Spa treatments aim to soothe the mind, body and soul. Their growing popularity is also spawning business off-shoots.

Stressed out? Worn Out? Irritable? Breakouts? Rashes? Well, these are all tell-tale signs that you have “had enough.” What you need is to get away from it all to rejuvenate your spirit and senses.

Just a decade ago, only a handful of people knew exactly what a spa was, and even fewer had enjoyed first-hand experience. Today, spas have become the talk of the global village. Thousands of places have been springing up all over Asia offering spa facilities in response to the demand. And Malaysia is no different.

Asia has always held the perception of hidden mystique, exotic potions and treatments, centuries-old recipes passed through the generations, and the secrets of beauty of inner health and wellbeing.

And Bali has been on the cutting edge of this trend. With its tradition of natural healing arts such as the ancient Bali massage, natural springs, an abundance of medicinal flora and a deserved reputation for excellent service, Bali was ready to accommodate the demand and literally hundreds of spas have sprung up over the past few years.

Whether you are a spa veteran, or thinking of venturing into the world of spas for the first time, it is important to have a little background knowledge about all the things a spa vacation can be. There are endless types of treatments and special programmes plus varying levels of luxury, price and value.

The word spa comes from a Latin phrase solus per aqua (in some publications it is defined as sanus per aquam), which basically means health by or through water. In ancient times, water therapy was used extensively by the physicians of Rome and Greece as a form of healthcare.
Traditional herbal massage has always been associated with helping the body rid itself of illnesses, while restoring and ensuring continuous good health.

The Romans built baths near medicinal springs and wells and the Greeks put healing oils in water, practising the ancient art of aromatherapy. Today's spas are also named after a small town in Belgium, which started the popular tradition of drinking and bathing in the healing waters.

As for the Indonesian spas, traditional herbs and spices were used for beauty care, originally performed by the royal families, like mandi lular in Central Java or coconut body-scrub in Sulawesi.

Nowadays the term spa encompasses the philosophy of holistic therapy, to reach a balance between the mind, body and soul; regaining or maintaining mental, physical, emotional and spiritual health.

That's why modern spas now not only offer water treatments but also include other treatments such as aromatherapy, body treatments, beauty care and pampering treatments, stress management, yoga and meditation. They also provide fitness options, nutrition, diet programmes and complementary therapies.

Traditional herbal massage has always been associated with helping the body rid itself of illnesses, while restoring and ensuring continuous good health.

Its proven curative powers have been prevalent from ancient Rome to China, and from Egypt to Indonesia, dating back to AD 800-900. Images of aromatic essential oils and rhythmic movements have been recorded from these times, proving their usage and effectiveness in maintaining good health.

Spas in one form or another have been around for almost 4,000 years now, originating, as far as we know, in the city of Mohenjo-Daro, India, around 2,000 BC and patronised mainly by men. About 1,500 years later, soaking and steaming bath houses became important social centres for the men of ancient Greece. The Romans followed suit.

Spas were also very popular in Europe throughout the 19th century with both genders. In this century, no less a macho figure than Hitler himself ranted and raved about (among other things) the wonders of the yellow sulphurous hot springs of Bad Nauheim in Central Germany. So therapeutic were these urine-coloured waters that after just a few treatments, a man felt as if he could take over the world.

**SAMSARA SPA @ SWISS GARDEN RESORT & SPA**

Like most Asian spas, Indonesian spas are usually located in the best tropical settings, amid lush vegetation, often cooled by ocean breezes. They are specially designed to let your life's stresses evaporate slowly from every pore of your body.

Tranquility is the key word here.

Samsara Spa at Swiss-Garden Resort & Spa at Damai Laut, Kuantan and Kuala Lumpur offers one of the most exotic and traditional treatments and massages to release all your tensions. You can indulge in a full range of treatments to free your mind, refresh your spirit and excite your senses.

According to Rashid Gallyot, the Director of Spa Operation at Samsara Spa at the Swiss-Garden Hotel, Kuala Lumpur, Samsara basically means in between heaven and nirvana. Indeed it is a Sanskrit word which literally means reincarnation. It is a special place of cleansing and purification in preparation to achieving a state of nirvana or heavenly state of mind.

"At Samsara, we provide a venue of 'escape' to pamper all the five human senses of sight (the beautiful ambience), smell (the aromatic fragrant), taste (the gingeriest drink), hearing (the soothing Balinese instrumental music) and touch (the healing massage)" adds Rashid.
Exotic plants grow in luxurious profusion in the secluded Balinese style courtyard. A uniquely designed water feature creates a relaxed atmosphere with the sound of water flowing freely from the bamboo spout.

Guests at Swiss Garden Resort may enrol in a specific spa programme, or opt for a la carte services. Selective treatments from Bali include body scrubs, bath and exotic wraps of your choice.

TREATMENTS AT SAMASARA

Various massage and body treatments in Samsara are based on one of three umbrella concepts: Rejuvenation and Longevity; Beauty and Slimming; or Relaxation and Stress Reduction.

Samsara Spa offers comprehensive treatments from head to toe. The masseurs are qualified personnel trained especially to pamper you with their skillful hands.

Centuries-old Balinese Herbal wonders like the traditional cream bath, herbal body wrap, Javanese body scrub, foot reflexology, de-stress bath, Samsara indulgence and more are available to pamper every part of your body. Samsara Spa also offers spa health cuisine and spa health drinks.

For that total spa experience, you can try out distinctive flavours of spa cuisine, blending of Oriental flavours, local Malaysian herbs from the kampung and fresh organic produce available at the Garden Terrace Restaurant which is open for breakfast, lunch and dinner. You may select spa beverages at the Spa.

Indonesian spas are generally designed for relaxation purposes, applying the concept of ‘power of mind’ for healing, by offering the chance to indulge in natural therapies and traditional wellness treatments.

