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FROM THE BEST SELLING AUTHOR OF *GROWING FETTER*



# Judy Chapman

**Wellness and spa writer Judy Chapman has returned to live in Byron Bay, Australia after living in Southeast Asia for five years. The former Editor-in-Chief of *Spa Asia* has a regular column in *Lifestyle & Travel* magazine and has recently published *Ultimate Spa, Asia's Best Spas and Spa Treatments*.**

**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.Sawan Residential Spa & Club at The Grand Hyatt Erawan, which is amazing and I was also blessed to stay at The Eugenia. 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 Pakpilai Thavisin.

**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?**  
Makenna'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...

