



# SPA

## HIGHLIGHT

**Thali'sens Amazon, \$420 for 120 minutes (Introductory rate at \$320 till 30 April)**

**Where:** *The Aspara at Goodwood Park Hotel, 22 Scotts Road, Tel: 6732 3933*

**At a glance:** In the bustle of Orchard Road, The Aspara is nestled amidst an oasis of lush and welcome greenery. Making the best of this, the spa introduces Thali'sens Amazon, a two hour ritual marrying surprising product textures, Thalassotherapy and customised movements. Inspired by the South American rainforest, the ingredients used and soothing accompanying music are chosen to leave you with slippery-smooth skin and a sensorial vicarious journey around the world. My Thai therapist, Kung, calmed me down with a foot and head massage before a methodical exfoliation with a body scrub rich in Brazil nut oil, which was then towelled off. I was then wrapped with a self-heating paste of seaweed and cocoa beans for about 20 minutes, which I had to fight the urge to lick off. After a rinse, Kung performed a deep massage using a toning and draining fluid of spirulina and rock samphire.

**Verdict:** With lush textures and a little imagination, this virtual Amazon is a quick escape from the pressures and hassle of the urban jungle. There's always something calming about being surrounded by nature, and in knowing hands of Aspara's therapists, I came back from the wilderness with skin glowing and senses sharpened.