

{asian spa}

The Fullerton Hotel, 1 Fullerton Square,
tel: 6877-8182/3; www.aspara.com.sg



classic chic

“Every detail is lovingly taken care of here, right down to placing bedroom slippers at my feet.”

OPEN Daily, 10am-11pm

WHAT IT IS Housed in the heritage hotel, the spa is run by the same people as The Aspara Spa at Goodwood Park Hotel, and uses The Aspara's in-house spa range. It exudes comfort with its chic Asian-influenced decor and soft lighting.

FACILITIES There are 11 treatment suites – three for women, four for men, two for hydrotherapy and two for couples – a relaxation lounge, steam bath and sauna.

STAR TREATMENT The Body Rejuvenation package (\$149.80 for 75 minutes) features a 30-minute body scrub, and either a 45-minute Aroma Body Massage or Swedish Massage. In a cosy booth, I sipped tea and chose one of four Sugar Scrubs, a mixture of sugar crystals and essential oils. Sugar is gentler than salt, yet works well to slough off dead skin. I picked the lime scrub, and eucalyptus essential oil for the massage as I had a slight cold. In the treatment room, I soaked my tired feet in a basin of hot water filled with seaweed salts,

orange and grapefruit essential oils, and rose petals, then made my way to the bed for the scrub. My therapist's gentle strokes and the sloughing action made me feel tinglingly and satisfied, even though I was sniffing. A rinse-off in the shower (she turned on the water mid-way so the temperature would be just right) was followed by an aromatherapy massage, a relaxing session of long strokes and firm kneading that soothed both my muscles and senses – even my scalp got a good rub. The session ended with a cup of tea.

ALSO TRY The Indonesian Massage (\$123.05 for 60 minutes; \$176.55 for 90 minutes) is great if you prefer relaxing, long strokes, while the Aroma Meridian Massage (\$203.30 for 90 minutes) is a blend of yin and yang, acupressure point massage and Western aromatherapy.

EXTRA, EXTRA Every detail is lovingly taken care of here, right down to the act of placing bedroom slippers on my feet – even the transition from the scrub to the massage was amazingly smooth.