




 SPA REVIEW

WATER PLEASURE

Enjoy a unique spa experience in the middle of the ocean at the Crystal Life Asian Spa on the *Genting Dream* cruise liner

BY BINDU GOPAL RAO

“Would you like to visit the spa?” asked my host aboard the *Genting Dream*. After a rather long connecting flight to Singapore and no sleep, I am exhausted, and the niggling headache is not helping either. My instant reaction is to nod in agreement, and soon I find myself on Deck 5, at the reception of Crystal Life Asian Spa.

The brown and beige interiors and the wafting aromas from the spa have a calming effect on me immediately. Once I fill the consultation form, my therapist Mary ushers me through a maze of rooms to the changing section and asks me to change into a pair of shorts and a top. She then leads me to a large area with rows of chairs, and I settle into one. I am completely in awe of the space – it is, after all, the largest reflexology lounge at sea.

I choose the 75-minute ‘Foot, Shoulder and Neck Massage’ and Mary returns with a trolley and copper vessels. She asks me to sit. Then, she immerses my feet in a copper bowl filled with warm water and sea salt, and cleans them. After patting them dry, she starts massaging my feet one at a time.

The cream she uses is made in-house by Crystal Life Asian Spa. Using a combination of Chinese foot reflexology and Chinese therapeutic acupressure treatment techniques, she instantly releases all the tension from my muscles. After this, she uses similar techniques on my back and shoulders, where her synchronised movements ensure that my tiredness vanishes almost magically. After the treatment, I dig into the fruit buffet – an assortment of whole and cut fruits

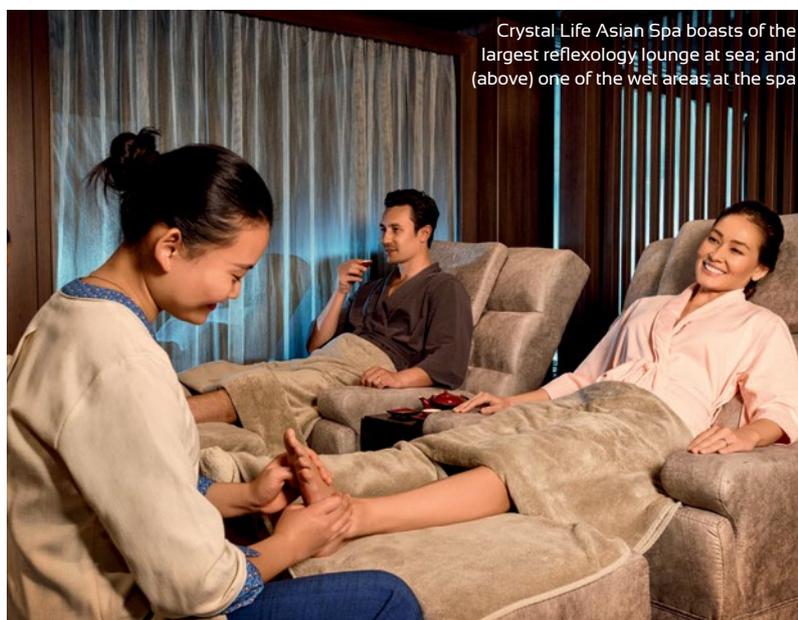
and freshly squeezed fruit juices. Now that is holistic wellness – that which nurtures the body and soul. 🌿

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Crystal Life Asian Spa boasts of the largest reflexology lounge at sea; and (above) one of the wet areas at the spa