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RELAX, RENEW, REFRESH AND REJUVENATE THE ASIAN WAY

HIGHER VISION

Optimum fitness inside
out is the essence of
the newly opened
BODYWORKS in
Singapore.

By Judy Chapman

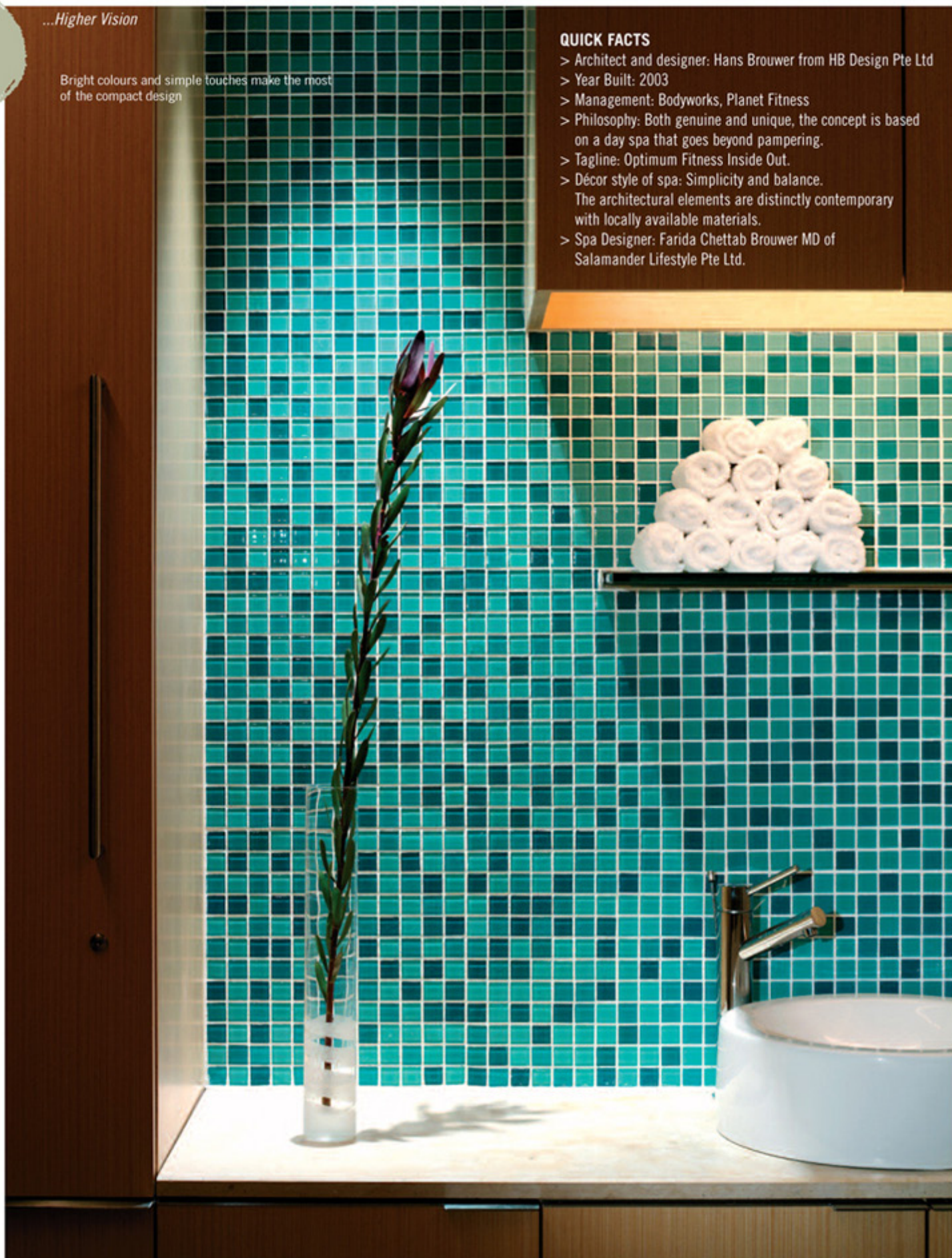


...Higher Vision

Bright colours and simple touches make the most of the compact design

QUICK FACTS

- > Architect and designer: Hans Brouwer from HB Design Pte Ltd
- > Year Built: 2003
- > Management: Bodyworks, Planet Fitness
- > Philosophy: Both genuine and unique, the concept is based on a day spa that goes beyond pampering.
- > Tagline: Optimum Fitness Inside Out.
- > Décor style of spa: Simplicity and balance. The architectural elements are distinctly contemporary with locally available materials.
- > Spa Designer: Farida Chettab Brouwer MD of Salamander Lifestyle Pte Ltd.



