

Serene ESCAPE

Escape life's chaos at Cape Spa, a perfect hideaway to pamper the body and mind.
Vikorn Vibhukarut reports

PHOTOS : SANSITH KORAVIYOTIN



Sometimes I wonder if massage routines get a little too self-indulgent. But at Cape Spa, I discovered that massage is sometimes a health necessity. With my team, not only did we find its location on a cape far from town suitably dramatic, but the complete services on offer are great, with accentuated sensitively to the local context and the wisdom of Thai botanical ingredients.

This unique residential health retreat is located in southeast Phuket at Cape Panwa, amongst jungles by the peaceful Andaman. In addition to the beautiful, tranquil, airy and relaxed spa treatment room, pure indulgence can be experienced by reserving one of the exclusive private Cape Spa rooms with spacious facilities for personal or shared escapism. Each couple's pavilion contains a jacuzzi, sauna, shower massage room, and a living space with exotic decoration.

Even worthier are the various therapies and treatments, and the service with which they are delivered. We tried an Indian Head Massage, Full Moon Anti-Stress, and Deep Blue Sea treatments. The first step begins with the preparation and cleansing of the skin, the relief of stress through an aromatic foot soaking, and a private sauna. The Full Moon Anti-Stress, head, shoulder and back massages follow. For our aching shoulders our therapist suggested a combination of trigger-point therapy and facial release. Finished with a warm herbal compress, the intensive approach is designed to quickly rejuvenate tense muscles and relieve back pain and headaches

after a long day. After that it is the Indian Head Massage, an excellent alternative to pill-popping for headaches and stress, that deeply soothes the soul and boosts energy.

For the Deep Blue Sea, a gentle body scrub truly awakens our mind and during the oil massage my tension seeps away. Throughout this two-on-one session, both therapists managed to give us exactly what we desired. At times it was nearly impossible to discern one set of hands from the other, so perfectly synchronized were they in speed and pressure. Plus, the fresh ingredients used during the treatments are prepared on a daily basis and the spa's hospitable therapists are trained very well. After the program, skin is soft and smooth. Better yet, we've got a whole new view of massage.

We don't just want it – we need it. ■

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