

# life style

AUGUST 2011 \$3.00

## JAY CHOU

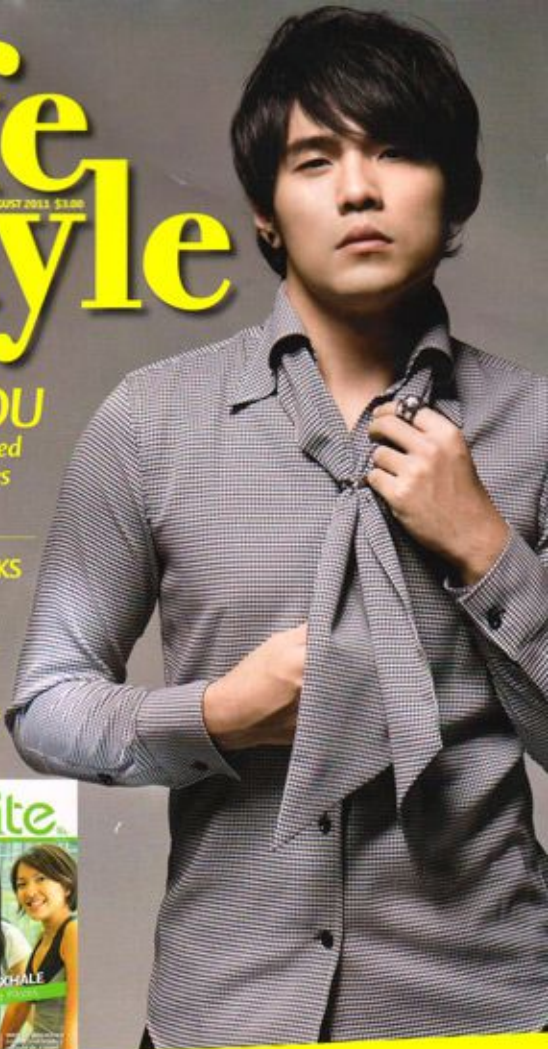
*The multi-talented superstar dabbles with design*

## A NATION'S QUIRKS

*50 Ways You Know You're Singaporean*

## BANGKOK

*The city Singaporeans love, enjoyed in 24 hours*



LITE  
addition



## Spa lingo:

*Five phrases to communicate with your therapist*

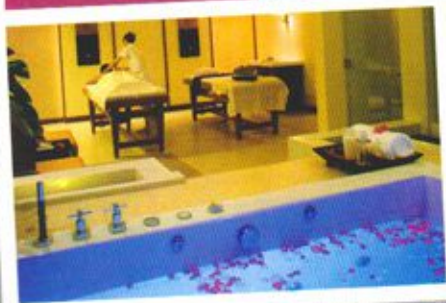
**Nak-nak:** Harder pressure

**Baw-baw:** Lighter pressure

**Phor dee:** Just right

**Khob khun ka:** Thank you to female

**Kob khun krap:** Thank you to male



she applied was just right and the fragrant oil was soothing. As our bodies absorb the oil better when heat is applied, the session induces deeper relaxation, so much so that I actually fell asleep! My other companions who chose the same treatment dozed off too. When the massage was over, we were served the traditional sweet sticky rice and mango. Overall, it was truly gratifying.

**Address:** 8th floor, Grand Centre Point Hotel, 153/2 Soi Mahadleklaung 1, Ratchadamri Road, Bangkok 10330. **Website:** [www.rarinjinda.com](http://www.rarinjinda.com)

## 4pm: Rarinjinda Spa

Replace tea time with a jaunt to the award-winning Rarinjinda Wellness Spa for some ultimate pampering. Equipped with the latest technology and treatments, guests will be spoilt for choice. I had the 90-minute Aromatic Hot Stone Massage (SGD100). Take your pick from five aroma oils – Romancing orange, rose, relaxing lavender, refreshing eucalyptus or olive.

Wrapping boiled stones in a towel, the masseuse placed them on my spine before tucking smaller pebbles between my toes. Thereafter, she rubbed the stones with the rose oil and used them to massage the tension out from my legs and the rest of my body. The pressure

