

# Spa lasia

WELLNESS • SPA • LIFESTYLE JANUARY-MARCH 2008

## UNDER CUPID'S SPELL

a **serviette** with  
your aperitif Sir?

## PARADISE FOUND

China's Southern Pearl

**RELAX** interiors  
for human wellness

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## SPA FOCUS

UNDER CUPID'S SPELL



# *Under Cupid's Spell*

With Valentine's Day just around the corner,  
perfect opportunities for  
heightened intimacy with loved ones arise... by Damian Tan



a state of consciousness found to expand and enhance memory and learning capabilities. Omm...

The experience is akin to slipping into your own private universe, with the soothing soundtrack that puts the mind and body at rest. This, as well as Balinese spa treatments and sunset/sunrise cruises from a traditional fishing boat, is included in a package that discerning honeymooners can sign up for. What better way to know that you were meant for each other than to see it written in the stars?

[www.spavillage.com/tembokbali](http://www.spavillage.com/tembokbali)

#### THE SENTOSA RESORT & SPA, SINGAPORE

One of Asia's best kept secrets, here is an alluring getaway, a stylish and tranquil

sanctuary with top class services set amidst gorgeously landscaped tropical gardens with decades-old native trees and palms. Praises are sung of its internationally recognized and award-winning facility Spa Botanica.

Built around the concept of being situated within a botanical garden, Spa Botanica is both a sight to behold and an experience to savour. Drawing on the positive life energy of plants and water to create a healing environment, it invites couples to rest and recuperate from stressful lifestyles, to leave all cares behind and connect to the ones they love without distraction. The outdoor pavilions with attached gardens and the enchanting labyrinths are perfect settings for this, with the sweet fragrance of flowers and other sounds of nature providing added charm.

Unique indoor facilities like the grandly indulgent King's Bath and sensual outdoor specialities like mud pools and float pools complete the decadence. The spa is a real winner at offering a tantalizing variety of signature mud and hydrotherapy treatments. Couples can sign up for a 3-hour Valentine's Indulgence, which includes body scrubs, Vichy showers, Papaya clay wraps, a choice of Swedish or East-West blend massage, a floral bath, nail buff and delicious light lunch.

[www.thesentosa.com](http://www.thesentosa.com)

#### W RETREAT & SPA, MALDIVES

Set on the exotic paradise of Fesdu, where the sands are whiter than white, palms drape over crystal waters and neatly raked coral paths wind in gardens bursting with tropical colours, W makes an art of fusing contemporary living a esthetics with island



Image from Conrad Bali Resort & Spa





Images from W Retreat & Spa, Maldives

village simplicity. The single letter of its name stands for an all-encompassing approach to crafting the perfect vacation: Lovers stand to get whatever they want, whenever they want it and wherever they want it.

It's charming to do the rustic living thing now and then, but W understands that some people are so accustomed to modern-day comforts and can occasionally feel a bit isolated on islands. It resolves the problem by equipping its rooms with high-tech gadgets and other present-day conveniences. Lovers may bask in the privacy of their rooms, enjoying the 42-inch plasma TV with BOSE sound system, a wine fridge and more, or go outdoors to take part in water sports, hit the state-of-the-art fitness centre for a solid workout. If all these

are not enough, then go to 15BELOW club and party like a rockstar.

More adventurous couples may go for rides in the Twin Otter seaplanes: a 25-minute scenic ride over low-lying atolls where they can almost reach down and collect Maldivian pearls scattered in the two-toned aquamarine sea below. Thereafter, the AWAY Spa calls to them for sexy massages, body wraps, sunburn soothers and steam baths. It will take a long time to even list down the remaining ways of enjoying yourself at W, but if you can think it up, we're pretty sure W could make it happen! ☺

[www.whotels.com/maldives](http://www.whotels.com/maldives)

