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WALKING into the Shangri-la's Rasa Ria Resort's clubhouse of Dalit Bay Golf Club is like walking into a cool sanctuary after traipsing around the resort's ground. As the resort is near the sea, daytime can be so hot that all you want to do is sit within the confines of your air-conditioned room or never get out of the swimming pool.

Well, especially if you are no 'sun worshipper'.

So if you still have to traipse around the resort grounds for reason best known to yourself, walking into the clubhouse will really be a treat.

But there is something 'cooler' and a definite plus for you within the clubhouse. It is the spa called 'The Spa' (!).

Upon entering the first impression you will get is the muted colours of the walls and décor. There is almost a hush reverence... perhaps those who enter the spa want peace and quiet. That, of course, is what they get.

The air permeates of oils, with an underlying smell of spice. The lights are dim within the treatment rooms. The beds in the rooms look cozy and inviting...like, 'come for an afternoon snooze.' The spa boasts seven treatment rooms, with two double suites. This mean two people occupy a room and are serviced by knowledgeable masseurs simultaneously. The rest are single beds. The rooms are cutely named after spices like Cinnamon, Ginger, Ananas and Jasmine.

The services offered to guests are various and many. There is the two hours 30 minute treatment called 'Traditional Inspiration'. Guests will usually be informed that this is a purifying treatment that began a thousand

Spa experience at Rasa Ria

By Anna Vivienne

years ago for brides. Well. This is actually a body scrub treatment with herbs, natural grains such as rice, lime and egg white, followed by a full body massage and a mini face lift.

And then there is the treatment called 'Heaven and Earth' which is an hour and 45 minute long. It is a traditional back massage to ease stiff muscles and running of warm oil on the forehead to ease tension. Two people will massage the neck,

arms, scalps and shoulders.

The other treatment called 'Serenity Mode' takes two hours. This treatment accord you with anti aging spirulina body wrap, with acupressure on the face. And then you are given a body massage using a blend of lavender, ylang ylang and Melissa.

The 'River of Life' treatment is even longer at two hours and a half hour. You will be informed that this is a local massage technique, where they use stones from the rivers in Sabah to scrub and massage you.

There is many other treatments being offered actually. In the 'Spa Suite Relaxation' menu, they offer you three types of massage; In harmony, two hours and 30 minutes, The Romance Journey, two hours and 45 minutes and Ocean Breeze at three hours and 30 minutes. That should really be relaxing.

In the 'Golfer's Spa Experience offering there is the 'Golfers Inspiration Spa which takes two hours, Golfers Rehydration Spa at One hour and 45 minutes and Golfers Relaxation Spa at one hour and 30 minutes.

Under the Massage category, you can enjoy the Aromatherapy which takes one hour, the Traditional Massage also one hour, Acupressure Massage one hour, Head and shoulder Massage 30 minutes and Rasa Ria Massage 90 minutes. Then there are the body scrubs and wrap, the facial care and the hand and foot care. Actually, a few pages have to be dedicated to the services in Rasa Ria's Spa to do them justice. So I believe you will have to visit them to get the whole insight and of course the experience.

So the next time you are in Rasa Ria with your guests and friends, hop into the Spa at Dalit Bay and enjoy the peaceful environment, pampering from friendly masseurs and staff and begin your journey to a state of bliss. I like that.

