



WILD 'n' FREE *Diary*

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MALI MOONLIGHT SOOTHING MASSAGE AT PAÑPURI ORGANIC SPA

July 9, 2018

Sometimes we decide it is a time for a romantic getaway for both of us. This time we treat ourselves with a great staying in **E&O Hotel**, Penang. When we were staying there we pampered ourselves and went for a treatment at their Pañpuri Spa. The spa is located on the sixth floor of a new wing, where guests can indulge in the infinity pool, work hard at the gym, eat some great food or like we did relax. The relaxed feeling starts even before you reach the spa entrance. For that, I blame the greenery on the outside of the hallway window. What a fantastic hall that is!



E&O hotel Panpuri Spa: They have one of the nicest commercial exhibition we have ever seen

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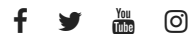
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At the entrance, we were kindly greeted and in a blink of an eye we were sipping the chamomile tea and cooling down with heavenly scented cold towels. The fragrance of the lemongrass and orange was perfect after the long journey we took in the morning. Actually, it's perfect for any occasion if you ask me. It's uplifting, relaxing and balancing at the same time.



E&O hotel: Outstanding hall just waiting to be photographed

Before the treatment begun they made sure that we would enjoy our massage. In order to do so, we had to answer few simple questions. Like what areas you would like to treat the most or about some physical problems. I was happy about that because it guarantees that you can peacefully enjoy the relaxing massage. Here you can also choose which massage would you like. The fact that we had the pleasure of smelling all the oils and listen to the benefits of each, also shows how important the individuality of every guest is to them.



E&O hotel Panpuri Spa: You can choose your masagge oil and type of massage you want

After that, we were taken to the room where our treatment took place. We were headed for the Mali Moonlight Soothing Massage. That is their most popular one and it combines Traditional Thai Massage, Aromatherapy, Reiki, and Acupressure techniques. For maximum comfort, we changed into the light cotton ropes and started the detox

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feet bath. She put the limes and kaffir lime leaves in the water for a quick detox. The salt piling rub she did was a guarantee for more soft and lighter skin. While our feet were soaking the therapists turned on the warming blanket. The blanket was another aspect of their thoughtfulness that I was grateful for. Because I'm more of a frozen type I get easily cold. However, that didn't happen on their table. At the table, I found another great feature – a bowl of floating flowers on the floor. At first, I stared at the flowers and then just went in the meditative state.

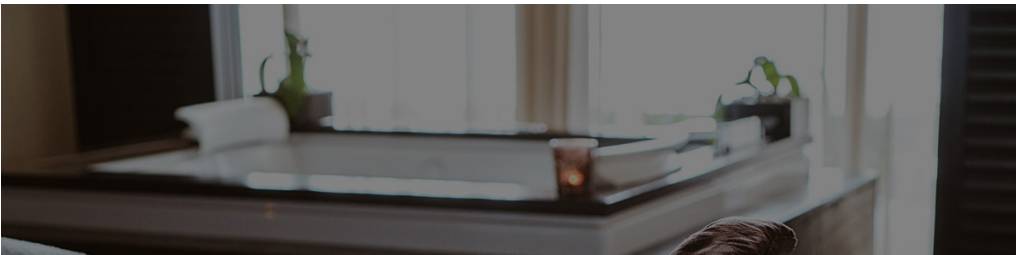
That was easy under the incredibly soft hands of the therapist. The quality of the organic products reaches far beyond the aroma of the essential oil. The immediate effect has the aroma that sends you in paradise, but there is more to it. Their respect for nature is what won me over. Using eco-friendly natural ingredients is the best you can do for your body.



E&O hotel Panpuri Spa

It was less tranquil for Ian, as his therapists had some extra work with few muscle knots. A heavy backpack is no joke, my friends. Well, she really tried hard to release those knots and was cautiously asking if he was in pain. I

think this was a payback for laughing at me for mine Valentine's massage when I was in pain. But he was way better off with this one. I sure enjoyed it much more. Our massage lasted for an hour and I must admit, this was one pleasant massage! I loved the atmosphere there, and the massage was intense just right. Not deeper directly to the muscle but strong enough to release the stiffness. The therapists were very skillful, and she knew exactly which parts needed more attention. After the massage, we were both like newborns. Even if the session was over, it wasn't just thank you and goodbye.



Guess who was amazed by Panpuri toiletries...

Before we said our goodbyes, we got accompanied to the relaxing room where Moroccan mint tea and dried fruit were waiting for us. There we had all the time we needed to come back to reality while looking at some interesting magazines. The whole experience is intriguing and when you know that you and nature are better off the experience is even sweeter.



E&O hotel Panpuri Spa: Here you finish your pampering with some great tea and dried fruits

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ROMANTIC GETAWAY



Vivi

Writer and a culinary enthusiast, who was closed in the little cage, but now she has just opened her wings and the whole world is in her hand.

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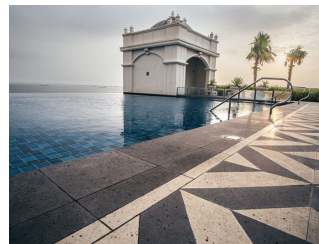
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
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