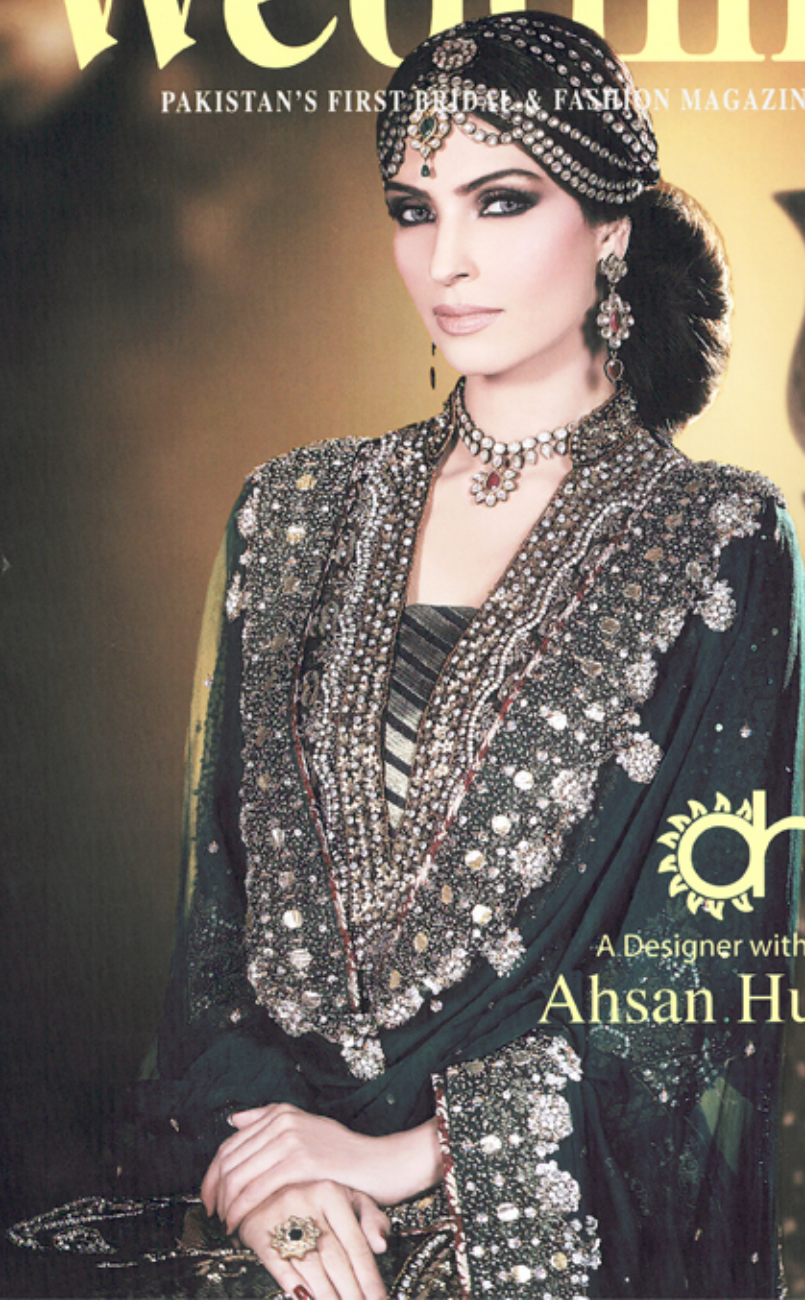


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PAKISTAN'S FIRST BRIDE & FASHION MAGAZINE



A Designer with a View

Ahsan Hussain



Body Heal

Words and Photos: Saifuddin Ismailji

'Be Fit' at Absolute Sanctuary, Samui Island. Thailand.

Zero exercise schedule and with no health check past six months, I made a wise choice signing up the launching program "Be Fit" at Thailand's prime Detox & Yoga resort: the Absolute Sanctuary, which is located on the delightful Island of Koh Samui - South East coast, Thailand. After going through the 5 - day (also available in 7 Day and 10 Day packages), the Be Fit course applies holistic approach, and I can visibly see in this short duration of time, the health benefits as my fitness levels improved and I am put on the right track to embark on a journey into lifelong health & wellness, as long as I follow and continue the basics.





