



### Do you Need an Escape?

**We all need an escape route. Escape Spa at Koh Samui's Chaweng Regent Beach Resort might be just the ticket.**

An intimate villa and bungalow-style, garden-covered beachfront resort, **Chaweng Regent's Escape Spa** houses equally intimate treatment rooms. Meticulously renovated to create a 'retro-modern' feel, traditional Thai motifs have been blended with contemporary designs in the four 'Boran' rooms, two Facial rooms and four Executive rooms. The latter reveals a steam rooms, hydrotherapy bath and Jacuzzi.

Before your treatment, Escape recommends visitors squirt their muscles with fresh water in order to stimulate and warm them up. Treatments are holistic and health-enhancing in concept. Take, for example, the Indian Head Massage; which commences with warm sesame oil being poured onto the scalp, followed by an invigorating head massage. Full-body enthusiasts will favour the Boran Massage, which originates from traditional Thai treatments and is focused on a gentle stretching of the muscles with acupressure to stimulate the energy meridians of the body.

The signature massage here is the 90-minute Fusion Massage, a combination of various techniques, including Sports and Swedish massage. Pressure is utilised to loosen tight muscles and reduce fatigue while improving the circulation.

For those who demand skin as well as muscle rejuvenation, a vast array of body scrubs and facials can be chosen. Body scrubs include the 60-minute Cellulite Reduction treatment, where a blend of apple cider vinegar, sweet almond and orange oils are gently, yet rigorously applied to the skin to reduce cellulite and improve blood circulation.

Guinot skincare products are used for facial procedures like the Super Hydradermie Face, Neck and Eye treatment, which aims to cleanse, nourish and rejuvenate while alleviating the fine lines and wrinkles around the eyes. Male facial care is also amply catered for with a tea tree treatment. Finally, a Beauty Salon here provides additional cosmetic indulgences, like waxing, hair care, manicures and pedicures.



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