

Health & / Wellness



Spa Spotlight

Luxe Wellness Retreat

What's a holiday without some pampering? Unwind, rejuvenate and luxuriate at **The Luxe House** (7A Dempsey Road), tucked away in a quiet corner of the lush and green Dempsey enclave.



The aptly named 14-month-old spa can easily pass off as a swanky boutique hotel with its Italian marble floors, dark wood panelling, plush high-back armchairs, bare bulb chandeliers, textured walls and velvet curtains.

The spa specialises in head-to-toe healing therapies that combine Eastern and Western wellness philosophies, with treatments

performed by handpicked therapists who have been taught by master trainers from Malaysia, Thailand, Indonesia and China.

The treatments are not merely for relaxation but have been specially designed to target specific health ailments as well as improve the general health and well-being of guests.

Remedial treatments offered include traditional acupressure foot massage; foot and back massage; hair and scalp therapy; detox cupping; Gua Sha; moxibustion; royal ear mining; as well as breast and lymphatic wellness, weight management and fertility therapies for women.

The dimly lit spa has 18 treatment rooms that can accommodate individuals, couples as well as parties of three to four to encourage get-togethers and social interactions. Rooms are named after herbs and plants such as lavender, basil, cypress, chamomile, laurel and wintergreen. Some rooms feature customised reclining chairs that can double-up comfortably as treatment beds for foot and body treatments, while others have basins at the edge of the beds as well as large mirrors for hair therapies.

For massages, the spa offers a choice of five pure essential oil blends that have been specially formulated to help relieve sore muscles; soothe and relax; reduce jet lag and boost the immune system; and detoxify the body.

SIGNATURE FOOT & BODY TREATMENT

The Royal Meridian Foot & Back Therapy (100 minutes)

This therapeutic treatment is recommended for those with chronic fatigue, anxiety symptoms and backaches brought on by a sedentary lifestyle, and extensive computer work or driving.

The treatment starts with a neck, shoulder, head and hand massage while your feet are soaked in hot herbal waters to relieve tension and improve blood circulation.



This is followed by an acupressure foot and leg massage using the essential oil blend of your choice. A cupping therapy is then performed on each foot. A glass cup is attached to the heel by a flame-created vacuum and then moved over the foot a few times and then left in place on the arch to eliminate toxic deposits in the body and boost blood circulation in the feet.

The customised chair is then fully reclined for a back massage to loosen up tight muscles and ease knots in troubled areas. Hot stones are then placed on the meridian points to promote a healthy energy flow and improve blood circulation.

INTENSIVE BODY THERAPY

Total Tension Relief Body Therapy (90 minutes)

Recommended for those with chronic muscular and joint problems, this full body, oil-free massage combines ancient martial arts and modern fitness techniques to enhance muscle and joint function as well as improve posture.

The therapist uses her elbow, forearm, fingers and thumbs to deliver a gentle but firm deep tissue and meridian massage to relieve muscular tension and aches. Gradually, Chinese martial arts movements such as stretching, joints mobilisation and traction are introduced to release tension in the spinal cord and back area.

A lymphatic drainage massage is performed on the scalp to reduce pressure in the head, improve blood flow to the neck and remove waste deposits from the body.

The treatment ends with a hot compress on the body to stimulate the body's meridians and improve blood circulation.

Operating Hours

1pm to 1am daily

www.theluxehouse.com

