

The Christmas spa guide

Pampering massages to relax your
body & soul By Jessie Kok

don't we love massages? The gentle kneading of your shoulders, tracing down to your back and leaving you rejuvenated from the daily pressures of work. So what better than to ease those knots with some well-deserved TLC after a whole year of hustle and bustle? We've done the legwork - sourcing out special massages around town specially catered to this season - so you can focus all your time on the indulgence itself.

Inner harmony

What: Ayus lomi

Where: The Aspara Spa

Address: The Aspara (Goodwood Park Hotel)

22 Scotts Road Singapore 228221

Tel: 6732 3933

The Scoop: Conducted with a beautiful garden view in the heart of Scotts and Orchard Road, the massage fuses century old traditional care of Indian Ayurveda with Hawaiian Lomi Lomi Nui to harmonise the body, spirit and soul for deep relaxation. Before the actual treatment commences, guests go through a short consultation to determine their dosha types, which then determine the type of massage oil most suitable for the treatment. The treatment starts with the Shirodhara (Oil Ritual) using the Hawaiian Lomi Lomi (loving hands) style, and is marked by a rhythmical rocking style that utilizes acupressure, stroking, stretching and rotation. The style of massage is in line with the way Hawaiians look at things in terms of energy flow, following the idea that an idea or belief can block energy flow as much as muscle tension can. Ayus Lomi helps release the blockages, whilst at the same time giving the energy new direction. An aromatic herbal treatment rounds off the massage to leave you stepping out of the lush environment feeling like new.

Perfect for those with: the taste of luxury

Duration: 2½ hours

