

asiaSpa

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THE ENERGY ISSUE

HOW TO...
JUMPSTART
YOUR PRANA

ASIA'S ANCIENT ENERGY
RITUALS DEMYSTIFIED

WELLNESS COACHING EVOLVES

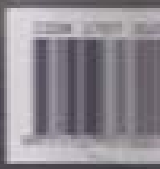
KICKING BACK IN
KUALA LUMPUR

SEEKING SOLACE
IN DELHI

AUCKLAND'S
HEALING HIDEAWAYS

TOP 10
BURNOUT
RETREATS

Hong Kong, China HK\$40 • Singapore S\$5 (incl GST)
Malaysia RM20 • Thailand ฿200 • China Rmb100
Philippines P200 • Indonesia Rp100,000 (incl tax)
Australia \$200 • New Zealand NZ\$20 • Japan ¥1,000 • South Korea ₩20,000
Europe, Africa, Middle East €20 (incl tax) • USA, Canada \$20 (incl tax)





flower power

The InterContinental Bali is introducing a brand new range of products to **Spa Uluwatu**. In honour of their new Pevonia Botanica range, the spa, which features seven treatment rooms as well as outdoor couples' areas in their tent or beachside pavilions, has created new treatments to further enhance this ultra relaxing experience. The Waterlily Hydration Wrap is calming and peaceful, literally wrapping you in wellness, giving skin an immediate relief from sunburn or sensitivity. The wrap is made of cooling ingredients including water lily, green tea and chamomile. www.bali.intercontinental.com



atmospheric conditions

One of the newest resorts in this diverse diving area of Negros, Philippines, Atmosphere boasts an elegant and private spa made up of four individual treatment pavilions, each equipped for couples, running waterfalls and treated pools. **The Sanctuary** at Atmosphere also features special hydrotherapy pools as well as a pavilion for hand and foot treatments. The Water Massage Treatment is based on traditional Watsu principles and is a soothing massage that takes place in the purpose-built warm water pool. Combining massage, Shiatsu, muscle stretching and dance, this is a deeply relaxing experience that frees the body and mind of stress and tension. www.atmosphereresorts.com

chakra ch

The Spa and Ayurved
Seasons Resort Ma
Giraavaru is offering a r
energy renewal classes
spa menu. The spa spr
and has 10 treatment r
are over-water and whi
Chakra Blessing treatm
These treatments are a
or series of five or sev
use ila products to cl
each chakra in turn to
physically, mentally,
spiritually. The Anaha
minutes, aimed at heal
which frees us from o
This includes a combin
scrub and massage usin
warmed rose quartz to
and mind.