CONCLUSION

At a time when many corporations are experiencing layoffs and small companies are closing their doors, the spa industry is thriving. Consumer demand is driving the growth. People are searching for an escape from work-related stress, and they are realising the long-term benefits of taking care of themselves.

More and more Malaysian are also getting pampered by spas. According to Rashid, Samsara spa's patronage is 60% ladies and 70% couples. While it is true that the majority of spa patrons are women, the world is changing.
**SOME OF THE TREATMENTS AVAILABLE AT THE SAMSARA**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Description</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Samsara Signature Massage</td>
<td>Indulge in our signature massage. It begins with the gentle stretching style of Thai massage followed by the relaxing and gentle palm strokes of Balinese massage intermixed with the Malaysia Traditional massage and using your choice of our blended essential oils to suit your mood and finishing with the &quot;no hands&quot; Hawaiian loami-loami to completely relax and de-stress your entire body and mind.</td>
<td>1 hour and 45 minutes</td>
<td>RM220</td>
</tr>
<tr>
<td>The Samsara Touch</td>
<td>Experience the twin benefits of a Balinese massage combining stretching, palm and thumb pressure techniques and rolling strokes with specially blended essential oils to improve blood flow and ease stress. A relaxing foot massage to remove any blockage of the meridian lines linked to the feet is included.</td>
<td>60 minutes</td>
<td>RM130</td>
</tr>
<tr>
<td>Thai Massage</td>
<td>An art with ancient tradition, this method of massage was originally practiced only in Thai temples by Buddhist monks versed in the art of healing. This massage is an integral part of life of the Thai people. It is described as &quot;Yoga Massage&quot; for its stretching and bending movements. This is ideal for anyone who desires increased energy flow and flexibility. Swimsuit or loose clothing is required.</td>
<td>60 minutes, RM140.00</td>
<td></td>
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<tr>
<td>Thai Herbal Massage</td>
<td>This treatment starts with a traditional Thai massage. A steamed pouch of lime leaves, lemon grass and other Thai herbs is then gently pressed along the meridians of the body. This exotic and relaxing treatment increases circulation and energy flow, removes toxins from the muscles, reduces water retention, and increases joint and spine flexibility.</td>
<td>1 hour and 30 minutes</td>
<td>RM220</td>
</tr>
<tr>
<td>Samsara Escapade</td>
<td>A delightful way to rejuvenate and recondition your skin. Beginning with a relaxing Balinese massage with our specially blended essential oils, then followed by a South Sea Salt and essential oil bath to cleanse and detoxify the body.</td>
<td>1 hour and 20 minutes</td>
<td>RM165</td>
</tr>
<tr>
<td>Pure White Samsara</td>
<td>Lay back and enjoy a soothing and relaxing traditional Balinese massage to improve blood circulation and relieve stress, and finish off with a glorious foaming milk bath to soften and rejuvenate your skin.</td>
<td>1 hour and 20 minutes</td>
<td>RM180</td>
</tr>
<tr>
<td>Samsara Royale</td>
<td>Pamper yourself in the heritage recipes of a Balinese Royal Court beauty ritual. Start off with a Balinese aromatherapy massage using specially blended essential oils of your choice and experience a gentle scrub with ‘lulur’ made from powdered spices and sweet wood for skin softening and refining. A splash of yogurt leaves you even more refreshed.</td>
<td>1 hour and 45 minutes</td>
<td>RM220</td>
</tr>
<tr>
<td>Samsara Healer</td>
<td>Discover the unique ancient healing technique of using herbs and spices to relieve fever, headaches and muscle aches. Begin with a Balinese massage with specially blended essential oils of your choice followed with the unique herbal wrap which gives a sensation of deep penetrating heat as you relax in a warming blanket.</td>
<td>1 hour and 45 minutes</td>
<td>RM220</td>
</tr>
<tr>
<td>Samsara Kelapa</td>
<td>Coconut has been used traditionally by the Hindus in Bali for thousands of years. It helps to get rid of the heat in the head, conditioner the hair, maintaining its lustre and colour. This treatment using a specially blended coconut milk is an ideal add-on to any massages or body treatment.</td>
<td>30 minutes</td>
<td>RM80</td>
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**SAMSARA SPAS ARE LOCATED AT:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contact Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss-Garden Resort &amp; Spa Kuantan</td>
<td>Tel: 09 544 7333, Fax: 09 544 6559, E-mail: <a href="mailto:resvns_sgrk@swissgarden.com">resvns_sgrk@swissgarden.com</a></td>
</tr>
<tr>
<td>Swiss-Garden Hotel Kuala Lumpur</td>
<td>Tel: 03 2141333, Fax: 03 26106265, E-mail: <a href="mailto:resvns_sghkl@swissgarden.com">resvns_sghkl@swissgarden.com</a></td>
</tr>
<tr>
<td>Swiss-Garden Resort &amp; Spa Damai Laut, Lumut</td>
<td>Tel: 05 6183333 , Fax: 05 6183383 , E-mail: <a href="mailto:resvns_sgrd@swissgarden.com">resvns_sgrd@swissgarden.com</a></td>
</tr>
<tr>
<td>Swiss-Grand Resort &amp; Spa Bondi Beach, Australia</td>
<td>Tel: 61 2 93655566, Fax: 61 2 93655330, E-mail: <a href="mailto:reservations@swissgrand.com.au">reservations@swissgrand.com.au</a></td>
</tr>
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Kompakar Aims for NASDAQ

How low can airlines go with CHEAPER TICKETS?

Making the most of REIT

5 STEPS to credibility.

Creating GREEN CITY

Selangor embraces nature in new township

Dato' Abdul Karim Munisar, President of KDEB, Bestari Jaya Developer.