

Spa Asia

JULY/AUGUST 2004
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KDN P911046/3/2005

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Malaysia	MYR	12.00
Thailand	THB	195.00
Indonesia	IDR	41,000.00
Hong Kong	HKD	40.00
Taiwan	TWD	180.00
Philippines	PHP	265.00
Australia	A\$D	9.00
New Zealand	NZ\$	10.00
Japan	JPY	1,500.00
All Other Countries	USD	5.00

RELAX, RENEW, REFRESH AND REJUVENATE THE ASIAN WAY



Spa Focus

Visitors are once again returning to Bali. The island's journey back into the light after the darkness of October 12, 2002 has been remarkable thus far. Businesses are thriving once more, tourists are coming back to spend their days in the sun and the sheer joy of being alive in Bali is once again visible on the faces of all those who know and love this magical place.

Bali itself is a huge island, perfect for those with adventurous souls. From dolphin watching in the northern area of Lovina to cycling through brilliant green fields of paddy, being one with nature has never been easier...or more fun. However, most people flock to Bali to enjoy the pleasures of the three S's – sun, sea and spa. The latter is now one of the island's most popular pastimes with a large number of world-class spas to choose from. Most are located within the luxurious confines of grand hotels and resorts but there are also many that operate independently. The main stretches of Sanur and Nusa Dua is where you can find many such spas. Ubud is also a good place to go spa hunting.

Meanwhile, the expatriate-y village of Seminyak is experiencing a revival. Lots of new shops, restaurants, bars and watering holes have sprouted up and is the main attraction of Bali's young and trendy set. Seminyak is also home to several of Bali's luminaries, including Italian-born fashion designer Milo Migliavacca.

Many resorts offer the quintessential tropical spa experience but if you're after a world-class hydrotherapy treatment or something a little more high-tech, worry not. It's all here. From outdoor massages accompanied by the buzzing noises of the jungle to treatment rooms that offer views of ocean, rice fields and mountains to über-relaxing massages in the privacy of your own room, it's just a matter of deciding which treatment to take and where.

Whatever your decision, there's no doubting that your Bali spa experience will be an unforgettable one. ▶

THIS PAGE: STEP INTO THE OPULENT WORLD OF THE PRANA SPA. OPPOSITE PAGE, CLOCKWISE FROM TOP LEFT: TAKE IN THE CULTURAL SIDE OF BALI BY ATTENDING A LOCAL DANCE PERFORMANCE; FOR A WATER SPA EXPERIENCE THAT IS SIMPLY UNFORGETTABLE, CHECK OUT WHAT THE THALASSO BALI SPA HAS TO OFFER; SLEEP IN NATIVE-STYLE LUXURY AT THE OBEROI BALI.