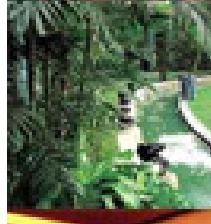




mybangkok



What brought you to Bangkok?
My book *Ultimate Spa* was launched at Bangkok ISPA, which is an international spa event held each year in Asia.



Where did you stay?
The first night I stayed at L-Swan Residential Spa & Club at The Grand Hyatt Erawan, which is amazing and I was also blessed to stay at The Egencia. I stayed two nights at the Shangri-La (I love their Chi spa concept). But it was when I checked into The Baan Thai Wellness Retreat that I found home. I cancelled the rest of my hotel bookings and stayed for four nights.



Where did you enjoy eating?
I usually eat at Glow at The Metropolitan as the food is organic, but after discovering Baan Thai Wellness Retreat I didn't eat anywhere else. Their Chinese vegetable and tofu soup and organic coffee were delish!



Where do you like to visit in Bangkok?
I always go to Wat Pho as I think the massages and compress are some of the best in the region.



How did you become involved in the spa scene?
I think spa is in my blood and is simply an extension of my lifestyle. I'm the classic hippy kid - I grew up in the rainforest without any electricity or TV - we ate brown rice and lentils and generally had a healthy lifestyle. When I was 22 I created one of Australia's first holistic skincare brands 'Sanctum Pure Body Products' and set up a few spas and wellness centres. I also trained in various modalities and did a yoga teacher training course.



Do you have a favourite spa in the world?
Every time I visit a new spa I say 'this is it - this



is my favourite' but of course there are so many. Personally I dislike giving awards to spas as there is room for everyone. There are so many different types, particularly here in Thailand. I was very impressed with the S Medical Spa operated by Dr Pakpatal Thavisan.

How do you relax?
My work is my passion so I'm rarely not working. Since a lot of it is trying out treatments that's quite relaxing in itself. Walking on the beach is good for my mind, I'm a big movie buff and having tea and cake with friends and talking about life is always important.

Have you any tips for budding writers?
There are no rules, except just to keep writing; it's sort of like yoga, keep practicing and all will come. The main thing is to write from your heart and listen to your inner voice.

What are your indulgences?
I am addicted to food supplements. I don't get into vitamins as such but food supplements are great and easy to digest. I spend a fortune on organic food and hope one day everyone eats organic so the prices come down.

What was the last item you bought?
Madame's *Confessions of a Dance Floor* - she is my mentor - always ahead of her time and fresh and breaking boundaries.

The last book you read?
I am reading *Affluenza*, which is an excellent book about consumerism and 'when too much is never enough'.

The last film you saw?
Walk the Line which I loved, and *Capote* is also very good as it portrays the inner workings of a writer's mind.

What projects are you working on next?
My dream is to get married and have children and live on a farm with horses and dogs and have a good, long and healthy life. Of course I'd love to publish a world famous novel one day as well...



apote
ULTIMATE SPA







MADONNA
Candy on a dance floor