

lifelines

THE ESSENTIAL ESCAPE GUIDE TO STYLISH SPAS OF ASIA

desert wellness

Set in the beautiful oasis of the Liwa Desert and just 90 minutes away from Abu Dhabi, the new Qasr Al Sarab Resort offers extensive luxury in a traditional setting. Offering five lavish treatment rooms designed in the style of local Arabic traditions, the **Anantara Spa** also boasts facilities such as a Vichy treatment room, whirlpool bath, steam and sauna. Treatments fuse Arabian rituals with Thai methods touching all the five senses. The signature Qasr Al Sarab Retreat blends local ingredients for a soothing all-over body treatment that begins with a Floral Foot Ritual, followed by an exotic herbal bath rich with the scents of old Arabia, a revitalising sand scrub, and an Arabian body wrap to rid the body of toxins. Complete the journey with a therapeutic massage. <http://qasralsarab.anantara.com>





detoxifying zen

With 77 stunning new villas and suites as well as personal plunge pools and views of the Gulf of Thailand, Langham Place Samui at Lamai Beach offers secluded comfort and stimulating hospitality that touches all the senses. Exclusive facilities include the Dream Room, Touch Room and hot baths while pampering spa treatments at **Chuan Spa** are based on the principles of Traditional Chinese Medicine (TCM) as well as Thai Traditional Medicine. Try the "Tao of Detox" which includes a stimulating body exfoliation followed by a warm marine algae wrap infused with aromatherapy oils. An acupuncture massage releases energy blocks and a radiant revival facial completes the treatment.

<http://kohsamui.langhamplacehotels.com>



hotsprings healing

The outdoor setting of the Banjaran Hotsprings Resort makes for a peaceful relaxing experience with views of the limestone outcrops and jungles visible from each of the villas. Facilities include a special limestone meditation cave that is 400 million years old and a peaceful sanctuary for energy healing and natural geothermal hot springs. **The Spa** has seven massage villas, an Ayurvedic room, Malay room with outdoor bath, hydrotherapy room and a series of therapy rooms. Malaysia's three diverse cultures – Indian, Chinese and Malay – come together in the Banjaran Signature Massage that combines them for a truly healing experience beginning with an Indian head massage and followed by a Malay Urut massage and Chinese pressure point foot therapy.

www.sunwayhotels.com

discover tranquility

At Amanfuyan, Hangzhou, the **Aman Spa** spans five buildings set around courtyards, bamboo groves, tea bushes and Magnolia trees. The reception features a spa library, lounge and consultation area while the Bath House offers three treatment rooms with couple facilities, circular wooden soaking tubs, a steam room and double seated showers. The Movement Studio is for Tai Chi, yoga and meditation while the final building houses three double and two single treatment rooms. Try the Herbal Therapeutic Massage which draws from traditional Asian therapies and combines herbal oil infused poultices with optional cupping to warm the body and release fatigue and stiffness. Finish with fresh herbal tea in the relaxation area.

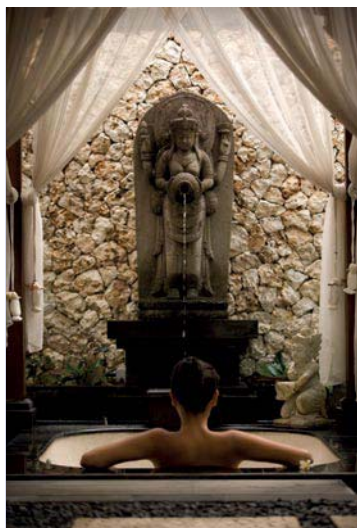
www.amanresorts.com



natural pampering

Built dramatically into the cliffsides of Phuket, **The Spa by Paresa** features five luxury spa suites each with its own bathroom, private balcony and daybed. The Dima Spa Suite in particular offers guests luxurious accommodation and a private treatment area, steam room and Jacuzzi. Treatments use home-grown brand Panpuri made with organic ingredients and 100 percent natural oils and extracts. In a unique partnership with DC One Med Spa, guests can enjoy a selection of non-invasive dental and dermatological treatments. For "Heavenly Bliss", enjoy an invigorating herbal steam followed by a refreshing body scrub and mask with an Aroma Relax Massage and Aromatic Thai Facial.

