

Pampered Out

Self-indulge with us in some of the region's top spa facilities.

i.sawan Residential Spa & Club, Grand Hyatt Erawan Bangkok

Slap bang in the middle of Bangkok there is a place to rest. Or swim. Or sweat. And I have yet to find a more romantic yet facility-rich destination in which to bring a partner for a 'special treat' weekend getaway in the Thai capital than i.sawan (www.isawan.hyatt.com). Along a frangi-pani-lined winding path, adjacent to the huge renovated pool which forms the centrepiece of the 7,000-sq.-m, Tony Chi-designed facility on the Hyatt's fifth floor, are state-of-the-art 'Spa Cottages' complete with plasma TVs, steam room shower, standalone bathtub, spa treatment room, lounge, comfortable bedroom, outdoor patio, broadband internet and relaxing-tune-filled iPod. After you've chosen your in-room (or on-balcony) breakfast selection for the following morning, snatch a *National Geographic* and head to the pool for a superb *Phad Thai* and a suntan.

Book your in-cottage massage treatment to limber up for that late afternoon workout at the narrow, power-gym-style fitness studio which boasts the very latest Italian Technogym equipment but lacks ample stretching space, or play a game of squash or tennis. Don't fancy exercise and you're female (or want to be)? Head to the Nail Bar (where you can have Louis Vuitton or Burberry-designs painted on acyllic nail extensions - no reader of this publication should consider this!) or Hair Salon. There's also nine treatment bungalows for those not staying overnight (and Bangkokians may become members of Club i.sawan if they wish to have these incredible facilities on tap). Well done, Grand Hyatt. - *Peter Myers*





The Oberoi, Mauritius

Honeymooners' only advantage at the **Oberoi Spa** (www.oberoihotels.com) is that they get the outdoor Couples Treatment Room along with a private Jacuzzi and sauna... for free. (Perhaps it's worth getting married after all!) After an Indian head massage, go Ayurvedic with oil dripped onto your 'third eye' while you lie supine in an elegant wooden boat-like bed where, my friends, it's totally safe to row! - *Diana Artemis*

Mulan, Hong Kong

The low-key, up-market **Mulan** boasts two branches in HK (*Kowloon: Tel: +852 3107 2028; Central: Tel: +852 3102 0208*), both of which offer some of the best treatments in town. Their signature Ginger Therapy is an ancient and effective treatment based on Chinese medicine. First, thin slices of fresh ginger are rubbed all over your body to draw toxic 'wind' and 'fire' elements to the skin surface while stimulating blood circulation. Next comes lymphatic drainage, followed by a thorough Chinese massage that hits all the right buttons - um, acupressure points - guaranteed to bliss you out, until you're rudely awakened by this chilling message from your masseuse: "Promise not to drink a drop of alcohol tonight, as you're now fully de-toxed and your energy points are wide open." Ok, I promise. - *Vicky Wong*



Anggun Spa, Hotel Maya, Kuala Lumpur

"It has to come from the heart and I can feel how my clients feel," said my therapist Constance with a big smile while she massaged my feet with a beautiful mixture of *jojoba*, rose and almond oils. She must have been in heaven, because after a head-to-toe Rose Treatment ("Remember to mesh the petals and rub them all over your body, it's full of antioxidants"), I certainly was. *Anggun* is Malay for elegant - quite fitting for a spa that uses natural products (like the Australian Bio Essential), essential oils and homemade rose water in its treatments. (www.hotelmaya.com.my/anggun_spa.htm) - *Faylay Tan*



Ritz-Carlton, Singapore

For a deep sleep one category up from a coma, try a butler-drawn bath filled with bath salts and oils. Add a glass of champagne in hand and a sexy night view of the Singaporean harbour as a nightcap after four hours (sea salt body scrub, facial, and detoxing algae body wrap followed by a massage) of serious pampering downstairs at the **Ritz-Carlton Spa** (www.ritzcarlton.com/hotels/singapore) - ask for more and I'd call you spoiled. - *Diana Artemis*