

asiaSpa

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THE TRANSFORMATION ISSUE

2012: THE AGE OF AQUARIUS
EMBRACING MINDFULNESS

SINGAPORE'S BEST SPAS
PEACEFUL PENANG
EXPLORING VANCOUVER

+ HOW TO
MANIFEST
YOUR
DREAM LIFE

Hong Kong, China HK\$48 • Singapore S\$8 (inc GST)
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Taiwan, China NT\$38 • Rest of Asia US\$7 • USA US\$8 • Rest of world £7

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what's hot

beautify your home

Coming in a wide array of exotic fruit, herb and floral combinations such as blood orange, lily of the valley and ginger and thyme, Abode Aroma's diffusers create a scent oasis in the home, thanks to their fresh fragrances and striking blends, sourced from all over the world. www.abodearoma.com
www.nestbeauty.com



beyond organic

Warm up your winter with the aromatic glow of ila's beeswax and jojoba oil-based candles. Known for using the highest quality plant and mineral ingredients, their pure formulas diffuse gentle scents of rose, jasmine and orange blossom. www.ila-spa.com



kaleidoscope for the toes

Traipse to the beach in comfort and style in a pair of Havaianas' latest flip flops. Coming in a range of floral prints, geometric patterns, and colourful motifs, the cheerful new collection is all about fun. www.havaianas.com



sunseeker

Hailing from the land of surf and sun, Aussie swimwear brand Sunseeker is a beach lover's best friend. Cut from high quality Italian fabrics, their form flattering bikini's and one-pieces come in colourful hues that will be sure to turn heads. www.sunseekerswimwear.com



chic shorts

Combining handmade craftsmanship with flirty laid-back style, Letarte's playful loungewear pieces ooze island cool. Marrying chic global designs with intricate fabric detailing, the brand's bohemian aesthetic is the perfect match for style savvy beach babes. www.lilylola.com
www.letarteswimwear.com



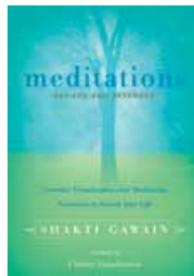
worldly designs

Incorporating global motifs, patterns and fabrics, the vibrant colours and captivating designs of New York fashion designer, Mara Hoffman are the perfect holiday companion for style-conscious fashionistas. www.marahoffman.com



mindful meditations

In her most recent book, Meditations, internationally bestselling author and meditation teacher Shakti Gawain offers a wide range of creative visualisation techniques to help readers tap into their intuition for a more joyous life journey. A wonderful guide for those setting new year resolutions. www.newworldlibrary.com



shiny smoochers

Coming in eight pastel shades, Clinique's new chubby sticks will add a pop of colour to any face. Doubling as a moisturising balm, the easy-glide formula adds a hint of soft shine for truly luscious lips. www.clinique.com



what's happening



winter indulgence

Until January 31, Melo Spa at the Hyatt Regency in Sha Tin, Hong Kong is offering three pampering winter spa packages. Choose from the Melo Winter Fusion Massage Treatment, which combines massage with soothing herbal compresses; or the Melo Cocoon Retreat which starts with a warm cedar oil and sea salt body scrub and includes a coco butter wrap and head massage, followed by a back massage. Also on offer is the Melo Delicacy Harmony package, including a rose petal bath, a floral massage and a facial. www.hongkong.shatin.hyatt.com

health boost

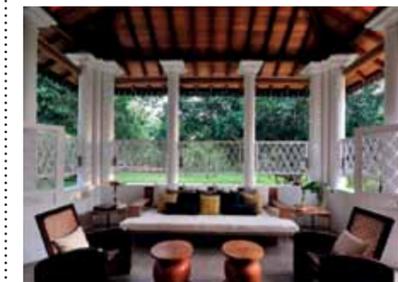


From January 2 to 6, The Farm at San Benito, Philippines is hosting an Integrative Yoga Detox Retreat. Enjoy two daily group Integrative yoga classes with expert Nick Atlas and be guided

through traditional postures along with Taoist, Qigong, Nidra Yoga (conscious dreaming), meditation and 'kriya' (cleansing) techniques. Enjoy The Farm's extensive tropical relaxation areas and hydrotherapy pools, healing spa treatments and be refreshed with delicious, healthy, organic cuisine. www.thefarm.com.ph

jungle immersion

Maya Villa, a stylishly restored 19th century Manor House in Sri Lanka, has just launched an exclusive Wellbeing Yoga Retreat. Surrounded by tropical gardens, coconut trees and paddy fields, the tranquil setting serves as a lush background as participants are guided through daily yoga and meditation classes, daily beach, temple or market excursions, spa treatments, and cooking classes. www.mayatanggallesrilanka.com



seasonal support

Devarana Spas have just launched three Season Change Haven Programmes to support the mind, body and skin during seasonal changes. The Fedora Retreat includes a floral bath, tumeric scrub, and a Swedish Massage whereas the Umbrella Sanctuary includes a hot bath, yoga stretch session, tea tree scrub, and massage. The third package, the Cardigan Hideaway, features a Thai herbal bath, vanilla body wrap, reviving facial mask and a detoxifying massage. www.devaranaspa.com



best face forward

From January 7 to 14, The Mandarin Spa at the Mandarin Oriental Hong Kong welcomes renowned Face Reader and Nutritionist Eric Standop, who will be offering one-on-one face readings and nutritional consultations in conjunction with a customised seven-day detox programme. The programme includes a facial diagnosis and nutritional reading by Eric, complemented by detox spa treatments and holistic wellness lectures. www.mandarinoriental.com



skin treats

In celebration of Conrad Bali's eighth anniversary, guests can enjoy a new pampering ritual at the Jiwa Spa, the Spa Splash Sensation, which incorporates a splash of wine or champagne in each spa treatment. The 90 minutes of indulgence includes a foot scrub, followed by a full body sugar scrub, a coconut milk bath and a refreshing body massage. Chocolate strawberries and champagne complete the heavenly experience. www.conradbali.com

