

asiaSpa

May/June 2017

DESERTS IN THE
AMERICAN
SOUTHWEST
URBAN OASES
BARCELONA

+10
TOP
SPIRITUAL
RETREATS

CHAKRA THERAPY
ESSENTIAL OILS
GONG BATHS

THE SOUL ISSUE



Hong Kong, China HK\$48 • Singapore S\$8 (inc GST)
Malaysia M\$20 • Thailand ฿200 • China Rmb60
Philippines ₱285 • Indonesia Rp70,000 (inc tax)
Australia AU\$55 • New Zealand NZ\$8 • Japan ¥1,500 • South Korea ₩6,000
Taiwan, China NT\$200 • Rest of Asia US\$7 • USA US\$8 • Rest of world €7



SEOUL

Gangnam Style

Located in the home of K-pop, the 210-key **Glad Live Gangnam** houses in-suite pools, a gym and 24/7 dining options. The extraordinary centrepiece of 180-bulb four-metre-tall chandelier with hidden speakers reflects its fun approach to design. Of the four F&B outlets, one is particularly popular featuring renowned Korean talent DJ Komodo. Guests staying in The Glad Pool Suite have access to a private museum filled with contemporary art by young international artists.

www.gladlive-hotels.com



BALI

Health Nut

The 37-room **Alaya Resort Jembawan** is the latest property designed for wellness junkies seeking a holiday in the rainforest region. Expect a dedicated yoga pavilion for daily lessons on stretching and deepening poses, Balinese dance and handicraft and cooking workshops. A stone's throw from the Monkey Forest Sanctuary, the Neka Gallery and ARMA Museum, highlights also include healthy, all-day-dining venue Herb Library, and the Ayurveda-inspired DaLa Spa.

www.alayahotels.com

NAPA VALLEY

Climb the Vine

The historic 68 rooms and suites in **Las Alcobas** are appointed with Rivolta linens, oversized bathrooms and custom-designed furniture. Guests can wile away the days admiring the Spring Mountain sunset, taking a dip in the pool or indulging in time-honoured spa treatments. Wine lovers can take to nearby vineyards, soar in hot-air balloons, or join day trips for hiking, kayaking, paddling or safari.

www.lasalcobasnapavalley.com