Absolute Sanctuary Fitness Program Samui

While the Absolute Sanctuary has already earned a global reputation being the center professionally focused on Detox, Spa and Yoga; the Be Fit package is created on the basis of significant element that a fit body promotes an overall sense of wellbeing. On the package, after a detailed fitness assessment and consultation by Ms. Janelle, I work out both:

indoor and outdoor exercise, including personalized fitness sessions on cardio vascular workout, group fitness classes, weight training sessions, body balancing using the "Fit Ball", boot camp workout, Pilates reformer sessions (and optional Muay Thai "kick boxing") – tailor made for each individual's need so that there is something for everyone. A typical personalized fitness session includes the following exercises:

-10 Minute walking or elliptical training.

-1 Minute each (positions brief):

Back Bridge; plank; crunches; shoulder side-front raise with blue rubber; biceps curl; shoulder press; ball crunch; squat; push-ups; stretching

Resistance & cardio vascular training is balanced with flexibility workout through daily yoga classes ensuring the body is worked out in a balanced banner. I am nourished with healthy meals and power blast super shakes to keep my energy level up. Between lunch and dinner, I am pampered daily with healing therapy treatments that

released blocked energy and knead away aching muscles, thus the body and mind ready for the next day activity plan. Each therapist is an expert in a particular healing massage that comes in a variety of traditional Thai massage and Herbal Compress, De-stress, Foot massage, Back and Neck therapy, Rejuvenation massage and other remedies according to the need of the individual.

After an active day, I relax in one of the 38 comfortable rooms at this Resort created in Moroccan motifs. The white dome reflects in the large infinity edge salt water pool created for relaxation in between the fitness sessions. Facing the pool is the steam room and the inviting Juice Bar serving nourishing drinks, smoothies & elixirs. Some of the Power Blast Shake that you will relish each morning is in the following:

-Primal Scream

Water-melon and banana shake infused with Primal Defense – world's leading probiotic formula that strengthen and cleanses the digestive system, increase body ability to absorb nutrients and boost immune system.

-Absolute Power booster: an absolute nutritional feast

Energy and immunity lifter. A blend of muesli, black raisin, almonds, banana, soy milk and living multi supplement 7 fruits, 20 Vegetables, 11

tonic mushrooms, 8 sea vegetables, 9 botanicals and ionic trace minerals.

Meals and light spa cuisines at the Love Kitchen offers an entirely different and tempting culinary experience where guests even form other abodes visit to relish and talk about this uniquely admirable place to eat.

The Resort offers shuttle service for guests to visit nearby Choengmon Beach or to the shopping strip at Chaweng.

To promote the 'Be Fit' package, the Resort is running the Absolute Fitness Challenge in 2012 where every guest on the program will be entitled for a chance to enter the Challenge, which incorporates various exercises, for a chance to win a 7 night stay in a Suite room. The fastest timing wins! www.absolutesanctuary.com

Ban Sabai Spa Resort, Big Buddha, Samui (Thailand)

A small boutique resort in classic proportion on the Big-Buddha beach, Ban Sabai Spa Resort is a perfect hideaway for honeymooners. A few rooms done in Thai traditions abound tropical jungle surrounded with Thai sala and treatment rooms for therapy massage.

The 8-day Detox program is based on the 4 Element (Earth, Water, Fire, and Wind) and the diet plan comprises drinks (herbal tea, juices from vegetables and fruits, and vegetable broth with goji-berry). The following eight different kinds of herbal tea, one taken each day provides health giving benefits:

- 1-Rosella Tea during the day, 2-Jasmine,
- 3-Chamomile, 4-Green Tea, 5-Chinese Oolong,
- 6-Jiaogulan tea, 7-Chrysanthemum Tea,



Cupping at Ban Thai Resort Golden Triangle

and 8-Sasslower (Saffron).

Juice is made of extracts of White Rice, brown rice, lotus seed, white kidney bean, wheat germ, seismic seed, barley, and root extracts; also including fresh fruit juices. Vegetable broth is made up of Chinese herbs, including goji-berry.

