

THE SPA



Image by Anthony Tran

SHIFT

Find the antidote to stress in regionally themed spa treatments, from Hong Kong to Chengdu to Miami

Text Chinggay Labrador



Hong Kong: All Organic

It's been two years since the launch of GLOHS — Giselle Lee's Organic Handcrafted Skincare — and in that time, the Hong Kong-born brand has grown from a line of just five core products to 20 items that cover everything from facial cleansers and toners, to face and body balms, lotions and hand treatments.

'We see an increasing demand for organic products, be it for skincare or food,' says Lee. Her personal foray into minerals, essential oils and herbal remedies first started in 2015 when she was diagnosed with breast cancer, and she has noticed a definite trend. 'Consumers in Hong Kong are placing an increasing emphasis on the true quality and ingredients of their products.'

Lee is also a big believer in the power of nature. 'The most profound thing about GLOHS is discovering just how effective natural ingredients can be when used properly,' says Lee. 'It's interesting to note that many developing countries have continued to use these natural remedies in their everyday lives and have seen continued benefits.'

This year, GLOHS fans can look forward to an enhanced product range for both skincare and health. Newbies to the brand might try the Manuka honey facial cleanser, toner and face cream combo — a sure way to get nature's glow in an instant, especially after a tough workout at East Hong Kong's BEAST (Body by EAST).

Hong Kong skincare brand GLOHS offers a line of handcrafted organic products



Chengdu: Glow with it

Even if you can't fit a month-long holiday into your calendar, MI XUN at The Temple House will transport you from city to sanctuary in a matter of steps. The exclusive urban day spa offers bespoke treatments and holistic discoveries — all within the confines of its tranquil Qing Dynasty-era courtyard. Leave your phone and tech at the door, disconnect from the outside world and find serenity in reconnecting with your own mind, body and spirit.

Named New Spa of the Year in 2016 in the Asia Spa Awards, MI XUN offers signature treatments that marry natural elements with superior technique. Try the Autograph Massage, which utilises locally sourced bamboo tools to target release and relaxation in the body. MI XUN also works with luxury skin care range THÉMAÉ to offer a four-tea extract that penetrates, corrects and treats the skin.

Whether you're looking for simple nail, waxing or barber services, or want full-on body treatments, massages or facials, MI XUN's suites can accommodate all your luxe relaxation needs.

A treatment room at The Temple House's MI XUN day spa, where guests can indulge in massages that use local ingredients from bamboo to tea. Image courtesy of Swire Hotels



Miami: Wellness Central

You may have to wait until July and August for Miami's annual Spa Month festivities, but that doesn't mean you can't gain access to the many world-class spas the city's ocean views have inspired. Miami's raucous nightlife combined with its daytime offering of sun, sand and surf can take a toll on your skin, so best to book in a little recovery session to keep it all balanced.

One of the city's most unique sanctuaries is the Tierra Santa Healing House, located in Miami Beach's Faena District. The 2,000-square-metre spa is steeped in South American culture, offering shamanic-based treatments founded on ancient rituals for physical healing.

Tierra Santa's healing art treatments incorporate shaman-inspired therapies, pranic healing and massage arts. Through the spa's own organic hand-blended range of sacred oils, butters, resins, healing stones and poultices, clients are exposed to age-old wisdom on holistic, natural healing. Tierra Santa employs ingredients ethically sourced from South America, as well as top-tier products from the Naturopathic and Biologique Recherche skincare lines.

The Tierra Santa Healing House offers treatment options based on shamanic healing practices. Image courtesy of Faena Miami Beach