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# BAZAAR MALAYSIA spa awards 2019

## BEST CITY SPA-CATION

### EASTERN & ORIENTAL HOTEL, PENANG

With its reputation as one of the food capitals of the world and stunning heritage buildings, Penang has grown to become a cosmopolitan island with an exceptional arts and culture scene. I hadn't visited in years so I was thrilled to be there shooting the third series of *BAZAAR's* travelogue: 'BAZAAR Cities' (check it out on [www.harperbazaar.my](http://www.harperbazaar.my)).

**CHECK IN TO ...** Eastern & Oriental Hotel, also known as the E&O, has come to represent the island of Penang for decades. I

was greeted by khaki-clad doormen and bellhops in pith helmets as I entered the lobby of the Victory Annexe, which opened in 2013 and melds the colonial style of the Heritage Wing—built in 1885—into one contemporary design. The hotel has seen two World Wars, the wane of the British Empire, as well as the birth of Malaysia—if only these historic and opulent walls could talk.

**EAT ...** Indulge in a breakfast spread at the private Planters Lounge, open all day exclusively for guests staying in the Victory Annexe wing, which also offers daily evening cocktail hour with light refreshments. I found myself dining in true colonial spirit, sipping on G&Ts on the terrace, gazing across the Straits of Malacca and the Andaman Sea. The E&O

restaurant's 1885, named for the year that the E&O hotel was established, offers the hotel's famous English Afternoon Tea. Savour a lovely three-tier stand full of savoury- and-sweet-favourites accompanied by your tea of choice.

**SPA ...** Bringing the best of Thai holistic therapies to Malaysia, the E&O's Pañpuri Organic Spa offers utter serenity and indulgence, with five treatment rooms set against a backdrop of

lavish interiors, polished brass, and opulent marble—all with a picturesque view of the Straits. With a broad range of exotic, authentic therapies from across Asia performed by well-trained hands, escape blissfully with the Prana Stress-Relieving massage. First up, a steam shower with jasmine oil softened my skin and loosened my muscles. A warm pillow filled with rice and natural plant ingredients helped relieve the tension in my neck during the massage, too. Using a combination of Thai and Balinese acupressure techniques with organic lemongrass oil to alleviate stress and relieve pain, my therapist, Cindley, sure was stronger than I anticipated. As she kneaded my knots to stimulate blood circulation and increase muscle flexibility, I dozed off into a state of relaxation—

my body's energy points rebalanced and my soul deeply nourished.—**Elyza Khamil**  
10, Lebuhraya Farquhar, Penang. Tel: 04-222 2000. [www.eohotels.com](http://www.eohotels.com)



Pañpuri's organic products enhance the treatments at the E&O



Immerse yourself in the heritage-filled Eastern & Oriental Hotel

## BEST WEEKEND GETAWAY

### THE WESTIN LANGKAWI RESORT & SPA

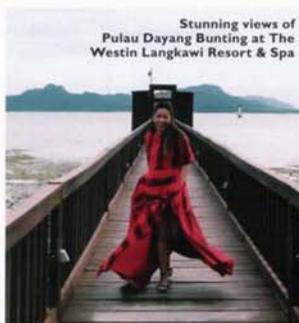
The sun was setting, as my view of the mythical islands in the Langkawi archipelago faded into the dark—fishing boats lit up, and sailed across the black of night. "The Jolly Roger, covered in pixie dust!" I thought to myself, as I tucked into my first course at Tide, The Westin Langkawi's pop-up concept restaurant which features international chefs on rotation. On this stormy night, chef Cliff Borg from Taro had prepared a pretty plate of crab and melon; I savoured every bite, as lightning illuminated the islands in spectacular fashion.

The day had been a series of beautiful moments unfolding; from the stunning views that greeted me at the vista of the Breeze Lounge to my beachfront Bedroom Villa with private pool, complete with a bottle of Prosecco and teatime treats to really get into holiday mode—chin-chin! Throughout my stay, lush treatments at the Heavenly Spa began with the ritual of choosing an intention stone—Hope, Love, or Gratitude. Starting with a three-hour Heavenly Hydration Rejuvenating

Treatment, my body was a willing recipient of head-to-toe pampering with a detoxifying scrub, deep tissue massage, facial mask, mud wrap, and salt bath, using minerals from the Dead Sea. The following day, a 30-minute Age Repair Facial prepped my skin—the Neverland metaphor of never growing old was not lost on me here, with a thorough 13-step process of masks, serums, and moisturisers that focused on lifting and plumping. My favourite, however, was the In Love Heavenly Island Scrub and Heavenly Massage, which used a blend of gentle soya and floral essential oils to exfoliate dead skin, followed by a Swedish massage using

a hot compress on the back—each long stroke and light pinching movement alleviating any soreness I had. After a long day of indulgence, a drink in hand while watching the tangerine skies at sunset, a rainbow sighting was the fairytale ending to this weekend escape.—**Audra Roslani**

Jalan Pantai Dato Syed Omar, Langkawi, Kedah.  
Tel: 04-960 8888. [www.marriott.com](http://www.marriott.com)



Stunning views of Pulau Dayang Bunting at The Westin Langkawi Resort & Spa



Waking up to breathtaking views of the ocean at the Bedroom Villa



11 Feb 2019  
Harpers Bazaar, Malaysia

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## SUMMARIES

**BEST CITY SPA-CATION EASTERN & ORIENTAL HOTEL , P E N A N G** With its reputation as one of the food capitals of the world and stunning heritage buildings, Penang has grown to become a cosmopolitan island with an exceptional arts and culture scene.