

asiaSpa

November/December 2016

THE CELEBRATION ISSUE

FINDING FESTIVE
BALANCE

SWEDISH FIT

A VERY SCOTTISH
CHRISTMAS

KNEIPP THERAPY

TANGO FOR WELLNESS
IN ARGENTINA

+10
TOP
HOLIDAY TIPS



Hong Kong, China HK\$48 • Singapore S\$8 (inc GST)
Malaysia M\$20 • Thailand B200 • China Rmb60
Philippines P285 • Indonesia RP50,000 (inc tax)
Australia AU\$8 • New Zealand NZ\$8 • Japan ¥1,500 • South Korea ₩6,000
Taiwan, China NT\$200 • Rest of Asia US\$7 • USA US\$8 • Rest of world €7



INLE LAKE

Lake Placid

This 170sqm **Sanctuary Spa** is home to five treatment rooms and offers an exciting menu including its signature Tamarind Scrub with tamarind harvested right from the property, as well as hot stone massages and facials. Just two hours by air, car and boat from Yangon, the Sanctum Inle Resort is also known for its Olympic-sized swimming pool overlooking the lake and its surrounding neighbourhood of wooden homes and floating vegetable gardens.

www.sanctum-inle-resort.com



HELSINKI

Finnish Line

Highlighting the Finns' love for saunas is **Löyly Helsinki**, a public sauna that translates to 'steam that comes when you throw water on hot stones in a sauna'. Located in former-industrial area Hernesaari, the triangular building faces the sea and houses a restaurant and three saunas heated with wood: one that's continuously heated, one heated only once in the morning and a traditional smoke sauna. Cold-water basins and a fireplace are also available in the common area for guests in between sauna experiences or dips in the sea. www.loylyhelsinki.fi



SANYA

Club Life

Located on the island's west coast is **Club Med Sanya Spa**, a 10-cabin venue designed to invigorate the mind and body. Helmed by Comfort Zone products, the spa espousing a Beauty-Balance-Care concept is part of Hainan's first premium all-inclusive resort and walks out to white-sand beaches. Exercise-junkies can also get their water sports fix with windsurfing and sailing, as well as flying trapeze, cycling and tai chi.

www.clubmed.com