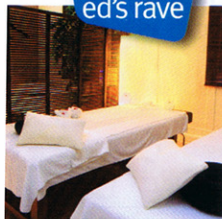


personal, tranquil & soothing

SimplyHer
ed's rave



SPA BOUTIQUE

6 NASSIM ROAD, TEL: 6887-0760. OPEN MON TO FRI, NOON-10PM; SAT, SUN & PUBLIC HOLIDAYS, 10.30AM-10PM. WWW.SPABOUTIQUE.COM.SG

WE TRIED Signature 2-in-1 Rose + Lavender Scrub Wrap, \$150 for 60 min

AMBIENCE Housed in a colonial bungalow, the surroundings were quiet and cosy.

THE SCRUB Therapist Rong Rong did a pre-scrub consultation over a cup of ginger floral tea. She asked if I had sensitive skin and what scent I preferred, then explained the benefits of the

scrub wrap. In the room, the bed was comfortably heated and the air-con temperature was adjustable. The scrub smelt of lavender, and was warm and grainy without being coarse. Rong Rong was thorough, even scrubbing in between the toes. She reduced her pressure when I said it hurt slightly. My skin felt smooth, soft and moisturised. **SERVICE** Rong Rong was chatty and attentive, constantly making sure I was comfortable.

VERDICT Personalised service that makes you feel right at home.

9



RUSTIC NIRVANA

14 LIANG SEAH STREET, TEL: 6289-9193. OPEN MON TO FRI, 11AM-8.30PM; SAT, 10AM-4.30PM. CLOSED ON SUN & PUBLIC HOLIDAYS. WWW.RUSTICNIRVANA.COM

WE TRIED Korean Ginseng Scrub, \$100 for 30 minutes

AMBIENCE Ensnored in a three-storey shophouse unit, the treatment rooms were cosy but not claustrophobic.

THE SCRUB I chose the Korean Ginseng Scrub from a list of traditional Asian scrubs like Ginger Scrub and Kopi Scrub. The rubdown was invigorating and the warm scrub smelt of ginseng candy. As my therapist Stacey worked, she asked if I was comfortable, and if I wanted my chest scrubbed. After the scrub, I took a quick shower and had a cup of hot ginseng tea. The scrub left a light pleasant scent, and my skin stayed radiant and soft for two days.

SERVICE Staff were friendly and attentive, and were always smiley.

VERDICT Warm service in a cosy setting.

7.5



SimplyHer
great find

SPA ESPRIT @ HOUSE

8D DEMPSEY ROAD, TEL: 6479-0070. OPEN MON TO THUR, SUN & PUBLIC HOLIDAYS 10AM-9PM; FRI, SAT & EVE OF PUBLIC HOLIDAYS, 10-12AM. WWW.DEMPSEYHOUSE.COM

WE TRIED Strawberry Scrub, \$90 for 45 minutes

AMBIENCE My treatment room faced a large expanse of greenery, which calmed me instantly. The bed had an electric blanket underneath.

THE SCRUB My therapist Umi recommended the hydrating strawberry scrub for my skin, which wasn't too rough. She concentrated on the elbows, armpits, underside of the breasts, behind the knees, ankles, and even in between my toes; she also asked if I wanted my chest scrubbed.

After I showered, she massaged strawberry body lotion all over. My skin felt clean and smooth, but the lotion was too greasy.

SERVICE Umi was friendly but quiet. Her technique was firm and soothing. I was served ginger tea in the lounge after the treatment.

VERDICT An uplifting scrub in lovely surroundings.

8



BODY WELLNESS

#B1-02 WINSLAND HOUSE 1, 3 KILLINEY ROAD, TEL: 6737-1577. OPEN MON TO FRI, 10.30AM-8.30PM; SAT, 10.30AM-6PM. CLOSED ON SUN & PUBLIC HOLIDAYS. WWW.BODYWELLNESS.WS

WE TRIED Lotus Root Body Scrub, \$95 for 25 minutes

AMBIENCE The reception area was spacious and bright. The treatment room was dimly lit and infused with a lavender fragrance and soft music; the bed was warm, thanks to an electric blanket.

THE SCRUB Therapist Anne Marie recommended the mild but refreshing lotus root scrub. Her strokes were firm and soothing, and she massaged my hands and feet as she scrubbed them. She explained that they only scrub the chest area on request. The bathrooms were too far away from the room, and I shivered as I made my way there. My skin felt smooth for the next few days.

SERVICE The staff were cheerful; Anne Marie was patient with my questions.

VERDICT A comfortable scrub at an accessible location.

7



SimplyHer
best value

ARAMSA SPAS

BISHAN PARK II, 1382 ANG MO KIO AVENUE 1, TEL: 6456-6556. OPEN MON TO FRI, 10AM-10PM; SAT & SUN, 9AM-10PM. WWW.ARAMSASPAS.COM

WE TRIED Botanical Glow, \$98 for 60 minutes

AMBIENCE Nestled in a park, it was relaxing with a resort feel. I loved that I could enjoy greenery from the waiting lounge and everything felt nicely rustic.

THE SCRUB My therapist Alice recommended the botanical scrub, a blend of natural herbs with a salt-like grainy texture and a mild lavender scent. She made sure I wasn't cold and chatted with me throughout. She applied less pressure to my sensitive areas, but scrubbed my soles vigorously. My skin felt smooth and fresh after.

SERVICE Alice was knowledgeable about the spa menu. They even have staff in the changing room to hand out towels and serve you drinks after the session.

VERDICT A tranquil and private session – perfect for unwinding.

8