



SPA REVIEW

SCENT-SUAL HAVEN

Getting an authentic aromatherapy massage by a Thai therapist in Thailand can change your definition of a perfect spa experience

BY BINDU GOPAL RAO



Left: Chiva Spa offers a variety of treatments in the outdoors as well; and (above) the ingredients used for treatments at the spa

My destination – Koh Chang in eastern Thailand – is not easy to reach. After two flights, a road journey and a ferry ride, my energy is admittedly low and a recurrent shoulder ache does not help either. When I finally reach my destination – the beachside KC Grande Resort & Spa – things change; perhaps it is the sound of the sea and the calm environs of the resort that lift up my spirits. And to my delight, I am offered a massage at the spa! I am thrilled to start my Thailand sojourn on this relaxing note and soon make my way to Chiva Spa.

The spa overlooks the sea and has massage tables outside as well. I, however, choose a room inside. My experience starts when I am asked to smell four essential oils – lavender,

ylang ylang, lemongrass and rose – and choose one which will be used for my aromatherapy massage. I pick ylang ylang because it has a lovely fresh floral fragrance that strikes a chord with me instantly.

My masseur Panchalee leads me to a spacious spa room, done up in cream and beige tones, and asks me to change before lying face down on the spa table. Using the aromatic oil, she starts with a back massage that goes on for close to an hour. Using a combination of palm presses, thumb pressure, and synchronised hand and finger movements that include circles, cupping and kneading, she ensures that every tired muscle in my body is rejuvenated. Using firm strokes like elbow presses, loose fist knocks,

forearm rolls and finger and thumb walking, she ensures that I go into a state of deep relaxation. Repeating the same over my legs, hands, neck and shoulders and also giving me a relaxing face and head massage in the end, she ensures that I am completely rejuvenated. A warm ginger, lemon and honey drink is the perfect way to end this wonderful treatment. And the shoulder pain has vanished too! 🌿

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