



After all that walking and shopping on Orchard Road, unwind with a relaxing and rejuvenating massage at **The Aspara**. This award-winning resort-style spa, located at Goodwood Park Hotel on Scotts Road, has spa rooms that overlook lush gardens.

Enjoy a soothing herbal tea and a hot foot soak before your massage. To ease your tight muscles and increase blood circulation, go for the therapeutic aromatherapy massage. The spa has its own aromatic massage oils from its Pure Spa Blends line that are created from pure essential oils. Choice of oils include Mountain Mistral (lavender), Sunshine Burst (grapefruit and lemon), Cool Breeze (eucalyptus) and Blue Sky (peppermint, lemon and frankincense).

Another choice for relieving tired and sore muscles is the hot stones aroma massage where heated volcanic basalt stones are placed on strategic points of the body to enhance blood circulation and soothe sore muscles. This is followed by a warm and relaxing massage.

The aroma meridian massage is a unique massage which combines the benefits of aromatherapy with the Chinese concepts of yin and yang. A warm compress of flowers and herbal extracts is used to heat up the body's meridian pathways to stimulate acupuncture points.

For a skin softening experience, get a sugar body scrub, the spa's signature scrub, before your massage. This one-of-a-kind scrub uses sugar crystals which are gentler on the skin. The sugar crystals are mixed with lavender, orange and lime essential oils in a base of sweet almond, macadamia nut and jojoba oils.

The spa also offers Balinese, Thai and Swedish massages, body wraps, facials, hydrotherapy baths, waxing services, and hand and foot treatments. There are also one- to two-hour packages like Jet Lag Reviver, Oxygen Treatment and Javanese Lulur.

For enquiries, call 6732 3933 or log on to www.aspara.com.sg.