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PORTFOLIO



NOURISH, RENEW, STRENGTHEN, FEEL

JOSHUA GOH | CAROLINE SCHEUFELE | NAZ MUSA | DR JADE KUA | SONU SHIVADASANI





AMANWANA OFFERS A ONE-OF-A-KIND OPPORTUNITY TO SPEND SEVERAL DAYS IMMERSSED IN UNDERWATER AND LAND WELLNESS EXPERIENCES.

These days, a hotel's wellness offerings are not simply add-ons to the main amenities or a priority only if one heads to a resort. Relaxing, rejuvenation and even Science-based treatments in hotel spas have become a key component of a holistic travel experience; in fact, many trumpet their researched treatments and high-tech facilities to stand out from the crowd. Many incorporate local culture, ingredients, or techniques as ways for travellers to undergo more thorough or unique wellness encounters.

Taking time to pay attention to one's health became a key concern during the Covid-19 pandemic, and this has not slowed down. It parallels the importance placed on sustainability and a general state of being well as part of the earth's ecosystem. The Global Wellness Institute (GWI) first measured wellness tourism at \$439 billion in 2012. In 2019, wellness tourism expenditures had reached \$720 billion, and the amount continues to increase.

In particular, wellness is given much priority in luxury travel. This is especially so with the UHNWI (Ultra-High-Net Worth Individual)

traveller not holding back on expenditure in exchange for one-of-a-kind, high-end experiences. The website observes, "Wellness tourism may help destinations mitigate the negative impacts of mass tourism or over-tourism. Because wellness travellers tend to be high-spenders and favour experiences that are authentic and unique, there is less pressure for destination to engage in a 'race to the bottom' strategy that competes on price and quality."

Here, we bookmark five special wellness experiences in Asia to work towards the New Year afresh.

AMANWANA UNDERWATER WELLNESS RETREAT

There is something powerful about being submerged in the ocean among sea creatures and being gently lulled by its water currents. The Underwater Wellness Retreat is a unique experience by Amanwana harnessing the natural healing powers of the underwater world surrounding Moyo Island in Indonesia. Promising to rejuvenate one's body and soul, the multi-day itinerary (choose from three or six nights) is hosted by visiting practitioners and comprises activities above and below the water.

THE DIOR SPA'S GREEN ICONIC TOILE DE JOUY MOTIF MATCHES GREEN SCENERY OUTSIDE THE WINDOWS.



Intriguing adventures include 6am sunrise breathwork sessions on a boat overlooking Mount Tambora, Wet Static Apnea underwater meditation, free diving with an experienced instructor, a journey to Mata Jitu Waterfall for more meditation, an interactive workshop on underwater photography, as well as a rare opportunity to swim with Whale sharks. With just 17 tents, Amanwana offers a real chance to disconnect while the Underwater Wellness Retreat encourages one to connect with the riches of the natural world.

DIOR SPA EASTERN & ORIENTAL EXPRESS

The first Dior Spa in Southeast Asia is not in a hotel, but on a train. Belmond's Eastern & Oriental Express luxury train journey to Penang or Langkawi has turned one of 16 train carriages into a luxurious spa to add to one's slow travel itinerary. This is probably the only time one can expect to have a change of scenery before and after treatment. There are two treatment cabins, dressed in the

Christian Dior's favourite emblem – the iconic Toile de Jouy motif. The pattern is also found on wall panels and curtains, alongside lattice timber walls, cream-coloured seating and elegant shelves displaying Dior products.

Treatments include D-Jungle – a rhythmic, deep-muscle massage from head to toe that deploys stretching techniques and targets energy points. Add to that the Kobo-Dior Facial Treatment, which is rooted in the ancient, anti-aging Japanese Kobido massage tradition. The latter uses Dior Prestige Skincare products and promises to rejuvenate the skin through a series of precise and gentle movements – a perfect refresh from excursions such as a trek in the Taman Negara National Park or gallivant through historic streets in Penang.



THERE DIOR SPA ON THE TRAIN CONTAINS TWO TREATMENT ROOMS.