

ANANTARA SPA, ANANTARA SIAM BANGKOK HOTEL, THAILAND

Star treatment: We underwent a pampering cultural journey with the **Siam 2482** treatment (approx. RM609 for 90 minutes), which combined techniques from Thailand, Myanmar, Laos, and China. The bamboo stick massage was so unique, while the gold leaf patch ritual to conclude was particularly interesting—placed on the wish area of the left arm and side of the chest, we felt marked with peace.

The resort and spa: As soon as you step into the Anantara Spa, it truly feels like you've escaped to a different destination. Traditional Thai architecture gives a warm, authentic feel. The hotel, in contrast, is modern and mindful. Every room is given a smartphone, equipped with Internet data to use on adventures around the city, free of charge.

Extras: The Erawan Shrine is but a five-minute walk from hotel. Stroll over for an insight into Hindu culture in Thailand.

*155 Rajadamri Road, Bangkok, Thailand.
Tel: +66 2 126 8866.*



A Thai herbal press during Siam 2482

SPA VILLAGE RESORT TEMBOK BALI, INDONESIA

Star treatment: The **Return To Yourself** retreat (approx. RM6,046 for three nights) taught us how to fully engage with the present. Highlights include the purification ceremony at the Ponjok Batu temple, as well as the sunrise meditation and Kundalini yoga on the beach, which made us feel incredibly at one with our surroundings. We learned to stop, and listen.

The resort and spa: The attention to detail is amazing, as was the constant soundtrack of crashing waves and no Wi-Fi save for the lobby, which helped us disconnect. Scheduled free time for personal activities such as journaling, afternoon siestas, and creative colouring sessions showed the spa's mindfulness.

Extras: Take a moment to stargaze here in North Bali's best-kept secret, because a quiet moment with the universe is fast becoming a precious commodity. *Jalan Singaraja-Amlapura, No. 100 Desa Tembok, Tejakula Buleleng, Bali, Indonesia. Tel: +62 813 3852 6692.*

Float by the pool or enjoy a massage under the stars

