

Just Like Heaven

An afternoon at The Club Saujana Resort Kuala Lumpur is nothing short of paradise.

by Diandra Sollano

As foreign hands work to knead my tight shoulders, it dawns on me that there isn't actually a term to describe a regular spa-goer. She may be a massage enthusiast or a lover of luxury. Or perhaps she is a woman with the means to indulge or just an afternoon to spare getting pampered. In the lives of today's women who have it all, we tend to view those 60 minutes of 'me time' as a privilege. Regardless of what your schedule actually is like, every woman is entitled to some TLC, and deserves a break from the outside world to indulge in the caress of scented body oil and a balanced rhythm of breath.

With a schedule dictated by deadlines and bills to pay, I could not have been more thrilled to be reviewing the award-winning The Spa at The Club Saujana Resort in Kuala Lumpur. Rejuvenation began long before even stepping onto Saujana soil. In the weeks leading up to the appointment for a two hour treatment called *Heavenly Bliss*, I found myself eagerly looking forward to the treatment as a reward for the all the hard work I was getting done. When I felt the stress of the week begin to creep in, I'd

think of the wonderful things I'd read about the spa. Words can do wonders to soothe the soul, but Asian massage rituals do it so much better.

The Club Saujana Resort is a beautiful little isle of paradise, far from the nest of other top-rated hotels in the city. The spa bears the concept of a lush rainforest with wooden floors, heavily perfumed air and ambient music. Warm smiles welcome you into this little sanctuary of wellbeing as you step through its heavy teak doors. The lobby peters into a tropical setting with chalet-style singles and couples villas, allowing you to first breathe in a little fresh air before beginning your treatment.

Rooms are beautifully decorated with everything you'd pick out in your dream spa: a black volcanic-rock soaking tub, a rain shower and steam room, a lounge area with a plush sofa and jewel-toned cushions, rose-scented air, peeks of greenery through the blinds of floor-to-ceiling windows and most importantly, crisp white sheets on a warm bed. The *Heavenly Bliss* treatment begins with

an hour long Aromatherapy Relaxing Massage that combines rituals from the orient, India and Bali. As any good masseuse would and should, mine was polite in ensuring I was comfortable, not too cold, and happy with the pressure she was applying to my body.

I may have slipped into slumber for a good half an hour but when I awoke, it was time for the Nourishing Skin Polish. I love the feeling of a good scrub, especially when it's done in such a relaxing manner. My only qualm about getting scrubbed down is that it always feels sticky and uncomfortable under the sheets as you lie there for five to ten minutes, depending on the treatment. To my surprise, this time proved different. The scrub smelt sweet, and as most of the 40 minutes was carried out in tandem with massaging strokes, I wasn't left feeling stuffy and icky. In fact, I fell back asleep for a minute or two!

Last on the agenda was a choice between 20-minute long Herbal Steam Bath or Floral Bath. The two are different enough that your selection really depends what you're in the mood for. A steam bath is great for detoxification through your body's largest organ: the skin. It stimulates improved blood flow and leaves you glowing. If serenity and relaxation are your top priorities, the floral bath makes a better choice. The latter did turn out to be my choice, and I luxuriated in a bath filled with warm water, bubbles, and plenty of rose petals. A lovely hot ginger tea that was a house-blend of ginger, lime, brown sugar and honey was also served to replenish my hydration levels. And now, dear reader, isn't it time you treated yourself to a slice of heaven at The Spa at The Club Saujana Resort, too?

The Heavenly Bliss package is priced at RM290nett per person and RM530nett for two. You may also extend your Relaxing Massage for another 30mins at only RM50nett. For the full spa menu, go to www.shr.my and for reservations, contact (603) 7840 5026 or spa@theclubsaujanaresort.com.

It's Your Birthday Gift from Us! -

Enjoy 40 percent off for any Massage and Body care (applicable for any treatment of 90 minutes and above).

Prior reservations required and cut-out must be presented. Only valid for individuals whose birthdays fall in the months of Dec 2014, Jan 2015 or Feb 2015.

