

Born to be Pampered

Everyone enjoys – and deserves – a little pampering. In Singapore, the options for indulging, grooming and improving ourselves are as varied and tantalizing as the cocktail list at the Fullerton Hotel. If you are new to Singapore, wish to enhance your beauty routine, or simply fancy an invigorating treat, read on as EL staff and our readers share our personal recommendations with you.

by Fiona Grieveson

MEDICAL AESTHETICS

Medical Aesthetics @ Cluny

501 Bukit Timah Road, #02-12 Cluny Court
6462 2559 / 4559
Rebecca Bisset, UK

The Cluny Court building has recently undergone a dramatic transformation, so I was hoping that I could, too! On the look-out for non-invasive and pain-free ways to help my skin to help itself, I decided to try two of Dr Goh's signature treatments.

The first, my favourite, was a skin-tightening procedure called ReFirme. Radiofrequency and light energy heats the dermal tissue to stimulate collagen production on an immediate and delayed-action basis. By combining modalities, lower energies are required and it really doesn't hurt. Three or four sessions are recommended, but I could see an immediate improvement in my skin texture.

Then Dr Goh used fractional technology, a combination of laser and radiofrequency, to treat deeper lines. It's slightly painful, but you can use a numbing cream if you prefer. It's excellent for crow's feet, laughter and forehead lines, scars and large pores. I have noticed a softening of the lines since. Neither treatment required down-time, and I was able to pop straight into the Cold Storage supermarket downstairs afterwards.



Aramsa Garden Spa

Bishan Park II, 1382 Ang Mo Kio Avenue 1
6456 6556

Verne Maree, South Africa

Located on the fringes of the huge acreage of verdant Bishan Park, the Aramsa Spa is part of a small restaurant complex that includes the vegetarian Green Room and the Canopy wine, deli and garden bar. Once inside, you could be in a Balinese retreat. Glass-walled, in the spacious treatment rooms look out onto gardens featuring hot tubs and outdoor showers. There is also a central shower area with a sauna and a steam room – hurrah!

The signature 'huna huna' Hawaiian massage (\$158) is a 90-minute treat. Julizah applies hot coconut oil to my body and uses long strokes of her forearms and elbows to gently massage the muscles and stimulate the circulation. I am impressed when she intuitively adjusts the massage to concentrate on my neck and scalp; by the time she has finished, my headache has gone.

Our readers can enjoy a Signature Garden Radiance Package (scrub and massage) at \$148 for one person, or \$268 for a couple; or 30 percent off any facial treatments. Quote EL when booking.

Rustic Nirvana

14 Liang Seah Street
6289 9193

Verne Maree, South Africa

Located in a shophouse near the decidedly urban Bugis Junction, Rustic Nirvana specialises in prenatal and postnatal treatments. Their impressive 'Jamu' detoxification treatment claims to help women regain their figure after giving birth. During the 60-minute Hot Thai Brick massage (\$188), warm, porous bricks are used to apply a Chinese herbal paste all over the body – this technique is based on a traditional Thai therapy for 'womb wellness'. Don't be too alarmed by the price: they will probably encourage you to buy a package, which works out at about \$80 a time.

Until 30 June, **Expat Living** readers pay just \$78 for the signature Back to Wok Body Therapy, and the first 50 to call will receive a complimentary Golden Topaz facial or body polish worth \$120. Present this page at any outlet.

A CONFIDENCE

180 Albert Street, #01-03

Tel: 9787 7886

Rebecca Bisset, UK

My sister recommended the delightful, professional Rovina at A CONFIDENCE to me, and I am thoroughly enjoying the package of five treatments I bought. The spa uses Guinot products – which I am a fan of – and a vibrating mask, which helps infuse the products into your skin.

While you are waiting for the mask to be absorbed, a wonderful pair of hands appears, as if by magic, to massage your your arms and hands and then paint them and your décolletage with warm paraffin. Rovina threads my eyebrows and is happy to treat other facial hair, too, but I find that a bit sore. The salon is peacefully tucked away near the Albert Court Hotel, opposite Tekka Mall, and you can get to your car afterwards without anyone seeing you.

First-time customers can have a Super Hydradermic Facial Treatment for the special price of \$60 (U.P. \$195).



Eucalyptus Day Spa & Training Academy

43A Craig Road
6324 1338

Deborah Goldman, UK

I'd been ill for about three days and hoped that a massage would revive my tired body. The

staff at Eucalyptus Day Spa gave me a warm welcome and analysed my personality type to help select the perfect oil for my Ayurvedic Therapy.

The session began with the Purvakarma; a 60-minute massage that focuses on detoxifying, cleansing, revitalising and rejuvenating. My lovely therapist, Kris, expertly worked my muscles and I was lulled into a wonderful cocoon of calm. Next was the Shirodhara; a 30-minute process during which sesame oil was poured onto the third-eye area of my forehead and massaged into my hair. It was a very soothing experience and definitely restored my inner peace. I emerged from the spa feeling alert and not a single symptom of my cold remained! The therapists advised me to leave the sesame oil in my hair for a few hours, and I was rewarded with soft, silky locks.

Spa @ Loewen Gardens

Loewen Garden, Tanglin Village

6471 1922

Mischa Lay, South Africa

From the minute I arrive at Spa @ Loewen Gardens, the tranquil, leafy environment helps me to unwind; there is no noisy traffic and the parking is free. I visit about once a fortnight (don't tell my husband!) and have all the usual beauty treatments including facials, manicures and waxing.

My favourite is the spa's signature Declèor facial, which lasts for 90 minutes and includes a wonderful back massage. Vicky applies a special mask made entirely of natural ingredients, which leaves my skin feeling deliciously indulged. Unlike at other spas, I'm not left alone while the mask is being absorbed; instead, she treats me to a gentle arm and hand massage. Although I'm a party girl and enjoy regular smoking and drinking, my skin always looks amazing thanks to Spa @ Loewen – I cannot recommend it highly enough.



Diana King

25E Lor Liput
6468 7965

Fiona Grieveson, UK

A full Brazilian is like a rollercoaster with a 90-degree vertical drop – something I've never had the courage to try. Diana King in Holland Village is possibly the only woman in the world who could have persuaded me to do it.

Celebrated for performing "the fastest Brazilian, and not just in Singapore", Diana says that she performs 20-to-30 Brazilians daily; interestingly, she has been seeing an increasing number of male clients. Her bubbly personality and light-hearted anecdotes distracted me from much of the pain, and I was grateful for her exceptional skill and speed, which rendered me bald within a mere ten minutes.

Diana assures me that the pain will progressively lessen each time I go. If laughter is a remedy, then I believe her – for, as another satisfied customer has commented, "She is the only woman who can make me laugh and swear alternately."

Totally Spa

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