

Must-Visits!



The Aspara at Goodwood Park Hotel

The vibe With its wood features and quaint furniture, The Aspara evokes a Zen-like feel. You are greeted with warm lighting, soothing music, candles and rose petals strewn across the treatment bed. A private rain shower room is just a step away.

Go for The Energizing Amazonian Escapade, 2hrs, \$320 (usual price: \$420, excluding GST). The ritual is based on thalassotherapy – treatments that utilise seawater and seaweed. The products used contain marine and exotic plant abstracts by Thal'sens, a premium French cosmetic spa line. This five-step treatment begins with a stimulating foot rub, followed by a stress-relieving facial massage. After a thorough body exfoliation with a seaweed scrub, you are slathered with a deliciously scented paste of seaweed and cocoa beans, and wrapped up for 15 minutes. Next, step into your personal rain shower, before enjoying a full-body massage to relax your senses. The therapist's strong yet gentle sweeping movements will chase away all your fatigue, worries and aches. This treatment, which guarantees to invigorate and refresh, definitely delivers on its promise.

The Aspara, Goodwood Park Hotel,
22 Scotts Road, tel: 6732-3933/5112