



The Epicure's Journey



NATURE'S GIFT

TRY A TREATMENT WITH ONE OF THESE NATURAL INGREDIENTS FOR AN EXTRA SPRING BOOST

BROWN SUGAR More commonly used to sweeten food and drinks, brown sugar is actually an ideal scrub because it gently exfoliates your skin while moisturising it fully. It also contains vitamin B, an antioxidant that fights against UV sun damage; and glycolic acid, which protects healthy skin from toxins.

CLAY Although clay may feel yucky, it contains natural minerals and enzymes that help effectively detox and purify your skin while boosting blood circulation.

GINSENG Packed full of natural antioxidants, ginseng helps improve and regenerate skin while fighting against ageing.

GRAPEFRUIT This humble fruit is rich in vitamin C, lycopene and naringin. Vitamin C is necessary for collagen production, while lycopene and naringin are phytochemicals that help combat the free radicals that cause cancer and reduce toxins in the liver.

GREEN TEA Green tea is often touted as a miracle within beauty circles, and not without evidence – scientific studies have linked its high levels of antioxidants to impressive anti-ageing, anti-inflammatory and anti-UV properties.

JASMINE This beautiful flower has calming properties, helping to soothe and de-stress.

SEAWEED Seaweed is known for its anti-inflammatory and anti-bacterial properties that help simultaneously soothe and detox the skin. It is also full of vitamins and minerals, with antioxidants that promote tissue regeneration and nourish the skin.



SHAKE OFF THE WINTER BLUES AND REINVIGORATE YOUR BODY AND MIND WITH THESE INDULGENT TREATMENTS AT THE CITY'S BEST SPAS, WRITES JESSICA NG

BLISS OUT CLOCKWISE

FROM TOP LEFT The Ritz-Carlton Hong Kong's Spa by Espa; The Mandarin Spa at the Mandarin Oriental Hong Kong; Melo Marmalade Body Polish from the Hyatt Regency's Melo Spa in Sha Tin; The Peninsula Spa by ESPA

THE MERCURY IS RISING, WHICH MEANS it's time to replace warm winter attire with cooler spring styles. But before you show some skin, why not revitalise your body with a trip to one of Hong Kong's swankiest spas. If you're looking to banish dry winter skin then an invigorating scrub should be top of your wish list. For an energy boost, try a cleansing seaweed wrap or, for some extra plump and lift, opt for a vitamin-rich facial. Treat yourself to one of these rejuvenating rituals and you'll be ready to flash far more than just an ankle.



SCRUBS AND WRAPS

A proper scrub down and body wrap will slough away the winter debris accumulated on the skin and reinvigorate the body with much-needed nutrients and hydration. Louisa Ho, manager of Hyatt Regency's Melo Spa in Sha Tin, recommends the award-winning Melo Marmalade body polish to replenish the moisture taken away during Hong Kong's drier winters. An all-natural, organic blend, the Melo Marmalade incorporates Sha Tin pomelo honey, brown sugar, orange and grapefruit for a nourishing, high-octane dose of vitamins and antioxidants. The thorough, 60-minute treatment will revitalise the skin and lift the mind and body.

Also offering the ultimate in sensory stimulation is the Spa at the Four Seasons Hong Kong in Central. Its signature Chinese Wellness Ritual serves up the rejuvenative properties of natural ingredients including rice, ginseng, jasmine, green tea and fennel butter in an invigorating body exfoliation, a milky-rice poultice application and a reviving body massage.

MGM Macau takes the scrub-and-wrap combination up a notch with its Six Senses Spa's collection of element-themed Rituals treatments. Top contender is the four-hour journey of the Metal Ritual, beginning with a body polish, moving onto a clay wrap, then going through a stretch with a Thai massage and concluding with a purifying facial treatment.



attention through a six-handed treatment offered at The Spa at Encore. Yiliuba (Mandarin for “168”) is a 168-minute journey taken with three of its well-qualified therapists. The adventure begins with a Himalayan salt scrub followed by an aromatherapy steam experience. Then, four soothing hands knead the kinks and knots out of the body, while another set of hands provides a revitalising facial. The journey concludes with a paraffin hand treatment and a reflexology foot massage.

FACIALS

To restore that healthy glow to your cheeks, Langham Place’s Chuan Spa in Mong Kok offers the Chuan Yu jade facial. Renowned for incorporating traditional Chinese medicinal techniques into its treatments, Chuan Spa’s facial uses jade to *gua sha*, a process to scrape away toxins. This folk method stimulates and massages key acupressure points to improve skin tone, eliminate toxins and improve circulation. The healing stone treatment is amped up with an auricular therapy that stimulates internal organs for a full-body experience.

