

# THE MALAYSIAN Women Weekly

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## 10 Ways To Be A Better *you*

**MANDY MOORE**  
On how she landed the best job ever

Is your husband being bullied?  
*on page 106*

**Are you being cheated by online thieves?**

ON PAGE 102

**SHARE A SECRET**

"I was scared to tell my husband why I didn't want another baby"



**Spa Treats Worth RM16,710**

# 8 Amazing SPAS & RESORTS YOU *must* VISIT



# An Organic Hideout

Regain your inner balance high up in the hills at The Chateau

BY SA'IDAH SHEIKH JAFFAR



**T**here's just something about being high up in the hills, away from the daily grind and city pollution. We availed ourselves for a 3D/2N luxury retreat at the world's first organic spa and wellness resort. Nestled among the gentle slopes of Bukit Tinggi, Pahang, The Chateau's majestic architecture is inspired by a 12th-century castle in Alsace, France.

## A Holistic Approach

At The Chateau, wholesomeness through healthy living is practised in multiple physical approaches – yoga, nature walk, jungle trekking, or a one-on-one gym session with a trainer. You

*Living up to its "we have a heart for our planet" philosophy yet without sacrificing exclusivity, all rooms at The Chateau are fitted with the complete luxury of 100 per cent organic bed and bath linens, as well as VOYA organic bath products.*

decide what your goal is and the experts design a plan tailored to meet your needs.

## Pamper Time

Service at the spa is of the highest level and most unforgettable. We started with a herbal bath in a sauna room where the scent of natural

herbs is infused in the air. The 20-minute session lifted all stress and improved respiratory function and blood circulation.

Weary bodies will thoroughly enjoy the La Sante Signature massage. A combination of Swedish and shiatsu massage techniques, it provides deep tissue and muscle tension relief.

## Curated Dining

The Chateau prides itself in using fresh produce that is grown in their own organic farm. A few dishes that we absolutely loved were the Ginger Braised Beef Cheeks (main) and Chocolate Bombe (dessert) from their award-winning French fine-dining restaurant, L'assiette. Whatever it is that you seek, the impeccable service and picturesque setting of The Chateau will leave you feeling renewed, recharged, and ready to take on the world again. **W**

For more information on The Chateau, Spa & Organic Wellness Resort, visit [www.thechateau.com.my](http://www.thechateau.com.my) or call 09-221 3888.