

CULTURE • LIFE • CURRENT AFFAIRS

UNRESERVED

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**MEN'S
SEXUAL
HEALTH**
WHAT YOU
DIDN'T KNOW

Plus

**5 Southeast
Asian
SPAS**

Have a clean
dirty weekend

And

**THE BEAUTIFUL
& THE DAMNED**

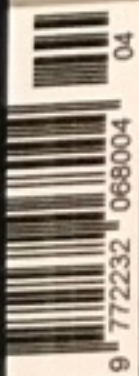
Life and death
of Dutch model

**IVANA
SMIT**

**THE
CONCEPT
OF ASEAN**
A MYTH?

**HENRY
GOES TO
HOLLYWOOD
THIS NICE
GUY DOESN'T
FINISH LAST**

Also
ACQUIRED TASTE... *Cause everything can be bought, darling!*



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PMTS

TRAVEL

THE LUXE NOMAD WRITES
EXCLUSIVELY FOR *UNRESERVED*

NEAR AND SPA

Spend your next holiday restoring the equilibrium at one of these Southeast Asian spas that champion time-honoured local treatments and techniques

Vietnamese Green Coffee Body Treatment*Six Senses Ninh Van Bay, Vietnam*

A sanctuary for serenity, the spa at Six Senses Ninh Van Bay is set in a stunning jungle hideaway on a hill above the resort. Approach via stepping stones across the water features and you'll arrive at beautifully constructed wooden treatment rooms set beside flowing natural streams. It's the closest way we can think of to feel at one with nature without venturing into Robinson Crusoe territory.

You can have your pick of Six Senses' signature treatments or customised detox programmes (they do, after all, manage 31 luxury spas around the globe), but we chose something more local: the 2½-hour Vietnamese Green Coffee Body Treatment (US\$170). We needed our caffeine fix.

Green coffee is an integral part of the diet and traditions of the region, said to detoxify, reduce puffiness and bloating and improve circulation for a firmer, slimmer silhouette.

After the pre-treatment we were sufficiently malleable for the next phase: dry-brushing and exfoliation to stimulate and drain even the most lethargic lymphatic system. Next the masseuse attacked our cellulite using green coffee concentrate as their weapon. After the onslaught we were snugly wrapped in more green coffee to help hydrate and firm up the skin.



We hoped to emerge from the treatment smelling like freshly brewed espresso, but that hope was dashed. Green coffee is raw and unroasted and so apparently not aromatic. Still, it was a deeply relaxing and satisfying massage.

Dress Code: Chic yogi in linens.

Six Senses Ninh Van Bay
Ninh Vân, Ninh Hòa, Khanh Hoa Province, Vietnam
Tel +84 258 3524 268
sixsenses.com/resorts/ninh-van-bay/spa



NEGATIVE VIBES DISSIPATE AS SOON AS YOU IMMERSE YOURSELF IN THE SERENE SURROUNDINGS AT THESE SPAS.

Khmer Wedding Ritual*Song Saa Private Island, Cambodia*

Song Saa Private Island relishes its differences, especially when it comes to its 'spa with no walls'. Instead treatments take place in 'sanctuaries', outdoor salas that are dotted across the island, to the sound track of gently lapping waves.

The treatments themselves are just as individual, combining traditional Khmer massage with Ayurvedic principles, chakra-clearing and guided meditation to create a unique and transformative guest experience.

Ask the therapist which ones will suit your needs and pick a few. The most popular beginner is the Body Renewal treatment. Team this with a one-hour Himalayan rock salt body cleansing, just to set the tone, and cleanse your aura and energy of negative elements. Trust us, it really isn't hokey.

HOW TO AMPLIFY THE RESTORATIVE EFFECTS OF A GOOD SPA SESSION? CHOOSE AN IDYLIC WATER SIDE SETTING LIKE AT SIX SENSES (LEFT) OR SONG SAA (RIGHT).

If you want a sense of Cambodian sensibilities in your massage, do what we did and opt for the Khmer Wedding Ritual. Adapted from a traditional local bridal ritual, this two-hour indulgence begins with a relaxing full body massage called karuna kaya. This is an intense, deep and rhythmic bodywork session that realigns the muscular system and activates energy flow, but brings with it a lightness of being. Next comes a nourishing scrub made from turmeric, tamarind, sandalwood, rice powder, honey and ginger root blends. Relax and be marinated by a lather of luscious lime-infused yoghurt to nurture the skin, before a floral bath soak and final application of fragrant floral lotion. It seems pointless to say, but we felt like a virgin bride (ahem) afterwards.

Dress Code: Lara Croft and adventure partner in retreat mode.

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Koh Ouen Private Island
Koh Rong Archipelago, Cambodia
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songsaa.com/wellness

