



THE CITY RESORT SPA

SPABOUTIQUE

Literally a stone's throw from town, this self-proclaimed "kampung" spa is set amidst sprawling grounds surrounded by mature foliage and shady trees. The colonial bungalow with eight treatment rooms, six of which can be converted into VIP couple rooms for privacy, is a rough diamond of a spa. Its premium address hasn't given it any airs and its lovely ambience is upheld by its down-to-earth management and staff.

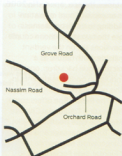
Their Signature 2-in-1 Rose & Lavender Scrub Wrap is just as unpretentious, in that what you see is what you get.

'ITS LOVELY AMBIENCE IS UPHELD BY ITS DOWN-TO-EARTH MANAGEMENT AND STAFF.'

It begins with a sea salt, rose petal and rose oil mixture massaged vigorously into your skin to exfoliate, then the therapist applies a warm lavender cream on top of the scrub concoction and wraps you in a thermal blanket. The whole ensemble acts as a nourishing cocoon to firm and hydrate the skin while soothing tired muscles. A subsequent deep tissue massage is highly recommended, to relieve tense muscles around the shoulder blades and glutes.

This rub helps to de-stress and bring the body back into a more relaxed state.

A new addition to SpaBoutique's services is an interesting form of yoga called KRYOGA, which stands for Kamal's Rhythmic Yoga. Yoga instructor Yvette Tee has schooled under Master Kamal



Spaboutique,
6 Nassim Road,
Singapore 258373,
+65 6887 0760,
www.spaboutique.com.sg,
www.kryogaworld.com

himself, who used to teach in Singapore under the California Fitness and Planet Fitness franchises. Together with spa owner Carmen Chong, they aim to make it exclusive to SpaBoutique.

Combining classical yoga asanas with innovative moves from the martial arts and dance, KRYOGA uses these aesthetic refinements to inject a flow and rhythm to this form not found in traditional offerings, and is a most dynamic blend of yoga. There are about 10 designed classes but customised classes can be arranged. The spa also plans to bring KRYOGA classes outdoors to its lovely grounds by the pool. Yvette recommends the Sun Salutation series of KRYOGA to golfers to help open up the whole body and improve balance and posture, which are all good for golf too.