

hydro healing in hainan

SPA InterContinental at the new InterContinental Sanya offers 3,700 square metres of total wellness at the Watergarden block in the resort. Unwind in the relaxation lounge with cooling signature tea before moving into one of eight oversized treatment villas nestled in orchids and greenery with a spacious dressing area equipped with rainshower and outdoor whirlpool. The spa also introduces the first Hydrotherapy Dome in Hainan which uses temperature and pressure to stimulate the nervous system and boost immunity. Called the "SHUI" journey, the experience can be enjoyed before or after a treatment such as The Yang, designed to reflect the island's tropical environment and Chinese traditional culture. Beginning with a body scrub, the treatment balances heat in the body with a warming herbal bath infusion and a warm jade stone massage.

www.ichotelsgroup.com



karma calming

Karma Spa at Karma Kandara Bali, has revamped their treatment menu to include a new range of holistic experiences in the blissful tranquility of their cliff-hanging sanctuary. Take in the view of the Indian Ocean as you sweat it out in the spa's glass-walled infrared sauna, then take a dip in the Himalayan crystal salt pool. Offering treatments such as Jade Stone Chi Therapy, Rose Quartz Crystal Facials, Reiki and Cranio-Sacral Therapy, treatments are carried out by Karma's experienced 'bodyworkers' and visiting Balinese energy healers. Try the Himalayan Crystal Healing Journey which includes a Himalayan crystal salt body scrub, herbal steam, traditional Ubtan powder body wrap and Himalayan Healing Massage. The finale is a gem-infused, aura-cleaning facial massage that will leave you feeling renewed and radiant. www.karma-spas.com





aquatic aesthetics

Taking its name from the Sanskrit meaning “health through water”, the **Luxsa Spa** at the new Hansar Samui focuses on traditional Thai healing through earth, air, water and fire which, according to Thai herbalism, balances the body. The spa has four spacious double spa suites and two Thai massage suites with three outdoor salas located around the resort’s tropical landscape, ideal for massages. The Eastern Blend Massage combines traditional Thai massage techniques with oil using palms and thumbs on pressure points to relieve sore and tired muscles. The massage is designed to improve and unblock blood circulation. Guests can also meet therapeutic experts as part of the resort’s Master-in-Residence programme as well as partake in delicious spa cuisine post-treatment.

www.hansarsamui.com

moonlighting

At Aleenta Resort, just north of Phuket International Airport, the new **Spa IV** concept embodies the powers of the sun, moon, earth and sea, focusing on the use of ingredients such as seaweed, salts and seawater in its treatments including inhalation of sea fog as part of the welcome ritual. Four treatment rooms each come equipped with an outdoor Jacuzzi. The spa also offers yoga and Tai Chi classes on a regular basis. The Moon Memory treatment changes depending on which of the four cycles the moon is currently in with physically and emotionally cleansing effects. Begin with a sensual moon bath rich in rose scents, followed by a revitalising organic Inca omega scrub. A choice of massage and specially designed teas complete the experience. www.aleenta.com/phuket



northern wellness

Located on the cusp of Northwest China, the Sheraton Hohhot is one of the first five-star hotels to feature in Inner Mongolia. At the **Shine Spa**, a combination of influences ranging from Thai, Indian, Arabic and the Mediterranean come together with Chinese tradition to create a total wellness experience. The intimate, 745 square metre spa features four treatment rooms with one VIP room as well as steam and sauna facilities. Their signature treatment includes a facial combined with a papaya and pineapple body treatment followed by a hot stone massage.

www.starwoodhotels.com



all in the family

The new **Jari Menari** in Nusa Dua Bali adds yet another haven of wellness to the holistic island. The spa includes 12 single rooms and four doubles, some of which feature tubs for a relaxing soak post-massage. Special attractions include the large “family rooms” perfect for group massages. The all-male staff deliver eight types of quality massage including a cool stone and aloe vera massage that soothes skin that might have spent a bit too much time in the sun.

