

# asiaana



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## THE FAMILY ISSUE

YOGA FOR FERTILITY  
SPA TREATMENTS FOR KIDS  
SKINCARE FOR THE WHOLE FAMILY  
HOW TO... BE A SUPER PARENT

## TOP 10 FAMILY FRIENDLY HOLIDAYS

frolicking in fiji  
singapore's latest spas  
relaxing in the philippines

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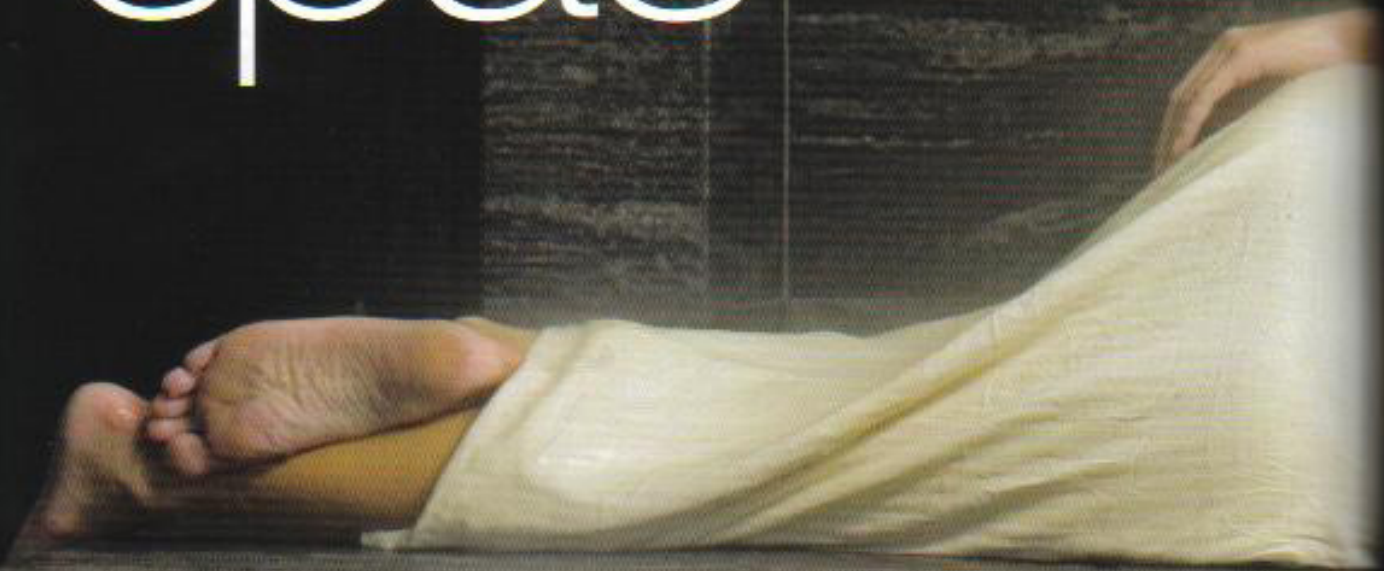
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spadestination

writer evelyn chen

# SINGAPORE spas





A photograph of a person lying face down on a dark, textured surface, possibly a spa bed or a hot stone. The person's skin is wet and glistening, and their dark hair is spread out on the surface. A vertical stream of water is spraying down from the top left corner of the frame. The background is dark and textured, suggesting a spa or sauna environment.

It is a known fact that Singapore's location on the equatorial belt gives it a perpetual sauna-like sweltering disposition. Of late, this sun-drenched city-state is sizzling on travellers' radar screen for a gaming reason – spanking new casino resorts that will open for business in year 2009. This ultra-modern city is set to gyrate with excitement as it sheds its somewhat dowdy image. It is time to put Singapore on your stopover list for that casino bet, gastronomic jaunt, shopping spree and, yes, those oh-so-cool spas in charming shop houses, iridescent malls and ritzy hotels. Is Singapore indeed the urban spa hub of South East Asia?





