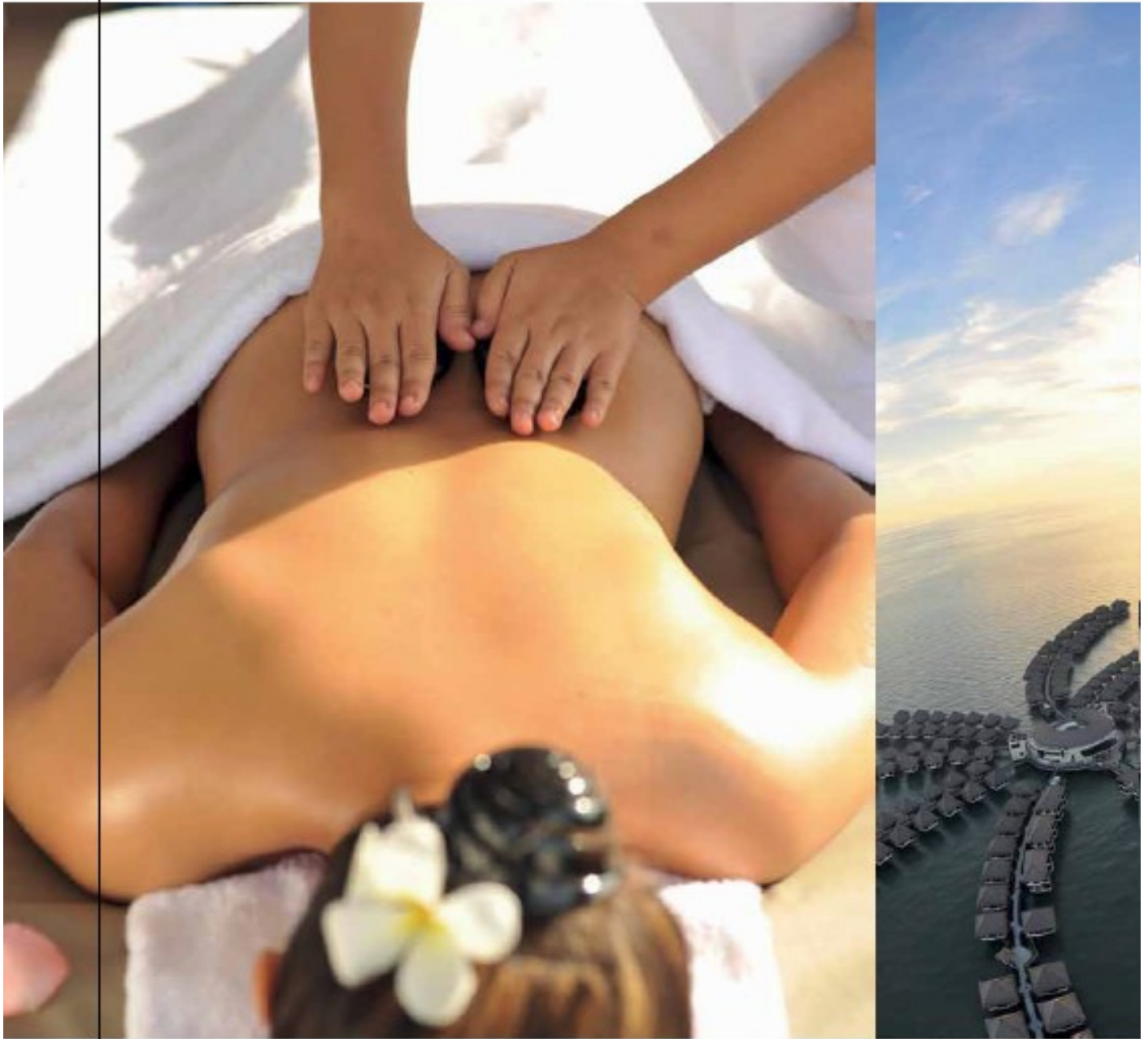


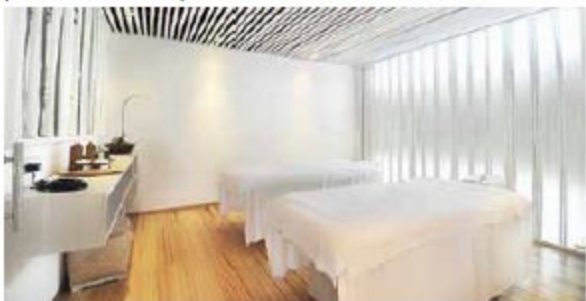
lifelines

THE ESSENTIAL ESCAPE GUIDE TO STYLISH SPAS OF ASIA



new and natural

A new water theme park in Bali is getting in on the spa scene, working with **Karma Spa** to open a family-friendly spa featuring 100 percent organic scrubs and creams and Bali's first natural nail bar using toxic-free polishes. It has two double and single treatment rooms as well as a kids spa zone downstairs with eight ice-cream foot massage stations. Here Comes the Sun (a signature treatment named after the famous George Harrison song) is an organic cocoon wrap of hydrating aloe vera, lavender, green tea, cucumber and chamomile. Soothing and refreshing, the treatment includes a relaxing neck, shoulder and scalp massage and a 30-minute hydrating facial and mist spray. All Karma products are made with fresh ingredients and are free from petrochemicals and parabens. www.karmaresorts.com



fountain of youth

Offering a sense of Old European luxury, the **Fontana Aurelia Spa** at the Peacock Garden Luxury Resort and Spa in Bohol is a Roman-themed place of wellness where guests can relax in one of six treatment rooms or lounge in the wet facilities including Jacuzzi and steam. With an attitude that focuses on the individual needs of the guests, excellent therapists perform treatments such as the Divine Relaxation, a three-hour treatment that includes a full body massage as well as face, bath and body treatments designed to leave you feeling and smelling as fresh as ever.

www.thepeacockgarden.com

new in nusa

Rebuilt from the ground up, the **Nusa Dua Spa** at the Nusa Dua Resort and Spa sports brand new facilities and brand new treatments with a fresh and fruitful menu. Guests can use the steam, sauna, Jacuzzi, cool dip and lap pool before or after treatments which will take place in one of the spa's elegant rooms. The new menu offers an impressive range of 22 new treatments, including the Nusa Dua Perfect Day package which begins with a fruit foot ritual, followed by a bath and a soft exfoliation. After a light, healthy meal, a full-body massage and traditional Balinese facial leave you feeling, well, absolutely perfect.

www.nusaduahotel.com



sunkissed bliss

For a literally refreshing view of Miami, the new **Wellness Garden** at The Betsy Hotel offers both unobstructed ocean views as well as imaginative and creative therapies. In addition to three private cabanas for treatments, the spa includes a zen-inspired relaxation area with wooden table setting. Therapies such as the Wood Stone Ritual play on the city's hot weather with a unique chilled stone treatment. Using light, kneaded strokes to improve circulation, the massage is combined with a soothing cucumber mint masque to cool and revitalise the skin as well as a seven-herb body wrap that includes parsley, marjoram and basil.

www.thebetsyhotel.com