...Higher Vision

BODYWORKS

a planet fitness spa

The cosy spa offers a delicate combination of light and details to tap into one's inner tranquility

Spas that have a higher purpose have soul. Not only do they emanate a certain presence or essence that shines from within, they also have the potential of setting trends, upgrading standards, influencing others and generally having an overall impact on spa culture.

The collaboration was Farida Chettab Brouwer MD of Salamander Lifestyle Pte Ltd and architect and designer Hans Brouwer from HB Design Pte Ltd. They have created a near-perfect cozy little number called Bodyworks as an addition to the Planet Fitness group. Together, they have applied some classical techniques to transform a mere 1000 square metre space into a place where you can feel at home and have a moment of quiet, a cup of herbal tea, perhaps a drop of flower remedy or two and a quality treatment to try.

Reflecting an almost Japanese approach to meticulous design and care, Farida has given much thought to all aspects of spa including music, aroma, décor features and materials, flowers, lighting, spa attire, beverages and even the inspirational library. Combined with Farida's full-bodied enthusiasm that seems to exude throughout, the spa has a slightly more upbeat tempo than the usual zen-style urban spas. When listening to

her vision with Bodyworks in perfect detail, one wonders if she hasn't meditated on every element of spa design in this creation.

"If you have the courage to be yourself, let go of the whole push and pull of trends and watching what others are doing, you will surely get to where you want to go." Echoing the approach of all the great masters, designers and artists throughout history, her motto is aptly 'look within' to create rather than outside.

Thus Bodyworks is a place full of quiet spirit and joyful ambience. One steps into a bright entrance of light and simplicity. Colours are tropical and pacific-like with the sea-inspired Phytomer products lined along the turquoise glass mosaic tiles resembling faraway ocean life.

You are then led down to what Farida calls 'the bridge of awareness' – a wooden pathway

flanked by two elegant fountains and mirrors subtly placed above to elongate the feeling of space. Each of the five treatment rooms balanced on the left hand side of the 'bridge' are titled 'Pure', 'Glow', 'Zest', 'Bliss' and 'Shine'.

In the 'whispering lounge' she has decorated a comfortably large space with wooden floors, soft white couches and natural draping cloth that separates the lounge, once again enhancing space potential. But it's not all just herbal teas and remedies, Farida reveals that it took her some time to find the right homemade treats for guests to devour post-treatment.

Along the shelves are the usual suspects like Rumi, Deepak Chopra and Louise Hay with quaint art books and affirmation cards to contemplate. "My purpose is to give guests an opportunity to de-clutter their minds," explains Farida. "You won't find any fashion or travel magazines here – I wanted Bodyworks to be a place where people could rest, encouraging them to tap into their inner potential."

Treatment-wise, you won't find any rose petal baths or lulurs here. Instead, Farida has selected lilies, foliage and yellow orchids to add freshness. With her strong therapist background of 20 years in the health and beauty industry, she has developed a simple menu with all packages commencing with a 15-minute steam.

"It was essential to have steam therapy as part of our spa," she says. "A steam before your massage will help melt away any fatigue, worries and toxins. When the body is warmed up the therapist can then reach those deeper knots."

Some of the alluring treatment titles include 'Lumiere', 'Timeless' and 'Seatonic'. Farida says that simplicity and purity of Bodyworks played an important role in providing the appropriate setting, channeling the energy to create a peaceful experience.

"This spa environment is distinct from any other spa in the city" she says "It is an intimate world of calm and repose, using the natural element of water". SA

