

haki haven

Who doesn't experience stressed muscles following hours spent hunched over their computer? To the rescue comes the haki stretch and relax massage at the **Mandarin Oriental Kuala Lumpur**, which combines soft pressure with vibration to release tension in those poor old hotspots, the neck and shoulders. Designed by Harold Kitz, a specialist in Ayurvedic and Chinese philosophies, his massages are renowned throughout the world.

www.mandarinoriental.com/kualalumpur



traditionally thai

Oriental Thai with contemporary touches is the relaxing environment you'll find yourself in at **The Leela Thai Herbal Spa** in Bangkok's Sathorn district. With a fragrant lemongrass-scented ambience, treatments use Dead Sea by Paloma and Guinot products for facials. Their new luxurious treatment Leela Thai Silky Touch includes a silk peptide protein from the silkworm yarn, which is used to scrub the body, after which gold leaf aromatic oil is applied, to restore your skin's collagen. Or try the Leela Thai Aroma Massage with a scrub and heated herbal compress. www.leelathaispa.com



seoul spa

Spa parties have made their debut in the Korean capital at the **Grand Hyatt Seoul**, where four to ten friends or colleagues can enjoy pre-spa treatment cocktails before letting their hair down in one of the new couples suites and spa rooms by the hotel's botanical garden. The menu follows Balance, Energise, Nourish and Calm modalities; for example their Balance Cycle includes Korean ginseng and a Korean Meridien Massage. To find the perfect package the Spa Concierge is on hand to guide you through the menu.

www.seoul.grand.hyatt.com