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THE TRAVEL MAGAZINE OF SINGAPORE AIRLINES




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A STAR ALLIANCE MEMBER 

SENTOSA, SINGAPORE
auriga spa,
capella singapore

Nestled within the futuristic curve of Sentosa island's newest resort hotel which opened this year, the first Auriga Spa in Asia links past and present, East and West. Alongside all the modern comforts, the spa makes use of indigenous herbs and authentic healing practices, and treatments are attuned to the phases of the moon. For example, the new moon is seen as the time for renewal and introspection, the waxing moon

as the time to nourish yourself, and the treatments vary depending on the moon cycle when you visit. Whether you agree with the philosophy or not, the quality of the treatments is excellent.

The setting inspires relaxation. Lush gardens, an indoor soaking pool and a fountain of shaved ice set the yin/yang contrast. After being greeted with juice, you enter a vitality pool and revitalising showers. The spa offers a variety of choices – shiatsu and Thai massages, complemented by scrubs and wraps using natural and organic products. Sports

massage, and stress management and relationship enhancement packages are also available.

MUST TRY: The Auriga New Moon Ritual comes with a foot massage with juniper, rosemary and fennel oils, a wrap with seaweed and eucalyptus salt scrub, and an energising massage with rosemary and eucalyptus oil. S\$280 (US\$195) for two hours.

AFTER-SPA ACTIVITY: Lunch at the sleek modern Chinese restaurant Cassia, housed in a British-era club. www.capellasingapore.com 📍

