain why, while **The Sloane Clinic** doesn't offer Endermologie as a body-sculpting option, they do knock standard facials out the park with their new pampering Illumi Facial. For a luxe beauty fix with complexion-enhancing benefits and skin-lifting effects that leaves you with an enviably radiant face, this anti-ageing treatment features Illumi facial's signature infra-red light, which penetrates skin deeply to stimulate collagen production, restoring elasticity, tone and suppleness. A facial using ultrasound waves to exfoliate dead skin cells and an infusion of skin replenishing vitamins and youth-boosting enzymes wraps up the facial. www.sloaneclinic.com

Evolutionary Assembly

Yogis unite at the 7th Annual **Evolution Asia Yoga Conference** held from June 6-9 at the Hong Kong Convention & Exhibition Centre. An enlightening and exhilarating event, partly sponsored by Pure Yoga, it's the largest yoga and wellness event of its kind in Asia. Gathering an impressive community of yoga practitioners and well-being professionals and over 3,000 international participants under one roof, there are over 50 of the world's most renowned teachers and over 200 classes. Registration is now open! www.asiayogaconference.com



Luxe Samui

Rest and recharge with The Buddhachard Bliss Treatment or Seasonal Inspiration Facial at the Baan Thai Spa at the **InterContinental Samui Baan Taling Ngam Resort** in Thailand. The former is a comprehensive half-day spa package, including a pre-treatment consultation, foot scrub, body scrub, body massage and head massage. The latter is a deep cleansing and nourishing facial using vitamin C, mint and melon modelling cream and a facial acupressure for some serious pampering, which will leave you glowing from within. Both available from now until the end of June 2013. www.samui.intercontinental.com



Birthday Treat

To celebrate its 5th birthday, **Absolute Sanctuary** rolled out two Anniversary Deals in April, which will last until May 31, one for newcomers and one for returning guests. First-time visitors may enjoy accommodation in a Superior Pool/Sea View Room, daily breakfast, one yoga class a day, discounts on à la carte spa treatments and dining and roundtrip airport transfers at special rates. Meanwhile, returnees are entitled to all of the above as well as complimentary upgrade to a Deluxe Room if available. www.absolutesanctuary.com



Como-n Over

In April, COMO Hotels and Resorts opened a 360-degree Integrated Health and Wellness Centre in Singapore. **COMO Shambhala Urban Escape**, a city version of the COMO Shambhala Estate in Bali, is a unique first opportunity for Singaporeans to take active part in looking after their health and well-being. Medical professionals, beauty experts, well-being therapists and instructors are on hand to guide visitors on their comprehensive and integrated journeys to health. www.comoshambhala.com/singapore

Philanthropic Pampering

Newly launched in Hong Kong, **Soul Sanctuaries** is a luxury wellness travel company offering a variety of programmes and retreats in gorgeous locations throughout Asia. Self-heal with a spot of detox, yoga, meditation, weight loss, fitness, spa pampering or even spiritual enlightenment. Feel good and do good, as the 'Give a Little Soul' programme ensures that part of every booking goes directly to impoverished kids. www.soul-sanctuaries.com



Massage Mixers

Fusion isn't just restricted to food. To expand its treatment menu for 2013, **Devarana Spa** in Bangkok created the Shilomi Massage, a seamless blend of the ancient Shiatsu Massage from Japan and the soothing Lomi Lomi Massage from Hawaii. Reenergise whilst easing tension from muscles, joints, tendons and major organs. And with the scent of special oil blends featuring cajeput, clove and black pepper, mind and body well-being is just a Shilomi Massage away. www.devaranaspa.com

