

# muhibah

MAY | JUNE 2011

## SHORT AND SWEET

UNITED KINGDOM

## FINDING AUTHENTICITY

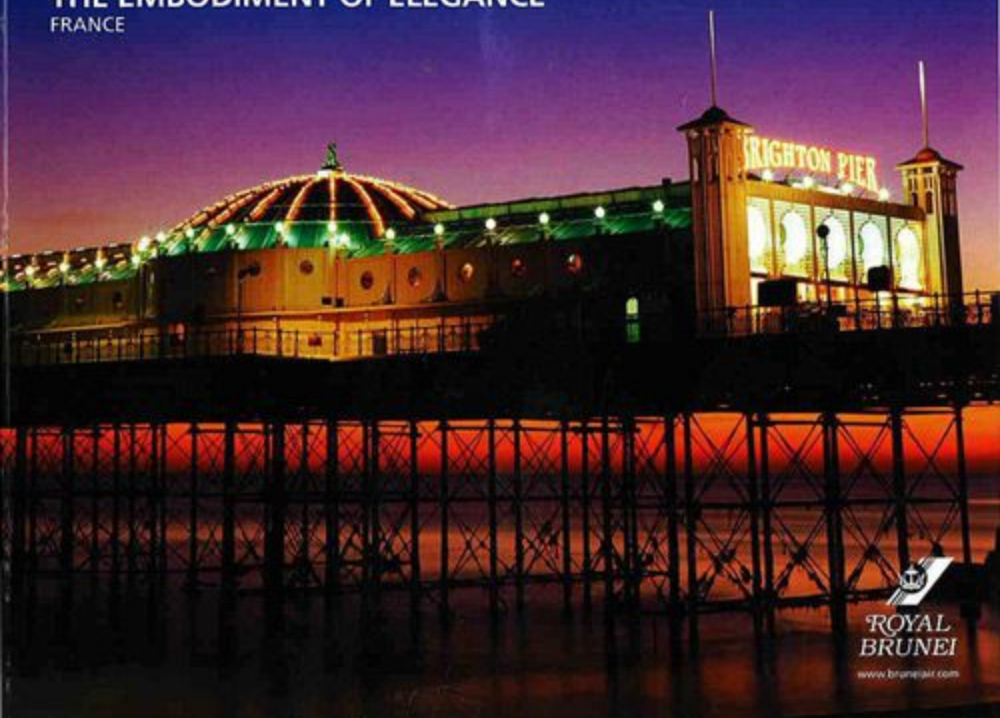
HONG KONG, PRC

## NORTHERN GEMS

THAILAND

## THE EMBODIMENT OF ELEGANCE

FRANCE



  
ROYAL  
BRUNEI

[www.bruneiair.com](http://www.bruneiair.com)

## FEATURE

Rarinjinda Wellness Spa is designed around an old, heritage house that now boasts of modern design and facilities.

Similar to Tao Garden, Rarinjinda Wellness Spa shares the same award, offering treatments and healing programmes that are parallel in its notion. The resort may be located near Chiang Mai's bustling centre and the historical Mai Ping River, but Rarinjinda's design is ingenious in its layout to create a spectacular urban oasis.

The heartbeat of the resort is its 140-year-old traditional teak house that has been meticulously restored to its former glory. Here, the lobby connects to a comfortable lounge room where guests can check e-mails on the computer, watch Premier League on the flatscreen TV, or laze with the many free magazines and DVDs available at the library. The spa, as well as guest accommodation, is built around this, hidden away from the outside world cocooned within a manicured garden filled with tropical flowers and water-filled urns. Stepping into the resort transports you to a different realm, away from the tourist-filled Chiang Mai of the everyday.

Making the most of its urban setting, Rarinjinda is perhaps the city's most complete wellness centre, equipped with many modern health and spa technologies. Facilities such as the hydrotherapy pool, infrared sauna, hydrotherapy tub, Vichy Shower, and whirlpool with chromo therapy, to name a few, are all applied together with a customised health programme designed upon consultation with Spa Director, Dr Sushil Rahul, who is also an expert in Alternative Medicine. Its Hydrocolon Therapy is among the most favoured programmes, allowing 'patients' to colon cleanse, colon irrigate and detoxify the body in a comfortable environment.

Perhaps what truly stands out in Rarinjinda is its healing body treatments. Each has been creatively adapted to combine the traditional with contemporary spa theories around the world, all the while delivered in true Thai hospitality and style. The result is an exotic and unforgettable journey towards health and wellness. For instance, a session on a warm sand bed infused with the calming Tibetan sound therapy is profoundly relaxing. As the bowls vibrate across the body, it induces a deep sense of relaxation that simultaneously activates the body's self-healing mechanisms. All this is experienced whilst the heat generated from the sand bed helps to eliminate toxins and rheumatic and osteoarthritic conditions.



