

aramsa™  
SPAS

SIMPLY HER  
JULY 2007



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## urban park sanctuary

### aramsa – the garden spa

Bishan Park II, 1382 Ang Mo Kio Avenue 1, tel: 6456-6556. Open Mon-Sat: 10am-9pm, Sun & public holidays: 10am-7pm.

**WHAT** Opened last August, this is Asia's first outdoor spa in a park. It took six months and \$2 million to develop the garden spa's sprawling 7,500sqm area. The result: a cluster of 11 single-storey buildings with 20 treatment rooms, a Pilates studio, corporate events room, thematic gardens, organic/vegetarian cafe (The Green Room) and retail store. Owned by local spa company Asmara Tropical Spas, Bishan Park was picked for its rich garden element and its location on the city outskirts, which is a convenient getaway.

**DECOR** Rustic yet modern. With quaint pebble footpaths linking the treatment rooms, some individual rooms have outdoor rain showers and sunken baths – all this amid beautiful flora and fauna. There are also couple rooms. We love the look of the common bathrooms, which have sinks and dustbins that have been converted from metal buckets, and lot partitions that are made from corrugated sheets – so rustic! There's also a lovely lounge to relax in, before and after your treatment.

**TREATMENTS** Involve natural remedies with botanical extracts, a comprehensive range of treatments for the face and body is available for men and women. Their signature treatment is the Tropical Java Lulur, a traditional Indonesian treatment, usually for brides-to-be, that purifies the body. It features a scrub, yogurt mask, massage and ginger bath with ginger juice. We also love the Vichy shower treatment – you get a quick dry brushing beforehand to boost drainage, and the pitter-patter of the shower all over your body (even on your feet) as you soak in the greenery, is unbeatable.

**PRICE** From \$60 for an eye treatment to \$290 for a 180-minute spa package.