www.paresaresorts.com



natural beauty

Tucked away from the more commercial areas of Bali, Villa Devatas is secluded in natural surroundings and offers highly personalised services including a wide range of body treatments and yoga classes. Its elegant **Spa Pavillion** sits overlooking the Ayang River and offers traditional and classical therapies using essential oils. Try a traditional Sundari Body Polish, a scrub including rosehip seed oil and gotu kola that restores the skin's natural vibrancy. These potent botanicals are also combined with cardomon oil for a silky smooth revitalising effect that also stimulates circulation. www.villadevatas.com





out of africa

A haven of tranquillity in the middle of the Mara River, **Ngerende Island Lodge** has added a luxurious spa in the form of a traditional Masai thatch hut for a range of pampering including massage and treatments in the beautiful wild scenery. Two local in-house masseuses trained by Thai teachers in Nairobi offer treatments overlooking the river where hippos and crocodiles often come to visit. A new infinity pool will soon give guests even more stunning views of the area. The Indulgent Mara, one of the Big Five Signature Treatments begins with a full body and face exfoliation and massage which conditions and hydrates the skin while working tired muscles. Guests can choose between warming cinnamon and ginger balm to stimulate circulation. www.ngerende.com



private luxury

The Hill Villas Nusa Dua in Bali have started offering spa treatments in the privacy and comfort of their luxurious villas. Guests can also choose to have their treatments by the pool or in their semi-open bathrooms. They can also choose to enjoy the resort's In Villa Private Yoga Classes for a completely secluded wellness experience. Try a traditional facial using natural products that helps reduce wrinkles while deeply hydrating the skin. A mixture of honey and lemon water is used to cleanse the face, followed by toner made from fresh cucumber and carrot juice. The scrub includes rice powder mixed with fresh cucumber and carrot while a honey and cucumber or carrot mask is then applied. A mini head, neck, shoulder and hand massage completes the experience. www.thehillvillas.com

hillside bliss

Nestled in the hillside of the West Coast of Phuket, **Andara Resort and Villas** offers breathtaking views of the pristine Andaman Sea. Experience a range of relaxing massage and spa treatments which can be enjoyed in the indoor and outdoor areas of private villas. The **Andara Spa** itself offers eight luxurious treatment rooms, three equipped for couples as well as an ocean view lap pool, yoga and aerobics studio and access to the resort's very own private 28-metre and 33-metre super yachts. Try the Signature Massage treatment that combines Thai, Asian and Indian influences using smooth strokes followed by pressure point and Ayurvedic techniques to ease tense muscles. www.andaraphuket.com



absolute serenity

Discover tranquility and wellness in the comfort of **Absolute Sanctuary**, a beautiful Moroccan-inspired boutique resort that blends luxury with detox and yoga programs in Thailand's Koh Samui. Renew balance and wellness with three Signature Detox Programmes that combine colon hydrotherapy sessions, detox drinks, herbal supplements, nutritious meals, yoga and massage sessions. Each visit to the resort begins with a personal consultation and includes constant professional guidance. Unique to Absolute Sanctuary, the Healing Hands Massage soothes the body on both physical and emotional levels beginning with a sports or medical massage and followed by a Reiki treatment. www.absolutesanctuary.com

flowering paradise

Visit the **Frangipani Suite Bed & Breakfast**, part of Frederique Deleange's Nagalaya Villa in Laem Sor Bay, Koh Samui, where guests can enjoy a spacious bed room, private verandah, sundeck, gardens and an outdoor Balinese style bathroom, for total relaxation. Treatments can be enjoyed in the privacy of the suite or on the verandah. The Frederique Holistic Spa Facial Experience begins with a lifestyle consultation and a guided verbal body awareness ritual. The facial itself uses only the hands and blends acupressure, energy rebalancing, Reiki, lymphatic drainage and meridian work. www.frederiquespaasia.com



taking the waters

The first **Scandinave Spa** to open on the Canadian West Coast, Scandinave Spa Whistler uses cutting-edge green technologies to ensure the spa is as ecologically-friendly as possible. Spanning 20,000 square feet, the spa offers hydrotherapy treatments designed to energise and relax the body. Try the Volcanic package that includes access to the spa's Scandinavian baths and a 90 minute massage using hot volcanic stones to promote deep relaxation. Of indigenous origin, the technique is known for its purifying, liberating and comforting effects.

www.scandinavewhistler.com

the royal treatment

The **Moksha Spa** at the elegantly restored fort of Fateh Garh offers an experience of Indian royal traditions that compliment the historic city of Udaipur. Spanning 2,500 square feet, the spa has five treatment rooms, a steam bath and whirlpool facilities. The Authentic Ayurvedic Facial is an eight course Marma point massage programme based on ancient Vedic texts that believe in keeping Marma Points clear to ensure youth and beauty. The facial begins with a deep cleaning followed by an Andaman seashell and volcanic mineral skin polish and gentle exfoliation. Sandalwood oil or White Lotus cream is used for a facial massage after which a Himalayan Honey and Oat mask is applied. Gentle steam therapy follows to rejuvenate tired and dull skin. www.fatehgarh.in



flower of health

The **Spa by Burasari** in Patong Thailand, takes inspiration from the rare flower that lends its name to the resort. Each treatment begins with a Burasari Purification Ritual that cleanses and restores wellbeing through steam and specially blended oils before a treatment in one of the five treatment suites. The Burasari Signature Treatment is a transformative oil massage that deeply relaxes the muscles, detoxifies the body and rejuvenates the mind. It begins with a dry body brushing to stimulate the blood flow and which also makes the treatment more effective. The spa also includes a foot massage room, Thai massage room and hammam shower and steam room. For the little ones, there's a special menu just for them. www.burasari.com