

# SENSUAL SERENITY

The **ASPARA SPA** in Phuket and Chiang Mai offers lovebirds blissful relaxation side by side, a tantalising prospect too tempting to turn down

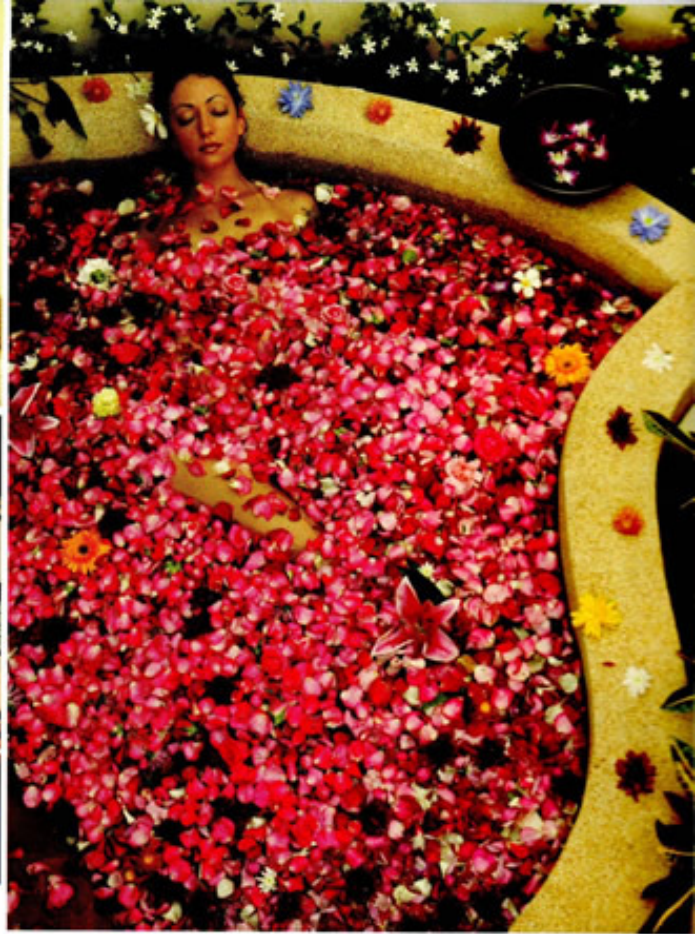
**A** VISIT TO THE SPA IS SOMETHING special, a little piece of heaven in our hectic lives. No wonder, then, that spa holidays are becoming increasingly popular. On the resort island of Phuket, The Aspara Spa has its own building within the Holiday Inn's Busakorn wing. An area of over 25,000 square feet on two levels, the dedicated beauty and wellness centre has landscaped hot and cold plunge pools, palatial reception areas and both indoor and outdoor treatment areas. Beautiful landscapes and extensive water features on the exterior give the impression of being in a lush, tropical paradise. Meanwhile, the interiors are set up as exclusive spa suites.

The Grand Aspara suite is a revelation: a private spa pool to submerge in with relaxation areas and terraces. Intended for you and a loved one, the spa paradise was designed with one purpose in mind: to fill the senses with serenity and luxury in preparation for an abundance of Asian-inspired spa treats.

The latest member of the Aspara family recently opened at Sofitel Riverside, Chiang Mai. The new spa, a divine oasis of holistic relaxation, is located in an area of northern Thailand well known for its natural charms. Chiang Mai, set among the mountains, is famous with travellers worldwide as a spiritual and cultural destination, far removed from the stresses and strains of the modern world.

It is against this background that The Aspara opens the doors to its latest haven, billed as somewhere to "surrender to utter relaxation and sheer indulgence." It offers couples something outstanding: Spacious Couple Spa suites which feature a private jacuzzi, steam room and a wonderfully exclusive relaxation area, shower and changing room. The area is almost large enough to move into, and with a huge array of treatments on offer, you may well be tempted.

Aside from traditional Thai, Indonesian and hot stone treatments, the international chain has modified many traditional massages to create signature therapies all their own. For example, the



Aroma Meridian Massage is a unique blend of Eastern and Western traditions, combining Chinese acupressure with aromatherapy oils. Javanese Lulur distinguishes itself with its use of Javanese jasmine fragrance. The Tahitian body scrub is one of a kind, and the Ayus Lomi, a blend of Ayurvedic philosophy with Hawaiian Lomi, has garnered accolades.

When appropriate, the spa sources world-class products such as Biodroga for Dead Sea mineral masks, body scrubs and mineral baths, and Finders for facials. For essential oils, the house has developed its own products to give the distinctive Aspara experience. The aromatherapy massage is carried out with Aspara's own oil blends – Aspara Sunshine Burst, Cool Breeze, Mountain Mistral and Blue Sky – just as the sugar scrubs use Aspara Pure Spa Blends, orange and lavender. The overall result is an extensive array of little luxuries that fuse the best parts of mystical Asia and popular European therapies into a uniquely relaxing experience. The Aspara was the first spa to win the coveted Singapore Promising Brand Award in 2002 and since then has opened branches in Malaysia, Singapore and Thailand, where the national reputation for graciousness blends perfectly with the company's ethos. The Aspara was also a finalist in the Best Spa Experience category of the Singapore Tourism Board's awards 2004 and 2006.

A holiday at The Aspara will leave you and your loved one beautiful from the inside out: relaxed, refreshed and rejuvenated. Best of all, you won't have to leave each other's side in the process.

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#### THIS PAGE ALL

PHOTOS The  
Aspara - Holiday  
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#### OPPOSITE ALL

PHOTOS Softzel  
Riverside,  
Chiang Mai