

Organic indulgence

> The Chateau Spa and Organic Wellness Resort is a destination spa with a difference

BY SOO WERN JUAN

It is nothing like your regular day spa where you walk in to get an hour of massage treatment and leave in a hurry when it is time as you need to get back to running your errands. At La Sante, you are required to leave those errands behind and spend at least a day at the wellness destination spa to experience an escape to relaxation and tranquility.

More than just a spa which provides various treatments, La Sante - located at The Chateau Spa and Organic Wellness Resort in Resorts World, Sentosa - is the first European concept spa in Asia and also the world's first organic concept spa. Combining the best of European spa expertise with renowned Asian hospitality, La Sante offers a complete organic experience offering wellness programmes that are tailored to nurture your respective needs.

As you arrive at La Sante, before you proceed to a treatment, a thorough consultation is done to understand what your body is lacking in order to design a programme that is suitable for you. You will be brought through a professional nutrition consultation that will unveil a realistic yet adequate nutrition plan. A wellness programme usually spans between two nights to seven nights.

"For guests who check in for these packages, we design the entire programme from food menu to treatments which they will go through during their entire stay. Ingredients which are used to prepare the food items are fully organic while products which are used during treatments also derive from a line of organic products. VOYA, imported from Ireland. Guests will also be able to indulge in bed linen, towels, bathroom and room amenities and even bathroom slippers which are all made from organic ingredients and materials," said Yeh Ming Wah, general manager of The Chateau Spa and Organic Wellness Resort.

A wide variety of different spa treatments is available to help treat specific health and wellness concerns including stress relief, detox, colouring, lymphatic drainage, relaxation and



many more. Featured treatments include the La Sante Signature Massage, Vaya Signature Hot Stone Therapy, Stress Relief Therapy and Body Drainage Treatment. Packages ranging from body pampering, beauty, stress relief, body cleaning, fitness, weight loss, couple retreat, pre and post natal care are custom tailored to suit your lifestyle to ensure that treatment and food type is able to complement your well-being. Each programme also comes with a planned schedule to ensure that you spend your time to the fullest with pampering activities.

Not only does the spa offer these treatments, spa guests can also treat themselves to European thermal facilities which include a herbal infused steam chamber, salt grotto (also

infused steam bath) or mud chamber and a 500g Himalay or known as 500g's heated bed with automatic body scrub machine. In the ladies only area, there is also a hydro pool which is infused with aromatherapy bath salts for guests' relaxation upon completion of treatment or guests can also head over to the salt pool for a leisure stroll.

It is the mission of the spa to incorporate a fitness regimen into your everyday lifestyle. Apart from spa treatments, for guests who enrolled in the fitness programmes, they will be put through yoga routines and gym sessions on top of a healthy diet. As for guests who check in the hotel for a free and easy stay, they are free to enjoy the hotel and spa facilities at leisure.

However if they wish the assistance, the hotel management is ready at service.

"Our aim at The Chateau is to ensure that you leave enlightened, filled with refreshment and as most of us are often bound by stressful schedules at work, we hope that guests leave the hotel relaxed, calm and refreshed for a new day at work.

"As the name of our hotel is tagged with the word 'wellness', we are working our best to care for our guests' well-being during their stay at The Chateau," added Yeh.

For more information, visit www.thechateau.com.my



Frankly, it's hard to find words to describe the organic spa experience. The Chateau Spa and Organic Wellness Resort at La Sante.