www.jarimenari.com

new beginnings

Meaning “dragonfly”, **Spa wumurdaylin** symbolises renewal, freedom and beauty and will be Hamilton Island in Australia’s first full service day spa. The spa, with its 11 treatment rooms including three for couples has been called a “cocoon-like haven” and echoes the natural surrounds of the Whitsunday Islands. In addition to facials, massages and body treatments, the spa also offers alternative therapies such as naturopath consultations and Reiki treatments. The Mother of Pearl Body Polish is a signature body exfoliation, rich in marine and plant collagens. The crushed mother-of-pearl, combined with walnut and wattle seed, smoothes and refreshes tired skin. www.hamiltonisland.com.au



golden glow

The Golden Tulip Mangosteen Resort’s **Ayurveda Destination Spa** brings the ancient Indian healing practice to this elegant and quiet resort on the island of Phuket. The spa offers four treatment rooms with eight beds, one specifically for Ayurvedic treatments, as well as two steam saunas and a large private jacuzzi. The signature Amrutham Merudandam is a 90-minute treatment designed to increase flexibility in the neck and back joints while relaxing stiff muscles; perfect for those looking for that relaxing getaway and very good for office workers. It also includes a Back Spine Massage and a treatment of Ayurvedic medicated oils. www.goldentulip.com

designed for luxury

The Mamilla Hotel, touted as Jerusalem’s first design-led luxury lifestyle hotel, has recently opened the doors to its wellbeing centre – **Akasha**. Created to provide body, mind and spirit balance, the spa incorporates Feng Shui principles as well as a balance of the four elements, namely water (the spa), air (yoga and pilates studio), earth (lounge and bar) and fire (the gym). Each element features two treatment rooms. At the spa, watery wellness includes watsu pools, hammam treatment rooms and an infinity pool. The signature Akasha treatment focuses on the four elements and balances the body through watsu (water), reflexology (earth), fire (hot stone oil massage) and air (Reiki and scalp massage). Walk away as one with the elements. www.mamillahotel.com



private paradise

At the Pavilions Phuket, one of the island’s newest getaways, each villa comes equipped with a spacious 60 square metre private spa and includes a separate steam shower and a refreshing view of an oriental-themed courtyard. Designed for the utmost privacy, the spa offers a chance for singles and couples to relax and enjoy uninterrupted serenity. Aptly named to emphasise the atmosphere, the signature Romancing the Stone treatment uses heated stones to massage the body’s pressure points and melt away stress, tension and anxiety. The treatment finishes with therapeutic foot reflexology after which one can go back to relaxing in their private sanctuary. www.thepavilionsresorts.com



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dreamy detox

Northern Thailand's Chiang Mai is fast becoming the go-to destination for the health-conscious who head to The Spa Resort for detox treatments and healthy activities including yoga, Pilates, Reiki and Qi Gong. The resort even organises meditation training at a nearby temple. The **Bamboo Spa** is famous for its Thai herbal steam room which uses 32 different types of herbs, and guests can enjoy two far sauna rooms and an outdoor nature shower. An open air pagoda serves as a large communal treatment room, however the ShiroPlus is a private treatment incorporating Ayurveda. It begins with a full body oil massage by two therapists followed by herbal steam and ozone therapy. The treatment finishes with a Shirodhara experience in the perfect blend of East and West. www.thesparesorts.net

wellness all-round

The **Devi Spa by L'OCCITANE** offers a unique blend of Indian and Mediterranean wellness at its majestic location the Devi Garh Palace in Rajasthan. With a choice of five indoor treatment rooms overlooking the herb garden and the four new spa cabanas outdoor, treatments focus on local produce and guests are encouraged to pluck fresh flowers and herbs to be incorporated into their treatments. The two palace terraces are ideal for private meditation sessions, or try a yoga session in the Aravalli hills instead. Dine on wellness cuisine and then head to the spa for the signature Desert Sand Scrub which uses the region's own desert sand mixed with mineral rich Fuller's Earth and L'OCCITANE's Aromachologie Oil. Using Swedish techniques, the scrub is deeply exfoliating and finishes with a rich shea butter lotion and hydrating honey extract for healthier, glowing skin.

www.deviresorts.in



caffeine kick

Newly opened at the Sankara Nairobi, the **Angsana Spa** is the first for the brand in eastern Africa. In addition to two of its signature rainmist experience rooms, the spa features seven treatment rooms and measures close to 600 square feet. Focusing on treatments that emphasise Kenya's famous products, the signature Coffee Delight includes a choice of massage, a variety of coffee treats and a unique coffee bath which detoxifies and revitalises. Don't forget to relax after a treatment on the elegant rooftop pool with its beautiful views.

www.sankara.com

www.angsana.com



turkish delight

For the ultimate indulgence, the **Six Senses Spa** at the Kempinski Hotel Barbaros Bay in Turkey is offering a three day Glorifying Journey that combines unique pampering, spiritual therapies and of course, indulging treatments. Morning yoga or pilates is a must, as is evening meditation and visits to the hammam. Reiki heals from within, while a Watsu treatment uses all the healing properties of water for wellbeing. The spa has 16 treatment rooms as well as three saunas, colour therapy rooms and outdoor salas. With breathtaking views of the Aegean sea from the spa, the whole experience is truly enchanting.

www.sixsenses.com