

BROUGHT TO YOU
BY LIFE & TIMES**JOM!** go

EXPERIENCE TOTAL REJUVENATION

With the addition of a top-notch spa, there's more reason now to stay at the grand dame of Penang, writes **Alan Teh Leam Seng**

The elegant waiting room at the Panpuri Organic Spa Penang.

PICTURES BY ALAN TEH LEAM SENG

A NIGHT stay at the Eastern & Oriental Hotel, the grand dame of Penang, has never failed me. But now, its latest addition to Eastern & Oriental Hotel, Panpuri Organic Spa Penang, makes my stay even more memorable.

The first thing that greets me when I arrive at the 6th floor is the aromatic essential oil scent emanating from a side table just by the garden entrance. Together with small brass burner, the table is decked with an array of local herbs and spices including slices of ginger and kaf-fir lime. The concoction already sets me in the mood for some pampering.

Spa manager Sujidtra Bantip, who insists that I call her by her nickname Ying, greets me. In between sips of refreshing herbal tea and the feel of the cold towel infused with organic lemon-grass and orange essence against my skin, Ying goes through the customary questionnaire with me. It's to check if I have any ailments or allergies and also to determine the type of treatment that suits me.

I have been to many spas in the region and I rate Panpuri right at the top of the list. Looking at the luxurious interior decorations, it is obvious that no cost has been spared for the setting up of Panpuri. There's a seamless marriage between the latest in spa treatments techniques and the timeless elegance of the furnishing to exude supreme comfort.

The soothing music helps me to relax and I already feel a sense of calmness even before the start of my treatment. Ying says that the Mali Moonlight Massage treatment that she has recommended is popular among guests who want to rejuvenate after their long journey.

Among the things that sets Panpuri apart is that all the ingredients and products used are completely organic. It has

a policy of using everything natural. Faithful to its motto of "Everything that touches you is organic", its bathrobes, towels, sheets, fresh fruits and even refreshments are carefully selected for their organic and nourishing properties.

My treatment starts with the foot massage using fresh organically grown kaf-fir lime slices and leaves. Ying tells me that the 10-minute foot massage helps to exfoliate the older epidermal cells and promote the growth of newer ones, making the feet supple and improve blood circulation.

Just minutes into the treatment that combines traditional Thai massage, aromatherapy, reiki and acupressure techniques, I begin to feel completely relaxed. I find myself drifting in and out of slumber while my tired sinews are rejuvenated by the organic Thai geranium essential oils I have selected earlier.

For the remainder of the treatment, I totally surrender to the therapist who skillfully employs long kneading strokes and acupressure techniques to re-energise my body while at the same time re-opening my energy pathways.

My experience does not end after the treatment. Prior to leaving, I am ushered in to a luxuriously furnished resting room whose temperature is kept slightly warm to keep my skin pores constantly dilated to maximise the essential oil absorption.

While enjoying stunning views of the sea, I am served slices of dried apricots and kiwi fruit together with a pot of warm Moroccan mint tea. The organically grown dried fruit is said to provide sustenance after the hour long treatment while the organic tea is to aid in the final detoxification of my internal systems.

FAMED SUNDAY ROAST

Back in my room, I effortlessly fall asleep within minutes and only wake up when

The Eastern & Oriental Hotel

10, Lebuhr Farquhar

Penang

Tel: 04-222 2000

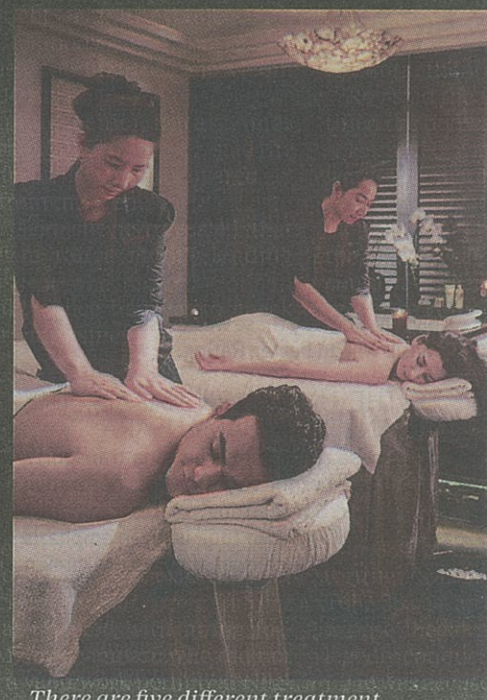
EMAIL: luxury@eohotels.com

WEBSITE: www.eohotels.com

The elegant Panpuri Organic Spa Penang reception area.



Get ready to be pampered at the Panpuri Organic Spa Penang



There are five different treatment rooms to suit individuals, families and couples.

my alarm starts to ring. Wow! The massage earlier had allowed me to enjoy one of the most peaceful slumber I can remember. Looking at my watch and feeling hungry, it is time for Farquhar Bar's famed Sunday Roast.

Located just to the side of the hotel's main lobby area, the bar is set up like a traditional English pub complete with rustic dark wood furnishings and flat screen at the side showing live sports specifically rugby and soccer.

