



It's about now that one feels the sense of achievement 2007 brought to us, looking back only bring fond memories very similar to after you've said your piece in public for the first time, or got off the dentist chair with nothing more than a mild bruise.

One of the best ways to soothe those tired muscles and rid the body of the impacts it took from this past year, what better way than to be treaded with a whole lot of tlc at Jasmine Healing therapies.

Jasmine feels cozy and comfortable, the rooms are beautifully lit, the scent of fresh flowers and natural oils instantly calm the senses, that relaxed feeling comes immediately and involuntary as I glide onto a comfortable bench upon request and my journey begins. The attendant with her soothing hands, aromatic oils and lotions weave her magic.

At Jasmine, you have a choice of healing therapies to choose from. The Thai Siatsu massage aligns the energies of the body using gentle pressure on specific points. This massage includes compressions and stretches. You don't just lie there, the therapist moves and stretches you into a sequence of postures. It's like yoga without doing any work. Thai massage is more energizing than other forms of massage. It also reduces stress and improves flexibility and range of motion.

The hot stone massage is highly recommended. Heated smooth, flat stones are placed on key points on the body. The Jasmine massage therapist will expertly place the smooth stones on specific points on the back or in the palms of the hand. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system. The Jasmine therapists place the stones on points that are thought to be energy centers of the body to rebalance the body and mind.

If you are looking for a perfect way to end a great year, or a fantastic way to start 2008, a couple of hours at Jasmine is one option that should be on your short list.

Location: Warisan Square  
Interior: Balinese Inspired  
Open: Monday-Sunday 11:00am to 11:00pm

# Jasmine Spa

An oasis in the heart of the city

