

BALINESE MASSAGE AT THE ASPARA

WHAT IT'S ABOUT: The long, rolling strokes of this deep-tissue massage was perfect for unknotting our tense muscles and removing our back aches. Kudos to the therapist, who noticed tight veins around the neck and warned us that it might hurt during the massage. The lavender aromatherapy oil in the room was so calming, we didn't want to leave! Our only grouse were the big windows, which prompted us to duck into the wet shower room for cover when we had to change.

COST: From \$133.75 for 60 minutes

WHERE: The Aspara is in Goodwood Park Hotel. Call 6732-3933/5112 for more enquiries.