

Spa Catcher



Singapore Spa Treats

Singapore's status as a city of clinical efficiency belies a city-beat that throbs for all things luxurious. Spas are prerequisites for local urbanites to work their bodies and minds towards a new level of mental and physical equilibrium. **Chew Hui Chin** visits four matchless spas that are making holistic waves on the sunny isle.

*Above: Spa Esprit
Following page, from left: Spa Esprit and
Elements' treatment room and spa cafe*

Elements

Guests are entreated to step into a wellness arena that represents a harmony of all five traditional Chinese 'elements' - wood, fire, earth, metal and water. Combining the ancient wisdom of traditional Chinese medicine with modern science, **Elements** was designed to pander to the health, beauty and slimming concerns of the populace. Lush, velvety drapes with an intricate blend of wood and concrete finishes frame each treatment room here; and a baffling array of treatments are available.

Besides mandatory therapies like Swedish, Aromatherapy and Shiatsu; Sports (otherwise known as remedial), Hot Stone, *Tui Na* (Chinese massage practiced for over 2,000 years), Detox and Slimming therapies beg to be attempted. Herbal ingredients blended into massage oils are rooted in the five elements. The body allegedly receives a further boost with *Qi* (vital energy), *Shen* (one's spirit) and *Jing* (body's core essence) after the treatments, the prices of which range from USD 34 to USD 79.

Essentially a one-stop slimming shop - body wraps, lymphatic drainage, electrolysis and detox supplements are prescribed upon consultation at **Elements**. But, not all the facilities are for slimming purposes: steam baths with the spa's signature Hydrotherapy and Hydrojet massages serve universal pampering requirements.



Spa Esprit

Set in the quaint, suburban setting of Holland Village in Singapore's west where boho-chic is all the rage, **Spa Esprit** is a holistic day spa for both men and women. Mind, body and soul are the holy trinity to an individual's 'wellbeing,' and with that in mind, a host of aroma-therapeutic treatments rendered through bodywork, massage and facials all aim to rejuvenate and heal.

Engage in a quirky session like the Twelve Wave Massage with its fusion of bodywork and energy techniques from ancient Hawaiian massages, reiki and Qi-Gong; or try the signature Original Hot Stones massage which uses hot stones, soothing strokes, heat and massage to soothe the terse muscles. Tutti-fruity Scrubs, scrumptious enough to eat, include Saint Apple-Cinnamon with Pectin that tighten pores; and Stunning Strawberry with Amazing Almond, drawing from the natural astringency of fruit to get rid of problematic dry skin. Treatments start from an affordable USD 26 upwards.

Qi Mantra

Touted as the name to meditate on when the body screams for a well-deserved rubdown, **Qi Mantra** features a modern interpretation on age-old methods of Chinese acupressure. Housed on the second floor of a refurbished shophouse, the deliberately clutter-free decor of mosaic tiles and ambient lights in the treatment rooms urges one to focus during sessions. Treatments converge on four basic massage principles and are adjusted from heavy pressure to a light blast, depending on the individual's muscle state.

Inventive therapies to pamper the body include the Thai Remedial Blast, a modern take on Thai massage with a twist of muscular riff focused on meridian channels and acupressure touches. Complete Health Blast is a must for those who enjoy a full-on pummel - an intense, deep-reaching acupressure massage working from the shoulder down to the back and ending with soothing motions to the thighs. Waterbed Head and Foot Blasts and Waterbed Stiff Neck Blasts incorporate a Hydrotherm technique, using one's body weight to enhance the massage: the body rests on a hot waterbed while therapists work their magic on tired nerves and muscles. Treatments range from USD 35 to USD 71.



Spa Botanica

Located in Sentosa Island, the island getaway south of Singapore, **Spa Botanica** is dedicated to the provision of complete and utter indulgence. Set in oasis-like surroundings; begin your spa-tastic experience with a dip into the Mud Pool with its rich-mineral-content volcanic mud, valued for its energising and purifying properties on the skin.

The Spa Botanica Four-Hand Massage, performed by two therapists, could be described as the pinnacle of indulgence, for this is synchronised kneading at its best. The Galaxy Steam Bath, as its name suggests, takes place under a blanket of stars in a specially designed steam chamber where exotic herbal ingredients and skin purifying rituals with medicinal chakra mud are applied to the skin. A Singapore Flower Ritual is performed in a private garden pavilion scented with the lingering sweet notes of flowers, while a deep-pressure Dry Massage utilising the soothing properties of Jasmine and Coriander paste is applied to the body before being scrubbed off to reveal your now silk-textured skin.

Treatments start from USD 95, and should guests desire an even more holistic treat, they can embark on a tailored spa cuisine health feast, selecting from a full, four-course menu boasting dishes like chilled Yoghurt Soup with Mint Chutney or Thai-Spiced Chicken Breast, and Vegetable Couscous with Tamarind and Ginger Chutney. 🌿



Elements

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