

BALANCE HARMONY WELLBEING

# OASIS

Issue 4 2008



sustainability in singapore:

## plans for this little green dot

**Spa - tacular Pleasures**  
**The Top 5 Facials in Singapore**  
**Understanding Your Nightmares**  
**Your Flat Screen Has (Greenhouse) Gas**

ISSN 1793-558-X \$8.00  
1793 5586



## Singapore

St Regis Singapore

Remède Spa

29 Tanglin Road, Singapore 247911, Singapore

Tel: (65) 6506 6888

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

### SPA MOMENTS:

The newly opened St Regis Singapore may sit in the heart of the Orchard Road belt, one of busiest spots of the city, but at its Remède Spa, one feels worlds away.

Conceived as an urban sanctuary where natural elements, especially water, are harnessed for one's wellness, there is a modern yet exotic feel to both space and methods here. Segregated into male and female sections, treatments are enhanced by unique hydra features that include outdoor aqua reflex paths and gurgling jacuzzis. A sitting at the Sensorial Lounge illuminated by a tank of marine fishes before and after treatments with a cup of the spa's own exotic blended teas and designer pralines makes the complete experience out of this world.

The spa offers many varied treatments from body wraps to exfoliating facials and many of their massages are aimed at fatigued city slickers in need of a rejuvenating rub. For a resuscitating respite, the Olive Black Soap Vichy scrub works like a charm to stir those defeated senses.

On a warm marble bed, the therapist works up a lather on the tired body with the spa's special olive black soap before hosing the guest down with the Vichy hydra jet streams, which leave a very therapeutic tingling sensation all over the body. This is followed by an all-over body scrub with a special black exfoliating glove from Syria which rids the body of dead skin cells and leaves the existing layer fresh and glowing. This latter step will be followed by more Vichy hydra jet stream moments.

Although the scrub does not really work hard for sore sinews, it is an extremely therapeutic ritual for the soothing power of water is utilized through the Vichy system in what would otherwise be a dull 20-minute spa procedure where one would have to get up and wash off the scrub at the shower. The soap also leaves the skin clean and supple, and by the final sprinkling of orange blossom water at the end of the session, one would be ready to face the world again.

### AFTER-SPA REPOSE:

Before retreating to one of the Grand Executive Deluxe Rooms at the St Regis Singapore and being greeted by a verdant visage prized in the city, one absolutely has to be treated to a Hot Jade Stone Massage at the Remède spa. As the name suggests, pieces of smooth jadeite are heated



in hot water before they are expertly applied to the body, diffusing a soothing heat throughout the body as the massage is carried out with these exotic tools, improving blood circulation and physical vitality.

After this superb experience at the spa, the comforts of the room will be heightened for further pampering. The bespoke services of the St Regis chain are legendary and here the well-trained butlers do not disappoint. Nuances are the true marks of distinction and here much may be commended on the pre-emptive stance of these earnest professionals. You ask for the gym's opening hours and they tell you they can get it open for you any hour of the day. When the movie on DVD you want to borrow is already out, they call back with the suggestion of three other available titles of similar genre. Pre-order a bath at 10:30pm and that's what you get, lavender, loofa, lather et al. Very impressive indeed, for a hotel that's been opened for much less than a year.

Everything else seems to be taken care of because the butlers are there to take care of you. With such a happy arrangement in order, the spirit is primed to soar.

