



SARAWAK

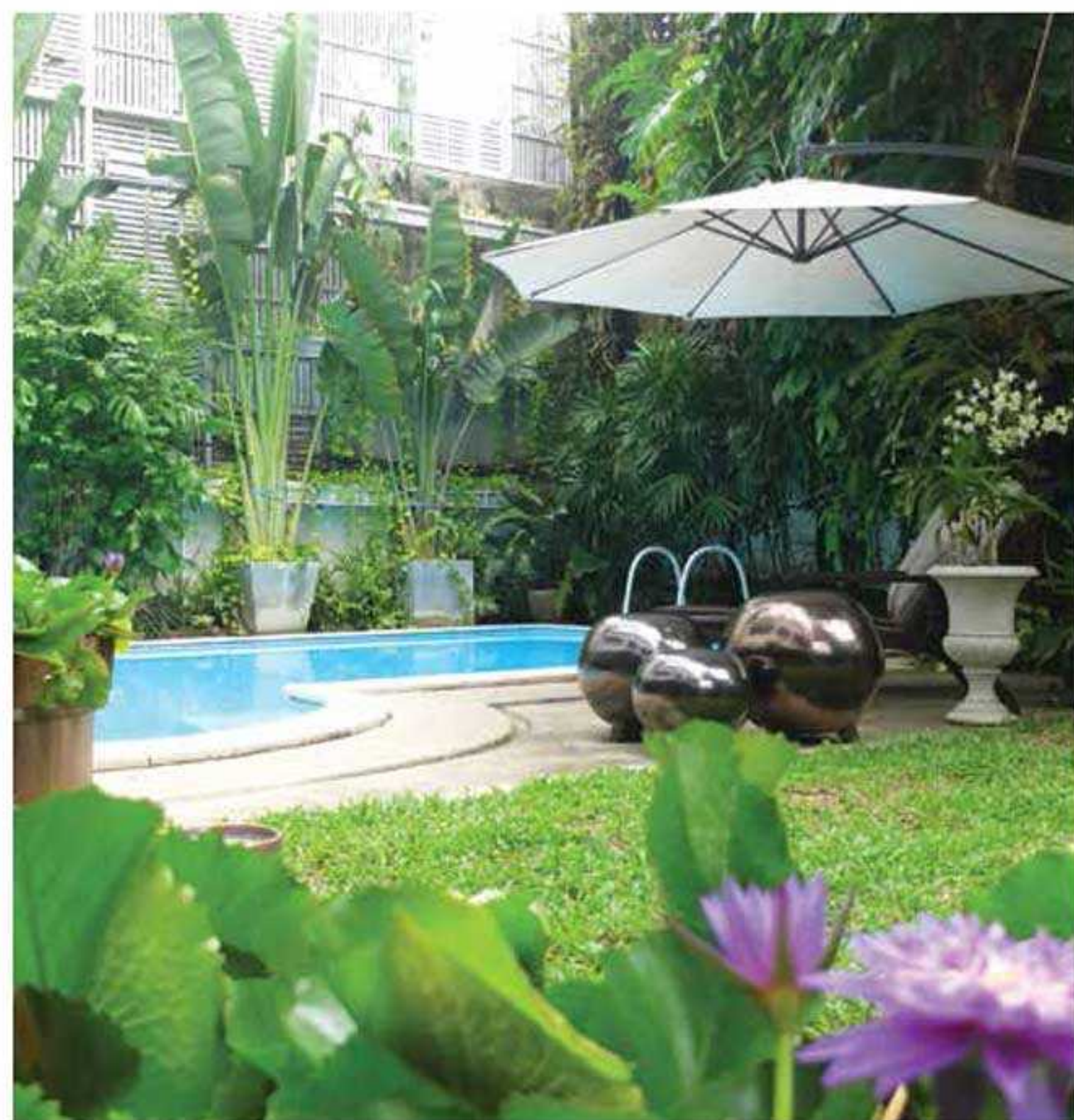
### Pampering Indulgence

Mulu Marriott Resort & Spa opens in Malaysia, bringing with it the all-new Mandara Spa. With four treatment rooms, including two couples' rooms, the spa offers a range of services, including foot massage, manicure and pedicure, as well as facials and full body rituals. Signature treatments include the Pure Nature Facial, which promises to polish dull skin with enzymes and vitamins. [www.mandaraspaspa.com](http://www.mandaraspaspa.com)

SKODSBORG

### Water Revival

Designed by internationally renowned Henning Larsen Architects and outfitted with wet facilities and showers by Dornbracht, the Skodsborg Spa in Denmark aspires to provide treatments that cater to a healthy lifestyle. Focusing on the benefits of air, water and light, traditional bathing practices are central to its treatments. From its Dornbracht rain showers, saunas and baths, to the sprawling swimming pool, recharging the body's energy with water is a key theme at the spa. [www.skodsborg.dk](http://www.skodsborg.dk)



BANGKOK

### City Escape

A popular hotspot for spa-goers making their way to Bangkok, Bhawá Spa's treatments are noted for their combination of various therapeutic disciplines. The Art of Spa Therapy treatment aims to rejuvenate both the mind and the body with the use of stone energy and sound. Inspired by famed therapist Masaru Emoto, who pioneered the use of sound in spa therapy, the treatment seeks to reawaken the energy within through massage techniques that rebuild the chi. [www.bhawaspaspa.com](http://www.bhawaspaspa.com)

NEGROS

### Garden Sanctuary

Situated in a tranquil and natural setting, The Sanctuary Spa at Atmosphere Resort and Spa is as much a place for pampering treatments, as it is a secret garden retreat. Located within Atmosphere Resort and Spa in the Philippines, the four pavilions are hidden between waterfalls, ponds and tropical foliage. Signature treatments include the watsu experiences, where guests will relax and unwind in a heated pool, floating to unwind the body and ease the mind. Post treatment, head to the Shala, the relaxation area where you can unwind and cool down with a healthy drink. [www.atmosphereresorts.com](http://www.atmosphereresorts.com)



BORACAY

### Island Indulgence

Much more than just a spa, the Mandala Spa offers comprehensive treatments, wellness and physical experiences that are said to be some of the best in Boracay. At Mandala Spa & Resort Villas, the wellness experience is central to the overall stay. From detox programmes to visits to the day spa, there's an endless array of pampering treats you can indulge in. A range of healing arts therapies, including watsu, reiki and Ayurveda are performed under the watchful guidance of its expert therapists. Revitalise the body with a group or private yoga session. And to top it all off, get the proper send-off with a treatment at the Nail Spa to ensure your fingertips are in top shape when you head home. [www.mandalaspaandresortvillas.com](http://www.mandalaspaandresortvillas.com)

HONG KONG

### Seventh Heaven

Escape the busy streets of Hong Kong and spend the morning among the clouds at The Ritz-Carlton Spa by ESPA on the 116th floor. If you have extra time to spare, don't miss the opportunity (for an additional HK\$250) to unwind poolside or in the outdoor Jacuzzi on the roof of ICC while the cool breeze tickles your cheeks. Once relaxed, head to the spa for an 80-minute signature Lava Shell Body Treatment, which uses warm lava shells and aromatic oils combined with therapeutic strokes to soothe your body. Should you work up an appetite, rest assured that the lunch at the Organic Salad Bar in The Lounge & Bar will fulfil all your dreams of a delicious and healthy meal. [www.ritzcarlton.com](http://www.ritzcarlton.com)

