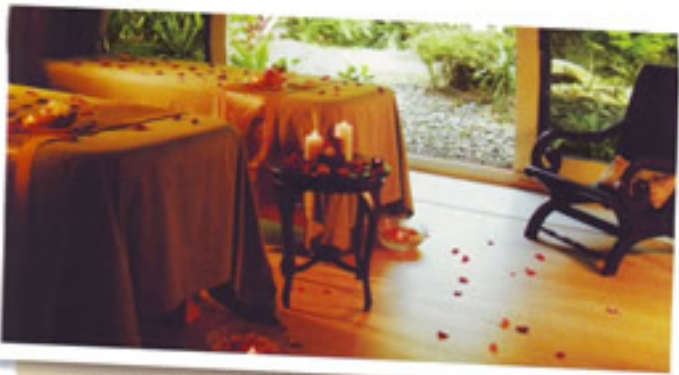


water works

The Smitten team tries out five hydrotherapy treatments to discover the amazing therapeutic benefits of water



• THE ASPARA – Detoxifying Hydro Massage Bath with Aromatherapy Massage

Goodwood Park Hotel (6732-3933)

80 minutes, \$203.70

"This was my first hydrotherapy experience, so I initially found it strange, akin to sitting in a bubbling cauldron. But I quickly began enjoying the relaxing and oddly comforting experience. A computerised system controls jets of varying pressures and temperatures as it massages and stimulates the body from feet to the neck, while the detoxifying dead sea mineral salts relax and stimulate blood circulation.

The aromatherapy massage that followed complemented it perfectly – the calming blend of oils and smooth strokes lulled me into a blissful state."

VIBE: Quiet and centrally-located in Orchard Road – perfect for a break from shopping

BONUS: Lush garden views during the massage, and super-restful sleep that night

