

# Hidden FONTS OF Renewal

“Aesthetics tourism” shines brightly on the posh radar with South-east Asia offering some of the world’s best destinations for five-star medi-spa retreats. Who wouldn’t be tempted to spend their downtime in paradise?

Words **Judy Chapman**

## DETOX IN LUXURY

FOUR SEASONS, KOH SAMUI, THAILAND



One of the first resorts to offer detox programmes in a five-star resort, this sublime Four Seasons resort offers one of the best settings in the region for a luxury detox.

**TREATMENTS** The spa menu features cellulite-reducing detox massages to anti-ageing facials. The signature Samui Detox Ritual features a *chi nei tsang* medical-style abdominal massage that focuses on the “digestive area” and concludes with an in-villa herbal therapy bath.

**FITNESS** An impressive menu of *tai chi*, *qi gong* and body-toning classes, to a comprehensive yoga menu.

**STAY** Choose from one-bedroom beachfront villas to three-, four- and five-bedroom luxury residences on a jungly cliff overlooking the Gulf of Siam.

**PACKAGES** The three-day Samui Detox Retreat is designed to give your digestive system a break. You get a nutritional consultation, raw food and juices, yoga, meditation, as well as detoxifying massages; US\$1,074 plus taxes and service charge, excluding accommodation.

泰国苏梅岛的Four Seasons是首个提供排毒配套的五星级度假酒店之一，让你在亚洲风景最美的其中一个地点体验奢华排毒假期。

**回春护理** 该Spa从去橙皮纹排毒按摩至抗老脸部护理，一应俱全。其招牌Samui排毒配套，以气内脏手法针对消化系统，最后让你享受草药浴疗。

**运动** 可从太极、气功、伸展体操至健身操，以及各式瑜伽班中选择。

**住宿** 你可以选择入住面海1房式别墅，也可选择4和5房式豪华别墅。全都建在可了望泰国湾的峭壁上。

**度假配套** 预订三日Samui Detox Retreat配套，你除了可借此放假，也帮你的消化系统休息。配套包括一次营养咨询、生食和果汁、瑜伽、静坐和淋巴排毒按摩。全套收费约US\$1,074，还没包括消费税和服务费，不包括住宿。

[www.fourseasons.com/kohsamui](http://www.fourseasons.com/kohsamui)

## NATURALLY AGE-DEFYING

KARMA SPA, KARMA KANDARA, BALI

The first spa in Bali to launch the Oxygen Facials, Karma Spa has long been offering getaways that focus on inner and outer rejuvenation. The newly launched men’s and women’s anti-ageing retreats facilitated by anti-ageing specialist and author Michael Hogg consist of doctor-led consultations and medical-spa treatments. Karma is also one of the few resorts in Bali with an in-house mixologist for its organic juices and “super-food” smoothies; as well as a 100 per cent organic cuisine menu.

**TREATMENTS** Mesotherapy, Vitamin Infusion Therapy, Oxygen Facials and optional B12, Vitamin C and Testosterone shots, to name a few. There’s also a detoxifying infra-red sauna.

**FITNESS** Stand-up Paddleboard Yoga (SUP), core-strength classes, and a full spectrum of yoga therapy as well as personal training and sunrise *tai chi*.

**STAY** Situated on a cliff overlooking the Indian Ocean, Karma offers two-, three- and four-bedroom pool villas ideal for friends travelling together.

**PACKAGES** A three-day men’s anti-ageing getaway starts from US\$1,500++ per twin-share and includes a consultation with an anti-ageing doctor, organic cuisine and super-food juices and daily fitness sessions.



巴厘岛首个推出氧气美容护理的Karma Spa，向以注重内外保养。最新男女抗老配套，其皮肤分析和护理都经过抗老专家和作者Michael Hogg的指导。这里也是巴厘岛少数有专业调配师的Spa，他会为你调配独创有机果汁、代餐健康奶昔，及100%有机套餐。

**回春护理** 美塑疗法、补充维生素护理、氧气美容，可选择导入B12、维生素C和激素等。此外，这里也有红紫外光排毒桑拿浴。

**运动** 运动课程包括水上滑板瑜伽、核心力量课程，以及各类瑜伽课程。此外，这里也提供早晨太极班和私人教练课程。

**住宿** 设在峭壁，可环视印度洋的Karma Spa，备有2、3和4房式的泳池别墅，非常适合与朋友结伴同游。

**度假配套** 三日男性抗老配套从US\$1,500++起，包括双人住宿、抗老医生提供的皮肤分析，有机美食套餐、代餐保健果汁和每日运动课程。

[www.karmakandara.com](http://www.karmakandara.com)

## HEALTHFUL HIDEAWAY

THANYAPURA HEALTH, PHUKET



Focusing on preventive, regenerative and anti-ageing medicine, Thanyapura Health has a team of professionals devoted to recreating a more youthful you with detox, weight-loss and family-nutrition programmes (this includes your children) facilitated by highly regarded doctors and health practitioners.

