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A luxurious afternoon at Pañpuri Organic Spa in E&O Hotel, Penang

Impeccable Thai standards

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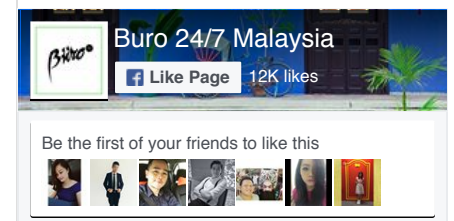
As part of our #BuroRoadTrip this month, we reviewed Penang's best organic spa located at E&O Hotel

The existence of Pañpuri Organic Spa on the sixth floor of Eastern Oriental Hotel, Penang, was a surprising (and welcoming) nugget of information that I received prior

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to our #BuroRoadTrip—firstly because Pañpuri Organic Spa is perhaps one of Thailand's best, award-winning organic spas around, and the *only* well-recognized spa that offers an exclusive range of organic beauty products too. After liaising with E&O Hotel, I was delighted to be given a chance to review one of Pañpuri's signatures, the 90-minute long Mali Moonlight Soothing Massage (also available in a 60-minute session).



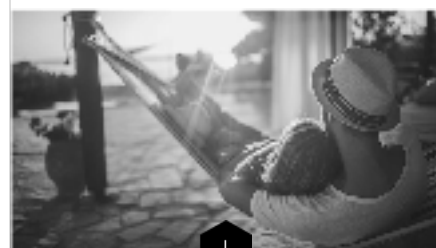
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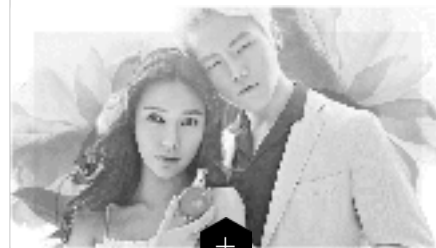
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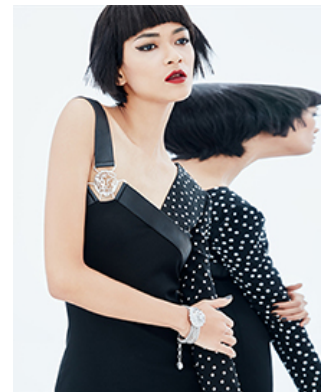


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Pañpuri Organic Spa's reception area is an impressive sight to behold, with signature black and gold colourways decking the walls and furniture. There I was presented a few organic, in-house therapeutic massage oils that offer individual health benefits, and eventually decided upon lemongrass because 1) it's my favourite scent and 2) it helps relieve stress and happens to be an excellent mosquito repellent. My therapist Cindley then ushered me into yet another impressive space, the Couple Room that holds two separate massage tables, an indoor bathroom, wardrobe, and not forgetting, a breathtaking view of the straits. For those who are finicky about privacy or the glaring sunlight, you can opt to have the curtains drawn as well. I heard that the other Couple Room next to mine even features an indoor jacuzzi next to the window—a perfect treat for honeymooners.

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Cindley began the session with a comforting organic foot scrub made of kaffir lime and leaves, which smelt as good as it felt. I was also given a warm neck pillow filled with natural plant ingredients to help relieve the tension on my neck, which was a lovely touch as I did mention to her earlier on that my neck and shoulders were feeling knotted and slightly tensed that morning. Right after that, it was time to get started on the massage session. The Mali Moonlight Massage is said to combine traditional Thai massage, aromatherapy, Reiki, and acupressure techniques to allow absolute relaxation—and boy was I ready for that. I probably dozed off more times than I should, seeing how I should stay awake to take note of details for this review, but seriously, it *was* pretty relaxing. I liked that Cindley paid more attention to my neck and shoulders with kneading strokes to ease the tension, right after she worked on my legs, backs and arms.

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wiped down with a clean towel (yay to less oily skin!), I was informed
on was done and I can drop by the waiting area once I get dressed. For
e that day I was awed by the luxurious design of the spa. Cushy seats,
ps and brass furnishing made the waiting room a beautiful space to be
e sipping hot ginger tea and munching on dried fruits post-massage. A
E&O Hotel after the spa session is recommended as well, and don't miss
view of the sea as you're strolling by the new wing. Suffice to say that I
d dropping by Pañpuri Organic Spa once again (for a facial treatment
y next Penang adventure in the near future.

Pañpuri Organic Spa in E&O Hotel Penang's list of treatments [here](#). For
ation, click on [E&O Hotels](#) and [Pañpuri Organic Spa](#).

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Wei Yeen Loh

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E&O Hotel, Penang

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
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