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SKETCH GOES TO FRIEZE
WE TALK TO MICHAEL ASHCROFT
THE MARKSMEN LONDON'S
MOST EXCLUSIVE PUB YET

The Malaysian chateau where bodysculpting gets serious

A brand new all-organic destination spa in the Malay rainforest takes a no-nonsense approach to wellness, finds **Gabriel O'Rorke**

The spa has an 18-hole golf course designed by Ernie Els

"I told my girls they will be in the Guinness Book of Records," says Mee Ming, the personal trainer pic. "Now we've got a year of training time, so let's see if we can do it in my girls have had one a year."

The reason we start training at weeks is that once you arrive one of the 10 exercise classes you are assigned, provided and your mates with nothing but the latest technology. Body sculpture have also agreed to arrange in the evenings, schedule either than that it's about fitting bodies in, as to the fact that there are no aspects and cars.

For the past 10 days, I've been "Upstairs, go" exercises among a crowd of with energy-sapping workouts. But at least you are "challenging" on a locale with a view to 100 metre waterfall, tropical rainforest to the north and the Straits of Malacca to the south. It's a 20-minute drive to the Lagoon Golf and Country Resort, a 36-hole championship golf course. The Chateau is also attended by chefs and attendants – the only days off-limits is the treatment. Cultivate a replica of the French Village of Montenvers, complete with cobbled streets and separate suites for additional privacy.

The owner of Berjaya Hills resides in a French village replica – there is no mistaking the Chateau's colonial 19th century architecture. Hotel Management is invited A 280-acre Forest reserve complete with a private and manicured 18-hole golf course by Clement Ong Chartered Golf Course Designer. The Chateau's main entrance has "Beauty of nature" engraved into the stone and doubles as a luxurious 5-star resort, with a 40-acre artificial, peaceful lake in the centre, complete with a floating restaurant, accessible by boat. Guests can also enjoy a variety of water sports, including canoeing, kayaking and paddle boarding.

Rooms are huge. Each suite is fitted with a private balcony, a 42-inch flat-screen TV, a DVD player, a CD player, a Bose sound system, a Nespresso coffee machine, a mini-bar, a safe, a telephone, a hairdryer, a bathrobe and slippers. Bathrooms are also huge, with a separate shower and bathtub, and a range of luxurious toiletries.

Each suite has a private balcony, and the Chateau features five progressive overflow pools in its grounds. One pool is open 24 hours a day, and is the perfect spot for a late night dip. This is the first spa to feature a 25m Olympic-standard pool. Spa – Chateau has a full health suite, and spans over three floors. It includes – alongside the basics of Asian hospitality:

- Steam Lagoon (plus Grotto and Ice Chamber, and Revitalising Waterfall)
- Whirlpool
- Relaxing Area (Main Lounge and Private Lounge)
- Sensory Wonder Lounge (SWL)
- Reflexology Trail (with Reflexology Pebbles)
- Salt Inhalation Room (Himalayan Salt Rock Therapy)

The spa has an extensive menu of treatments, from massages to facials, body wraps and scrubs, and a range of specialist treatments. Treatments are based on the principles of Ayurveda, Traditional Chinese Medicine and Western Medicine, with great emphasis placed on the use of natural ingredients, herbs and essential oils. Treatments include Ayurvedic Abhyanga Massage, Ayurvedic Shirodhara, Ayurvedic Udvartana, Ayurvedic Pinda Sweda, Ayurvedic Shiro Abhyanga, Ayurvedic Shiro Pinda Sweda, Ayurvedic Shiro Vasti, Ayurvedic Kati Vasti, Ayurvedic Janu Vasti, Ayurvedic Greeva Vasti, Ayurvedic Hasta Vasti, Ayurvedic Pada Vasti, Ayurvedic Nasya, Ayurvedic Karna Purana, Ayurvedic Netra Tarpana, Ayurvedic Mukha Lepa, Ayurvedic Shiro Lepa