**TREATMENTS** Expect a menu of stem-cell facials, Botox, fillers, laser therapy and microdermabrasion treatments — alongside medical check-ups, advanced

medical testing (genetic and metabolic tests) and IV vitamin infusions.

**FITNESS** The first-class fitness facilities at the Thanyapura Sports and Leisure Club include an aquatic centre, rugby and tennis academy as well as functional training, techno-gym, and classes in kinesis, Power Plate, martial arts and Zumba — to name a few. For the more hardcore, altitude training and Hypoxi training are all geared towards enhancing your existing fitness levels.

**STAY** Select from the 38-room Thanyapura Retreat Hotel or the 77-room Thanyapura Sports Hotel.

**PACKAGES** Thanyapura Health programmes are custom-tailored and include exercise regimens, mind training, relaxation, and psycho-therapeutic interventions.

世界级保健中心Thanyapura Health以抗防、更新和抗老疗法为主。其专业团队以重新塑造年轻的你为目标。透过具权威性的专业医生和保健顾问为你推荐适合的排毒保健配套、瘦身配套和为家人（和小孩）设计营养套餐。

**回春护理** 选择包括干细胞脸部护理、肉毒杆菌、填充剂、镭射疗法和微晶磨皮术，还包括全身健康检查、医疗检查（如基因分析和新陈代谢测试），和IV维生素配方疗法等。

**运动** 在Thanyapura Sports and Leisure Club里，可以找到头等保健设备，如水上运动中心、橄榄球和网球中心，以及齐全的健身中心，提供各种体操如Zumba、武术、Power Plate等等。如果你是运动发烧友，或许可挑战低氧运动和海拔训练等等。

**住宿** 你可以从备有38间房的Thanyapura度假酒店，或备77间房的Thanyapura Sports酒店中挑选住宿。

**度假配套** Thanyapura Health会为你量身定制保健配套，包括推荐运动、智商训练、舒压和心理治疗等。中心也为你提供周全的医疗服务。

[www.thanyapura.com](http://www.thanyapura.com), [www.facebook.com/Thanyapura](https://www.facebook.com/Thanyapura)

## GO YOUNGER DOWN UNDER

RAE'S ON WATEGO'S, BYRON BAY, AUSTRALIA



Australia's best-kept secret is the Rae's on Watego's, a boutique hotel on one of Australia's most divine beaches in Byron Bay. The spa has partnered with Queensland plastic surgeon Dr Luke Stradwick, and offers "Stay Younger Longer" retreats that include organic cuisine, alternative healing and cosmetic enhancers.

**TREATMENTS** It's all about ageing gracefully with Mx Skincare Cosmeceuticals. Botox, Juvederm fillers and Collagen Induction (needling) treatments feature in the menu, as well as Marianne De Candida's signature "Celebrity Facial".

**FITNESS** You will love the exercise physiologist who makes movement "uplifting", plus *tai chi* and yoga calls.

**STAY** There are a total of seven suites, villas and pent-houses. Guests booked into the Mirabella Penthouse have included Tom Cruise and Elle MacPherson.

**PACKAGES** The three-day "Stay Younger Longer" programme starts at A\$4,950 and includes workshops on the latest trends in cosmetic procedures, a consultation with Dr Luke Stradwick, body sculpting, organic cuisine and antioxidant juices and treatments.

Rae's on Watego's是一家靠着Byron Bay海湾的精品酒店，是澳洲的“秘密花园”。该Rae's Spa与著名整形医生Dr Luke Stradwick合作，提供见效的'Stay Younger Longer'护理，它结合了有机饮食、独特疗法、运动和医美保养。

**回春护理** 透过Mx护肤系列、肉毒杆菌、Juvederm填充剂、刺激胶原蛋白护理，以及Marianne De Candida招牌“明星脸部护理”让你永保美丽。

**运动** 你会喜欢运动心理学家为你设计的振奋运动。外加太极或瑜伽课。

**住宿** 这家精品酒店设有7间套房、别墅和顶楼房。巨星如Tom Cruise和Elle MacPherson都曾入住这里的Mirabella顶楼房。

**度假配套** 三日“Stay Younger Longer”配套，包括出席由Dr Luke Stradwick演讲的医美讲座（了解最新医美护理），以及塑身护理、有机套餐、抗氧化果汁和护理。收费\$4,950澳币。

[www.raesonwategos.com](http://www.raesonwategos.com)