Six Senses Spa at Soneva Kiri, Koh Kood Island, Thailand

The award winning Six Senses Spa location included at high luxury resorts such as Evason, the Six Senses Hideaway and Soneva Kiri promises health and care and develop a lifestyle towards healthy living. At the six star Soneva Kiri Resort and Spa on the remote Island of Koh Kood on the East coast of Thailand, I experience a total wellness plan over a 3 night package that included lodging in lavishly trimmed villa, meals and spa treatments. The environment friendly spa area is furnished in all wood about tranquil forest environs of the Resort instantly lulled my mind and body. After a cup of refreshing herbal tea, I am taken into the treatment room, en suite with a locker room, shower and a perfect sized spa bed. According to my state of body, I am referred for a De-stress therapy with uplifting oil formulated with natural herbs like rosemary, geranium and lemon. Long stroke massage rubbed the healing oil to absorb in the skin and after an hour the therapy had its

positive affect on the body to dehydrate, regenerate, releasing tension and keeping the skin firm. www.sixsenses.com, www.soneva.com/soneva-kiri

The L-Resort Wellness Experience, Krabi

The newest luxury design hotel in Krabi, the L Resort is ideally located across the Ao Nang Beach in the center of tourist district and yet retain calmness in its interiors abound the tranquil lush tropical gardens. The Resort offers the best on the Island professional massage therapy in the privacy of its spacious rooms. In a variety of relaxing therapies, a 90- minute Aroma therapy performed by healing hands helps rejuvenate and relax a tired body. Soothing for the mind and senses, Jasmine essential oil

when rubbed on the body for the skin to absorb, its attributes as Anti-depressant, anti-septic and anti-spasmodic helps the body relieve from various ailments and pleasant fragrance stimulate sleep and rest. Jasmine Essential oil can be also used in the treatment of spasms and for a quickly relief to spasmodic infections like coughs, congestion in the lungs, asthma and other breathing related ailments. www.thelresort.com

Cupping Therapy - Baan Thai Resort, Chiang Saen, N. Thailand

I first heard and experienced cupping remedy at Ratanakiri, N.East Cambodia. The therapy is popular among residents of the villages in Cambodia, China, North Thailand and Vietnam and less popular among spa goers probably as after the therapy, a temporary dark scar appears on the body. More recently, I undertake the therapy at the Baan Thai Resort - Golden Triangle, Chiang Saen (North Thailand). The treatment is also available at the Absolute Sanctuary, Samui, Thailand Also known as Guasha, the therapy relieve discomfort, tension and is an effective treatment for cold and both – external and internal pain and when performed by an expert, the patient is instantly relieved of the pain. Guasha therapeutic technique is said to have originated in China. In the treatment, oil is rubbed into the skin



Absolute Juices Samui



The Love Kitchen Samui



Rama Restaurant Furama Silom Bangkok

and then a smooth round edged cup-like "GuaSha" instrument is firmly stroked over the skin either along a muscle or an acupuncture meridian. This method stimulates and normalizes blood circulation and helps to clear metabolic waste congestion by encouraging lymph drainage in the local tissues and muscles. The treatment leaves a dark circle mark on the body. During the treatment, the therapist attach a number of heated cups to the skin creating a vacuum state massaging by rubbing the cup on the affected part of the body.

Guasha or Cupping therapies can be applied every week or monthly as a regular health care routine, or after

the round-marks fade after the treatment. Each treatment lasts from 20 to 30 minutes.

Google: Baan Thai Resort, Golden Triangle, Chiang Saen. N.Thailand.

Telaga Bunga Spa – the Royal Chulan, Kuala Lumpur. Malaysia

Located in the heart of the cosmopolitan Kuala Lumpur (KL), the Royal Chulan Hotel has easy access to Business and entertainment district of the Capital of Malaysia. The Fitness center is equipped with a large pool, fitness room and Telaga Bunga Spa that has a menu comprising of health giving therapy treatments. While the menu had in its list popular massage therapy like Aroma Oil, Sport therapy and foot massage, I opted for the indigenous Malay Massage treatment somewhat like Ayurveda massage - the therapist applied strong pressure and long stroke massage with herbal oil. The treatment opens up blocked energy and relaxes muscles so that the whole body feeling lighter after the therapy.

www.theroyalechulan-kualalumpur.com

Gaya Reflexology, Kota Kinabalu, Malaysia

The Chinese-Malay entrepreneur owns a number of spas on the Island specializing in Foot reflexology, applying Chinese acupressure technique. Foot reflexology when operated by a non-expert could lead to serious body ailments. Each pressure point on the foot (and the hand and ear) connects the other parts and internal organs of the body. By applying about 10 pounds of pressure by the finger, the therapist releases a flow of energy to the related part of the body. For result oriented reflexology, therapist need to work on the foot for some eight hours. Normally, at the day spas and commercial Reflexology, the treatment lasts from one to two hour per session. The Center also offers professional Shiatsu therapy treatment. Gaya Reflexology Center, 114 - Jalan gaya Kota Kinabalu. Sabah. Tel. +6088 - 318080.