

Body & Mind



The Spa, The Club Saujana Resort

I've never really gone to a spa for a pampering session before, so signing up for The Spa at The Club Saujana Resort's Ultimate Head to Toe Mineral Indulgence package is a huge milestone. The package is a 150-minute series of treatments highlighting 'the healing power of minerals' via products by Spa Find, which specialises in all-natural, mineral-rich skincare. My experience begins as I'm led to a private villa by my spa therapist, who introduces herself as Mikaela. Upon entering, I'm taken aback by how large the villa is, which is about the size of a very spacious apartment – if apartments came equipped with a large stone bathtub in its centre. Mikaela explains the sequence of treatments I'll be going through, which starts with a steam bath to calm and relax my muscles. Having never been in a steam room before, the experience slightly unsettles me – 20 minutes alone in a small room with almost zero visibility can be pretty jarring to a first-timer – but I end up getting used to the heat, not to mention the genuine 'alone time' we so rarely have nowadays thanks to our smartphones.

Two and a half hours is a long time, but I can hardly complain when I'm being waited on hand and foot. The steam bath is followed by a ten-minute foot bath using Dead Sea salt, during which I feel like royalty as Mikaela gently scrubs and rinses my feet as I quietly sip ginger tea, admiring the view of the lush greenery outside. Next, it's on to the massage table for the last three treatments, beginning with

a 60-minute Balinese massage. Mikaela's gentle rubbing motions put me to sleep. I may only have a hairdresser's free shoulder massage to compare her to, but she does an excellent, pain-free job with unknotting all the tension in my back.

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By the time I'm in for the full body scrub, I'm properly relaxed and acquainted with my massage table, and I kind of don't want to leave. Using Dead Sea salt mixed with coconut oil and Vitamin E, I'm exfoliated all over until my skin feels baby-smooth, which preps me for the best and final treatment of the day: the Dead Sea mud wrap, which is designed to soften, soothe and condition the skin with rich



minerals. Without going into too much detail, mineral elements such as magnesium, sodium and bromine are known for their respective anti-stress, hydrating and relaxing properties. Mikaela applies Dead Sea mud to my entire body before covering me with a towel to better allow the minerals to be absorbed by my skin. My hair and scalp aren't spared from this treatment either, and the ensuing scalp mud massage feels like one of the best shampoo jobs I've ever had.

As far as first spa experiences go, I feel like I've struck gold at The Spa. It's a beautiful space that makes you feel like you're on some exotic island instead of Shah Alam. If I never thought to treat myself to the occasional pampering session before, I'm definitely going to do it now. Converted? Pretty much. **Syarifah Syazana**

The Club Saujana Resort, Jalan Lapangan Terbang SAAS, Shah Alam (03 7840 5026/www.shr.my). Mon-Thu, 12noon-10pm; Fri-Sun, 10am-10pm. Ultimate Head to Toe Mineral Indulgence package, RM360.

Spa, health & fitness highlights

How to use the listings
The events listed here are spa and fitness-related events. Listings are organised by date, then alphabetically.

Be Urban Wellness
Throughout Sep

For September, enjoy a buy one free one offer on the BE Signature 1 massage (90 minutes; RM411). Be Urban Wellness's cutting edge holistic wellness centre not only offers spa treatments but also health related therapies. Stay after your treatment and use their stunning infinity pool overlooking the KL city skyline.

11th floor, *Work @ Clearwater, Changkat Semantan, Damansara Heights, KL* (03 2095 1999/beurbanwellness.com).

Swasana Spa
Throughout Sep

For two hours, you'll be pampered with a floral foot bath followed by a relaxing Balinese massage and a Seri Dewi Facial – all for the special price of RM550.

Impiana KLCC Hotel, 13 Jalan Pinang, KL (03 2147 1111/kualalumpurhotels.impiana.com.my).

SOL Integrative Wellness Centre
Until Oct 30

This stress management package starts with a short brainwave assessment to check for stress potential areas, followed by three sessions of neuro-hypnotic therapy to equip you with positive suggestions and coping skills. There will also be three sessions of Serumi Ion treatment to help your body recover, strengthen its natural healing power and relieve stress. A nutritional consultation is included. The regular price for this package is RM1,587, but for *Time Out KL* readers, you'll enjoy a special price of RM1,060.