## TRANSFORMING TRIP

SENTOSA SEMINYAK



Sentosa Seminyak — in the busy tourist hub of Bali — has collaborated with the award-winning Cocoon Medical Spa, a Balinese medical cosmetic and wellness spa offering the latest non-invasive cosmetic treatments, to introduce a spectrum of aesthetic, detox and medi-spa-style therapies.

**TREATMENTS** Botox, Juvederm fillers, Dermapen and Diamond microdermabrasion to name a few things on the menu, as well as three- to 10-day juice cleanses with colon hydrotherapy and detox treatments.

**FITNESS** The Komang Arnawa Fitness offers private or small group classes of PT, yoga, *tai chi*, traditional boxing, and *Muay Thai*.

**STAY** Sentosa Seminyak offers three-, four- and five-bedroom luxury villas with fully equipped kitchens and *en suite* bathrooms — perfect for a group of friends.

**PACKAGES** The three-night "Beautiful Holiday" programme in a luxurious private villa starts at US\$1,085++ (about \$1,372) and includes a US\$200 voucher for any Cocoon Medical Spa treatment.

设在巴厘岛Seminyak的精品度假酒店很适合与朋友结伴同游，因为这里有很多美容配套和护理供选择。该精品度假酒店与得奖Cocoon Medical Spa合作，后者是巴厘岛著名医学美容Spa，提供先进的微整形护理，达到医美、排毒和医疗Spa式疗效。

**回春护理** 可选择肉毒杆菌、Juvederm填充剂、Dermapen和微晶磨皮等，也提供3至10天净化果汁、大肠水疗和排毒护理。

**运动** 该Komang Arnawa Fitness运动中心提供单独课程和小组运动班，课程包括瑜伽、太极、传统拳击和泰拳等。

**住宿** Sentosa Seminyak具备3、4和5房式豪华别墅，各备齐全厨房和大浴室。

**度假配套** “美丽假期”配套，包括三晚豪华别墅住宿，从US\$1,085++起（约\$1,372），包括US\$200的Cocoon Medical Spa护理礼券，让你任选护理。■

[www.sentosaseminyak.com/spa](http://www.sentosaseminyak.com/spa)



## HOLISTIC HEALING

ONE&ONLY LE SAINT GERAN, MAURITIUS

This stunning five-star resort offers the perfect setting for you to focus on improving your inner and outer self. Francesc Miralles is the on-site Chinese medical practitioner who creates bespoke programmes, which include a TCM consultation and meals tailored to your constitution.

**TREATMENTS** A range of ESPA holistic anti-ageing facials and advanced body treatments. The on-site PediManiCure Studio is run by master of manicures and pedicures, Bastien Gonzalez. Experience the ultimate mani-pedi in addition to sessions of acupuncture, *tui na* massage, *qi gong* and world-class bodywork including osteopathy and physiotherapy.

**FITNESS** An appealing array including aqua therapy, core-training, boxing, mat Pilates, Power Plate and a techno-gym.

**STAY** We recommend the three-bedroom La Villa, which comes with its own kitchen, entertaining area and a 24-hour butler service and personal chef.

**PACKAGES** Prices for a customised three-day programme starts at €9,000 (about \$15,840).

如果你想由内而外的照顾和保养，何不入住位于毛里求斯的五星级度假胜地。Francesc Miralles是这里的中医，为你看诊之后，结合厨师为你量身定制营养餐。此外，这里也为顾客量身定制适合的疗法和配套。

**回春护理** 提供ESPA系列抗老脸部护理和先进全身护理。这里也设有美甲大师Bastien Gonzalez名下的PediManiCure美甲中心。在这里享受顶级美甲护理之余，还可以体验推拿、针灸、气功，和世界级整骨疗法和物理疗法。

**运动** 齐全设备可满足你各种运动和保健所需，如水疗法、核心运动、拳击、Power Plate等。

**住宿** 推荐有独立厨房的三房式La Villa别墅。这里也特备娱乐区和24小时酒店服务，包括个人厨师和助理等。

**度假配套** 三日量身定制配套，从欧元Euros9,000起（约\$15,840）。

[www.oneandonlyresorts.co.kr](http://www.oneandonlyresorts.co.kr)