

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



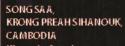
ANA NDA IN THE HIMALAYAS, RISHIKESH VALLEY, INDIA Udwarthana massage

A restored viceroy's palace, Ananda in the Himalayas has gamered accolades from the likes of the Telegraph and Tavel+ Leisure. Its Ayunvedic 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.

ABANO 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 antiageing, detoxification, immune support, and regeneration. It is applied in a warm, soothing wrap, followed by a thermal water bath and refreshing aro matherapy 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.



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.



