

المرحبا
ORYX

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أغسطس ٢٠١٥



The Fast and the Furious

Vin Diesel is the ultimate anti-hero in the film series, playing on board

ذا فاست أند ذا فيوريوس

يلعب فين ديزل دور رئيس عصابة في هذا الفيلم المثير الذي تعرضه على شاشة نظامنا الترفيهي في الأجواء

Edinburgh

Scotland's capital is home to the world's largest arts festival

إدنبره

تعتبر العاصمة الاسكتلندية موطن أكبر مهرجان للفنون في العالم

Pakistan

Pakistani truck art embodies the culture, history, and traditions of the country

Penjing

The ancient traditional Chinese art form from which Japanese bonsai is derived



FEATURING THIS AUGUST - VIN DIESEL

FURIOUS 7 - Buckle up and watch on board THE FAST AND THE FURIOUS!

Five unforgettable destination spa treatments

Offered at some of the world's most sought-after spas, these treatments are just as unique as their idyllic locations.

Words by Ayesha Khan



ARANO GRAND HOTEL, VENETO, ITALY Fango clay wrap

The Anti-Ageing Thermal Spa at this Veneto hotel is one of the first spas to capitalise on the prized fango thermal clay that abounds in the Euganean Hills of Italy's countryside. The clay has countless benefits, including anti-ageing, detoxification, immune support, and regeneration. It is applied in a warm, soothing wrap, followed by a thermal water bath and refreshing aromatherapy massage. A series of three to four treatments over a week-long stay at the comprehensive wellness resort is recommended for maximum (and very visible!) results.



SONG SAA, KRONG PREAH SIHANOUK, CAMBODIA

Khmer leaf poultice massage

If being nestled in the lush virgin rainforest of Cambodia's first private island resort of Song Saa is not relaxing enough, experience the muscle-soothing Khmer leaf poultice massage. The pampering begins with a Khmer body massage of herbal oils.

Next, heated traditional poultices packed with medicinal leaves, herbal powders, and spices are applied to the skin to achieve instant relaxation and wellbeing.

ANANDA IN THE HIMALAYAS, RISHIKESH VALLEY, INDIA Udwarthana massage

A restored viceroy's palace, Ananda in the Himalayas has garnered accolades from the likes of the *Telegraph* and *Travel+Leisure*. Its Ayurvedic Udwarthana massage is a deep, dry massage that utilises special herbal powders that break down the body's excess subcutaneous fat. These powders are massaged through the skin with unique strokes towards the heart, affecting the *kapha* nature of the body and giving a toning and firming effect.



**CAL-A-VIE, CALIFORNIA, USA****Vinothérapie wrap**

Voted one of the top destination spas in the world by *Cordé Nast Traveller*, Cal-A-Vie, located in Vista, California, harnesses the power of Cali grapes and the potent antioxidant resveratrol in the anti-ageing Vinothérapie wrap. It begins with a grape-seed gommage to gently exfoliate and invigorate skin, followed by a masque that removes all toxins. Finally the signature Crème de Vin is slathered on to hydrate a clean and glowing skin.

**PER AQUUM HUVAFEN FUSHI, MALDIVES****Fluidity underwater treatment**

Offering guests the world's first ever underwater treatment rooms, this idyllic Maldives spa features a water-based treatment that utilises hydrotherm cushions of warm water which lift and embrace the body, soothing aching muscles. The instant calming effect of water combined with gentle, fluid massage strokes also eases the mind. ●