6th Floor, Lot 442, Wisma Hrih Lotus, Jalan Pahang, Setapak, KL (03 4023 5689/www.sol.com.my).



St Gregory Spa

St Gregory Spa
Until Oct 31

Take a breather with a quick back massage – 25 minutes for RM100nett. If you have time to spare, the Aromatic Revival package is a good deal; at only RM280nett, you get a 90-minute Aromatic Body Bliss Massage and Aromatic Rose Salt Body Scrub. You can also add on a bath treatment or a herbal compress to this package at 35 percent off. **PARKROYAL Kuala Lumpur** (03 2782 8356/www.stgregoryspa.com).

The Spa at The Club Saujana Resort
Ongoing

The Spa at The Club Saujana Resort is one of the best spas in the Klang Valley, not least because it is designed like a luxury tropical retreat, with eight spa villas arranged around a lush jungle. The new Ultimate Head to Toe Mineral Indulgence package (RM360) is a treat for the tired body. It consists of a calming steam bath (20mins), a Dead Sea Salt foot bath (10mins), a rejuvenating Balinese massage (60mins), a full body exfoliating and mineralising anti-ageing treatment (30mins), and a Spa Find Dead Sea Mud envelopment with hair and scalp massage (30mins). You can also add RM50 to the package to extend your body massage by 30 minutes. **Saujana Resort, Jalan Lapangan Terbang SAAS, Shah Alam** (03 7840 5026/shr.my).

Sex & Dating

By Sarah W

You can break that destructive cycle

I have always been intrigued by the classic smart-lady-who-prefers-assholes trajectory. You do everything possible to stay on this jerk's good side. You curb your smart-ass mouth and learn to say shit you don't mean just so you can have the privilege of hanging around him a little longer. You learn how to 'be cool' and 'chill about stuff' even as you're secretly stashing your crazy self behind every nook and cranny you can find. You commit yourself to not being clingy, ever.

Fuck the word 'clingy'. If you're not calling him around the clock and freaking out, he shouldn't give you a hard time about looking for a tiny shred of emotional sustenance from a person you're

sleeping with. Geez.

There are so many new ways for Mr Flinchy to be evasive these days. There are new advanced levels of Fuck and Run being played out there; there are new insanely high scores being racked up in the game of Sexual Conquest, enabled by Tinder.

This is what happens at the very end, after a series of crappy relationships with jerks and after you feel like you've squeezed out every last ounce of affection and energy for menfolk and are prepared to raise and breed corgis (despite your total lack of desire to do so): You decide that you will not date ambivalent, judge-y assholes ever again. No. You will only date really nice men who think you are truly glorious and special.

If there are no really nice men around, you will be doing your own thing, and you will be enjoying it, a lot. You will be cavorting in some manner that feels bold and unapologetic and funny and slightly bizarre. You will be throwing parties and dinners and dressing strangely

and flying your freak flag very, very high.

You will be committed to presenting every bit of yourself, openly, without hiding it, and at the first sight of nastiness, judgment or scepticism, you will very graciously smile and disappear. You will not sit around waiting for a second helping of dismissive horseshit. If you follow my instructions, you will not only be happier than ever, but you'll

also have men following you around like lost dogs.

Decide what you want, and then own it without shame. Knowing what you want, even if you might never get it, doesn't make you a loser. Owning what you want and sticking your neck out for it, that's what

separates happy people from unhappy people.

Standing up for your dreams and politely declining to 'be cool' and 'hang' and play along with the status quo? These actions are crucial. They shape your whole life. Without them, you are merely a spectator.

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You probably aren't that anxious to sit down and make demands of any guy. But I want you to see this as your big moment of truth. You aren't making demands of anyone. You are simply stating what is real and true for you. He can understand and appreciate it, or he can resist it and move on.

Either way, you give him your blessing and there are no hard feelings. You simply know what you want.

Let's be honest, lots of guys don't like it. You know what kinds of guys don't like it? The guys who are hiding from themselves, the guys who don't want to be seen, the guys who don't want to show up. *They are everywhere, dude.*

You don't want someone like that. You want one of the good ones, the ones who can look you in the eye and say, 'Yes, what you want is not unreasonable. I want to be intellectually met too. I want to be emotionally open too. I want to be with you.'

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