The Peninsula Spa at The Peninsula Hong Kong in Tsim Sha Tsui offers an Intraceuticals Boosters treatment. The rejuvenating facial is packed with antioxidants, vitamin C, vitamin A and collagen to rehydrate and repair the complexion. A 30-minute aromatherapy back massage and an exclusive poolside lunch catered by Naturally Peninsula complement the facial-based therapy.

Hyatt Regency’s Melo Spa in Sha Tin also enters the facial fray with its rehydrating spring treatment: the Botanical Pure Therapy. A June Jacobs hydrfacial moisturises the skin and adds a healthy glow by using natural enzymes, antioxidants and



MASSAGES

Work out those tense, tired muscles after a bone-chilling winter with the warming Lava Shell Body Treatment at The Ritz-Carlton Spa by ESPA. ‘Lava shells’ are actually tiger clams that emit heat from a chemical reaction between minerals, algae, salt water and essential oils. The self-heating shells are used to massage and soothe tired feet before a warm aromatherapy rub-down pummels the body into tranquil submission.

A quick trip across the water is the acclaimed Banyan Tree Spa in Macau, which has some of the choicest massage options in the city. Of particular note is the Royal Banyan package, which includes a Royal Banyan Herbal Pouch Massage. This comprises a massage treatment incorporating a sesame oil-infused pouch, and finishes with Chinese foot therapy. The pouch adds a collection of benefits by improving blood circulation and relieving muscular tension, while the foot massage works on the sole’s key meridian points to unblock the body’s qi, thus inducing full-body relaxation.

Wynn Macau also impresses with some extra

WELL OILED

FROM LEFT
Langham Place
Hong Kong’s
Chuan Spa; The
Spa at Wynn
Macau; Banyan
Tree Spa, Macau



skin hydrators to nourish the complexion and promote natural skin regeneration. The facial is complemented by an aromatherapy massage that calls on the calming and revitalising potential of citrus oil.

DETOX

The onset of spring brings the need to detox after the indulgent holiday period. “With the city being so fast-paced, everyone in Hong Kong is on the go. But people need to take the time to really wind down and relax properly,” says Victoria Childs, the director of Chuan Spa. “It’s a lot about detoxing and de-stressing – and really cleansing the body as much as possible.” With this goal in mind, Chuan Spa has developed a reputation for its cleansing treatments for the body and soul. Of note is the signature Chuan Tao of Detox, which includes exfoliation to stimulate blood and lymph node circulation, a marine algae wrap to intensify the detox, an acupressure massage that eases tension, and a Thalgo Oceanic Enchantment facial that employs an intensive oxygen booster to rehydrate and nourish the skin.

Helping with the seasonal slim-down and detoxification is the Seaweed Contour Body Wrap at the Grand Hyatt Hong Kong’s Plateau Spa. For spring, “detoxification is a key treatment,” says Plateau director Esther Tong. The humidity and the pollutants of Hong Kong increase the need to cleanse, and the seaweed wrap can “assist the body to detoxify with

a combination of therapies,” she adds. The spa’s body wrap is a 60-minute cleanse that begins with a good body scrub before you are cocooned in a mixture of seaweed, essential oils and plant extracts. The seaweed’s natural draining effects help pare down the silhouette and rid the body of toxins.

Also on the list is an aptly monickered treatment at the Mandarin Oriental, Hong Kong: the Detox and Pamper. The cleansing ritual begins with the signature Quintessence Salt Scrub, which blends natural ingredients such as ginger, mandarin oranges and frankincense with sea salt and sweet almond oil to smooth and rejuvenate dry skin. A lymphatic massage then helps to improve circulation while draining the system of the winter’s toxic build-up. The treatment rounds off with a refreshing facial to leave the complexion aglow from inside to out.

Also of note is the Spa by MTM in Causeway Bay’s MV Lymph-Detox treatment. The programme incorporates the spa’s signature lymphatic massage with the extraction-focused MV machine. Long known for its detoxification effects, the massage reduces water retention and clears the lymph nodes to stimulate blood circulation and cleanse the system. A red-wine bath tops off the programme to activate the skin’s natural collagen and provide ample antioxidants.

Now that you’re properly cleansed, stimulated, rehydrated and glowing, it’s time to show off the new you and enjoy spring in the city. ■

BOOK NOW

Banyan Tree Macau
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Chuan Spa Hong Kong,
Langham Place Hotel
Tel: +852 3552 3510

Isala Spa,
Grand Hyatt Macau
Tel: +853 8868 1193

The Mandarin Spa,
Mandarin Oriental Hong Kong
Tel: +852 2825 4888

Melo Spa,
Hyatt Regency Hong Kong,
Sha Tin
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Plateau Spa,
Grand Hyatt Hong Kong
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Peninsula Spa,
The Peninsula Hong Kong
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Six Senses Spa at MGM Macau
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Spa by MTM
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The Spa at Wynn,
Wynn Macau
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