## the establishment

### SPA ESPRIT AT HOUSE

All spa junkies will admit that this extraordinary day spa nestled deep in the Dempsey enclave raises the bar for spa design. At a staggering 35,000 square feet, the quirky warehouse-like spa surprises with a modern industrial interior (think green zinc panels, raw wall finishes and exposed suspended bulbs) and 20 uniquely designed treatment rooms with eccentric names like My Bicycle or Mirror Mirror On The Wall. Treatments here can be just as funky, consider the signature slow flow massage with melted candle wax infused massage oil and yoga-inspired kajogal massage. For the ultimate organic facial treat, place your bet on the 90-minute uber delicious ilcsi Budapest facial. Singapore is not short of high-end spas, but ones with an edge like this just knock your socks off. [www.spa-esprit.com](http://www.spa-esprit.com)

### REMEDE SPA

This dream-like, crystal-chandeliered Remede Spa at St Regis Singapore probably stands out as the slickest, most star-studded arrival in Singapore's burgeoning spa scene in recent years. As the first Remede Spa to open outside the United States, the spa distinguishes itself from a traditional tropical Asian spa by offering treatments inspired by water and ancient bathing rituals such as the Hammam experience. Every Remede Spa has a signature therapy and Singapore's is the utterly rejuvenating warm jade stone massage where smooth jade stones in various sizes are used in flowing massage strokes throughout the body to heal and balance. There is no better way to drain off the toxins and awaken your senses.

[www.stregis.com/singapore](http://www.stregis.com/singapore)

### WILLOW STREAM SPA

Among the scores of ritzy hotel spas in Singapore, the recently launched Willow Stream Spa (ex-Amrita Spa) at the newly re-branded Fairmont Singapore is one of the largest with 35 treatment rooms and a staggering 50,000 square feet space (including the tennis courts and swimming pool). To boot, the menu weighs in with a lengthy list of 40 treatments including fun loving 'High Heels' and 'Evening Soiree',

the romantic spa date for couples. The greatest lure for those who seek a restorative body therapy is probably the 90-minute Willow Stream Elements – that harnesses the power of nature's elements: earth (moor mud wrap), air (aromatherapy), water (mineral bath) and fire (warm massage). [www.willowstream.com/singapore](http://www.willowstream.com/singapore)

### SPA BOTANICA

If you have time for only one indulgence in Singapore, make it the award-winning Spa Botanica on Sentosa Island. Built on the corner of a garden, the sprawling 60,000 square feet Spa Botanica houses 15 indoor treatment rooms in a 19th century conserved colonial building and six outdoor treatment pavilions. The spa aficionado will want to come early to experience Asia's first mud pool or wait at one of the two meditation labyrinths. From the well-crafted spa meets west botanical-based treatment menu, standouts include the Singapore flower ritual and the tropical glow treatment lasting two hours each. If you have ageing concerns, make an appointment at the neighbouring Seven Eden instead; a team of aesthetic doctors, anti-ageing specialists and Chinese physicians bring wellness to a whole new level by dishing out laser and acupuncture treatments to renew and harmonise. For the perfect comedown after hours of pampering, dine with a conscience at the charming The Garden restaurant. [www.spabotanica.com](http://www.spabotanica.com)

### HELIO SPA (COMFORT SPACE)

Helio refers to the sun in Greek and the 17,000 square feet Helio Spa (Comfort Space) located on the fifth floor of Paragon The Shopping Mall is charged with the sun's energising power. With hot jacuzzi, steam and sauna baths in both the men and women enclosures, a spa corner for each gender, a spacious manicure and pedicure area as well as a generously spaced relaxation lounge, Helio is serious about the art of pampering. Tension relieving massages are their specialty, a standout being the tropical bamboo massage. The spa's greatest asset is probably its results-oriented Maria Galland rejuvenating hot mask facial treatment. [www.helioasia.com](http://www.helioasia.com)