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# SPA STYLE

...WITH THE COLOURS OF THE SUN



# Remede for the Soul

by Juliane Foo

A warm welcome sets the mood. Unparalleled service and luxurious indulgence befit its status as Asia's first Remede Spa. Here water inspires a host of treatments that are in line with the origins and traditions of spas.



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At the Remede Spa, St Regis Singapore be prepared to be enraptured. This oasis, cocooned in shimmering blues and slivers of silver reflected off pure crystals and iridescent baubles, is a haven that offers a host of exquisite transformative treatments and each is underlined by an enticingly authentic spa experience.

The chandelier at the entrance can be best described as magnificent. It is like a harbinger of what lies beyond. Threads of crystals cast off translucent blue, turquoise

and silver depicting light penetrating ice stage stalactites. This vibrant display is complemented by a length of “bubble” wall sparkling with silver-coated crystal balls akin to effervescent water bubbles – a little island for a cool respite before entering the changing area and Wet Lounges.

“The concept and inspiration for Remede Spa St Regis Singapore are based on water as a primary element and its therapeutic properties... to assist the body in self-healing though the principles of hot and cold therapy

while relishing the pleasures of ancient bathing in the most luxurious and seductive environment,” explains Farida Chettab Brouwer, spa consultant for Remede Spa, St Regis Singapore and managing director of Salamander Lifestyle Spa Consultancy.

To the strains of elevating yet soothing music, one sheds all pretenses and start a journey of self-discovery and self-healing. An uplifting experience for the body and soul awaits at the Wet Lounge in a sequence of therapeutic water elements in various forms and