

Sanus per aqua

'Health through water' – that's the central theme (and possibly the acronym) behind the concept of a spa. The widely used word is now applied indiscriminately to virtually any salon offering beauty and pampering treatments, but next time you stretch your tired body and contemplate just how good a deep tissue massage or a cleansing body wrap would be, don't hesitate. Remind yourself that water therapy and allied treatments are really good for you. Expat Living sent writers to some of Singapore's popular spa resorts and salons to ... test the waters.

Bring the Spa to you!

by Lara Sage

Why end your sense of relaxation abruptly by walking out of a spa and into the heat, allowing the creams of your facial to slide down your neck while you hail a taxi? Don't you dread being seen with your hair scraped back and lank with oil from the wonderful, tingling head massage you were enjoying only moments earlier? Well, you can enjoy an array of treatments in the comfort of your home, and continue to relax as the therapist heads off to wave down a cab!

Candis, who trained in South Africa, sets up her massage bed in your home. What fun to create a spa on your own breezy verandah or in a quiet, air-conditioned room with your own special candles, oils, or incense! Set the tone to suit your mood and put on your favourite – something like Enya would be perfect!

You might expect the travelling therapist to come under-equipped – this one doesn't. Candis brings an array of products such as luxurious towels and bowls for water, her masterful hands and a soothing manner. She offers facials for sensitive skin, subtle seaweed detoxifying masks, anti-ageing treatments, scrubs, wraps and massages. She is also a skillful waxer. And if you gather together a group of friends for coffee or wine, she'll do manicures and pedicures! Candis will quite literally 'go the distance' for you.



For appointments, call Candis on 9106 7003 or email spa-at-home@hotmail.com.

Egyptian Massage

Eucalyptus Day Spa is a tiny but elegant sanctuary nestled in the business district of Tanjong Pagar. It houses a total of six treatment rooms comfortably and also has an outdoor scrub and shower area for those who wish to experience a more rustic outdoor setting.

I was welcomed with a very soothing cup of chrysanthemum tea and a cool towel soaked in eucalyptus fragrance that made me want to bury my face and inhale the amazingly refreshing scent forever. Too soon, I had to pull myself away to experience their signature treatment, the Egyptian Sports Massage, which revealed itself to be one of the most invigorating massages I've ever had.

The massage consisted of long strokes combined

with very deep tissue kneading. Nadia, my therapist, made me instantly comfortable and was spot on in picking up my problem area: my badly knotted back and shoulders. She warned me I would be sore the next day. She was right, but now I feel better than ever.

You can request the therapist to focus on a particular area which you feel needs extra work. It's ideal for anyone who has any muscle injuries, as a lot of muscle manipulation is involved, or a deep bodywork enthusiast looking to loosen up knots and relieve stress.

I found the very relaxing and subtle rotation of all my limbs most therapeutic. You can be assured of leaving this spa feeling completely rejuvenated from head to toe.

Make appointments for Eucalyptus day spa by calling 6324 1338.



by Harsharan Kaur