

A Tranquil Journey

Exotic treatments of the East, fitness of the West



TEMPLE OF SERENITY

Located in Uluwatu, Bali, Anantara Spa Retreat at the Anantara Resort and Spa is set in a serene Balinese village, overlooking a Balinese virgin rainforest. Aimed to provide "experiences that refresh, rejuvenate and bring complete wellbeing to body and soul", the spa offers a series of treatments, which include scrubs and wraps of naturally-sourced ingredients, traditional massages, aromatherapy treatments, elemis facials and fragrant floral baths. Available until September 30, this package comes with a three-night stay, unlimited spa treatments during stay, daily breakfast at the rooftop restaurant or in-suite, and daily afternoon tea among others. The spa package starts from US\$1,650.

uluwatu.anantara.com

SERENE HOSPITALITY

Located at a stunning cliff-top location, the newly opened Baan Thai Spa at Thailand's InterContinental Samui Baan Talingam Resort offers a "Serenity Hideaway" spa package for its guests until December 22, 2012. This package includes a 120-minute signature Baan Thai Spa treatment of choice, a 90-minute yoga session with the spa's in-house yoga teacher and a 20-percent discount on additional treatments at the spa. Priced from 9,900 baht per night, the package also includes a luxury accommodation at the hotel's Ocean View Room. samui.intercontinental.com/spa-wellness



THAI REJUVENATION

A self-claimed "Haven of Life" because of its secluded beauty and serenity, Chiva-Som is an award-winning luxury health resort located in Hua Hin on the Gulf of Thailand, 185 kilometres south of Bangkok. Focusing on health and wellness, the resort offers the Chiva-Som Summer Rejuvenation Retreat, available until September 30, 2012. For a minimum of five-night stay in double occupancy, this package provides a number of treatments including a choice of daily 50-minute massage, individual health and wellness consultation, a 30-minute complimentary skin consultation and two complimentary treatments. Treatment options include jetpeel, bioplasma, and Tai Chi to name a few. The package starts from 80,000 baht per person. chivasom.com



HOLISTIC WELLNESS

The Beverly Hills Hotel and Hotel Bel-Air introduce "The Lifestyle by Scott Crawford", a wellness program that allows guests of the hotel to work one-on-one and arrange individualised wellness sessions with Scott Crawford, a recognised fitness specialist, or his coaches. The program offers a wide range of activities, which include local hikes, personal training, yoga, mat pilates, meditation and Tai Chi. Its "180 Half Day" or the "360 Full Day" packages include breakfast, lunch, an organic snack, physical movement session, transportation to activities, a treatment at the hotels' award-winning La Prairie Spa and a special gift from both hotels. For a full-day package, one can also enjoy dinner at either Wolfgang Puck at Hotel Bel-Air or the Polo Lounge at The Beverly Hills Hotel.

beverlyhillshotel.com



RAW RETREAT

Absolute Sanctuary is Thailand's premier detox and yoga resort located in Koh Samui Island. Catered to those who put extra attention to wellness and balanced lifestyle, the resort offers the "5-Day Living Food Detox Retreat" with Dr Cherrisse Yang, a holistic chiropractor and certified gourmet raw-food chef and instructor. This program includes daily one-on-one consultations with Dr Yang, three hands-on raw food classes, a daily yoga class, colon hydrotherapy session, absolute detox massages, and workshop sessions on raw food and healthy eating. Held on November 8-12, the "5-Day Living Food Detox Retreat" prices start from 42,800 baht. absolutesanctuary.com



ENHANCING QI

Banyan Tree Spa in Shanghai introduces its summer spa package. Focusing on a non-clinical and holistic "high-touch, low-tech" approach, this package offers a 90-minute treatment, which will be followed by 30 minutes of refreshments and relaxation. The treatment involves the use of a cooling Aloe Vera conditioner followed by an Oriental Massage to soothe skin and counter excessive body heat. The Oriental Massage is a therapeutic Chinese treatment practiced without oil, where the therapist applies various hand techniques to improve the flow of "qi". The promotional package is priced at 1,080 yuan and valid until September 30, 2012. banyantreespa.com