

Must-Visits!



The Aspara

The vibe The Aspara Spa at Goodwood Park Hotel may not have the sprawling grounds of other outlets, but it is a convenient stop for spa-holics who can't get out of the city. The couples' treatment suite was impressive – spacious like a luxury hotel suite, yet romantic. Clever landscaping, ambient lighting and comfy furnishings all succeeded in giving that secret-hideaway feeling the moment we stepped in.

Go for The customised Couples' Treatment (\$407.40), which includes a flower bath, sugar scrub and aroma massage. The 20-minute soak in a lavender oil and rose petal bath got us into a lovey-dovey mood. The scrubs – lime for me and lavender for him – were soothing, and prepped our bodies for the pampering finale. The massage was so relaxing that it sent us off to dreamland in just a few masterful strokes.

The Aspara

Goodwood
Park Hotel,
tel: 6732-3933



Doze off
with a
soothing
massage