



FOUNTAIN OF YOUTH

PATRICK LOH treats his face to a facial that reliefs his tired cells and brightens his skin at The Spa in The Club Saujana Resort

The Spa at The Club Saujana Resort offers the perfect head to toe massages and facial spa for men (and women) of all ages. As we become more aware of the importance of grooming, such as the proper uses of products and rules of shaving, there is still one important thing that young men usually forget: the practice to combat anti-aging.

Before I divulge the secrets on how to avoid facial dullness, you will first need to know that anti-ageing skin care and products does almost nothing to your skin when you are over 55 or (god forbid!) when wrinkles and deep lines appear. Do not let those creams on the market shelves fool you. They may help moisturise when necessary, but not by a mile of difference, unless you have been on the regime since your teen years. A much better option and a more convincing one would be to instead, try out a relaxing facial spa once in a while, get sufficient sleep and eat healthily. These are some of the few major players in looking young.

So for that spa treatment, I took my chance at The Spa for a short timeout that my skin deserves. When I first

walked into The Spa, I was greeted with a visual relaxant of earthy decorations from stones, dimmed lighting and soft cushioned couches. It was a long and hard day at work and this spa was the thing I really needed for a good pampering. Sleep was slowly forthcoming when a friendly masseuse, Ziffora, attended to me with some health questions that will help determine the services best suited for my condition. The Spa is meticulous in taking notes of what possible allergies you might have before proceeding. As such, I was ushered into a room to prep for a Purity-Gent's Face Care session.

As you walk towards the sanctuary, imagine a maze with villas on every corner - it is that luxurious even before anything major begins! I was taken to one of the private villas where it is spacious enough to hold up a maximum of two people. A hot tub, two private bathrooms, a closet and a resting area are part of the facilities in the villa, while calming Zen acoustics floats through washing a sense of calm and peace over you. The Spa believes in calming your mind, body and soul in order to fully lower your stress level. "A



lot of men are not aware that they need to release the tension and stress level in their body. Delighting themselves to a full body and facial spa is crucial especially for younger men between the ages 20 to 45. This is so they don't have to deal with wrinkles and deep lines from aging when they hit 50 and above," said Ziffora, professional masseuse from Sabah.

After changing into one of their oversized robes, I was instructed to lie down on the massage table. The masseuse started off by releasing the pressure from my muscles by targeting specific points at the soles of my feet. It felt extremely ticklish but it was amazing for you could slowly feel your body relaxing. She then proceeded to cleanse my face to remove all oil and dirt, before applying the super cooling toner to remove any rebellious grime and prepare the skin for further absorption.

The highlight of the spa was the face steaming process. It is the most crucial step and it is packed with various benefits. The warmth and moisture softens the layer of dead skin cells, making it easier to remove through

scrubbing. Dead cells pack dirt and bacteria on our epidermis layer causing bad acne breakouts, thus, a good steam will help prevent that. Steaming your face also stimulates blood circulation and increases perspiration, eliminating wastes and toxins from your body. It also helps push accumulated dirt and debris that cannot be removed by our regular cleanser out from tight spaces. Steaming also loosens up blackheads and whiteheads for easier removal. It opens pores, making it easier to absorb minerals when applying the facial masque. Facial steaming is an easy process but packs a punch that keeps the glow on your face, reveals fresh skin making you look younger. Truth be told, this step has such a calming effect that I fell asleep during the process only to wake up just in time for the next procedure.

After the steam, the masseuse applied a hydrating facial masque filled with minerals and nutrients that will be absorbed deep into the pores. Instead of just leaving the masque to dry, the masseuse actually massages the masque into my skin for a good five minutes. As

the coolness spread throughout my face, I wished that process would had continue for a longer time.

After removing the masque, the masseuse applied a very cooling toner for easier absorption of the moisturiser. Applying the cream with only her fingertips, she then gently massaged my face with her knuckles for about two minutes to allow good blood circulation. After the rejuvenating spa, I was offered a sweet lemongrass tea while lounging on the couch. It was a perfect getaway, albeit it being just a room that is a stone's throw away from the hustle of the city, but it made a huge difference.

This one hour experience felt like haven. Therefore, it is highly advisable to try making time for a facial spa at least once a month, especially when you are in your 20s and 30s. Spending money on facial spas are definitely more worth it compared to spending them on cigarettes and clubs, which majorly contributes to skin dullness, widening of pores and premature ageing. You definitely do not want to look like you are 40 when you are only 20 do you?