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Rarinjinda Wellness Spa:

a journey towards health and wellness

With spa visits slowly becoming a taken-for-granted luxury, it's easy to fall into the trap of thinking that if you've seen one spa, you've seen them all.

Don't. If you enter just one last spa in your lifetime (not that it's likely you'd ever give up the bliss of spa visits), may WE recommend the Rarinjinda Wellness Spa in Bangkok?

World-class services

If there is one thing Thailand is world-famous for (and mind you, there are many things that distinguish it the world over), it is the variety of bliss-inducing Thai spa treatments and massages.

One of the most popular in Bangkok is the Rarinjinda Wellness Spa.

From its humble beginnings as a small center offering Thai, oil, and foot massages, Rarinjinda can now be found in Chiang Mai, Bangkok, and Phuket. It prides itself on pioneering innovations in the wellness industry. This boutique resort has an impressive lineup of citations, including the Outstanding Day Spa: Thailand Tourism Awards 2010, Outstanding SME Spa: SME National Awards 2009, and Renovation & Modification: Thailand Boutique Awards 2010. It was also a nominee for the "Best signature experience" in the prestigious Spa Asia Crystal Awards in 2010.

Coming home in a foreign land

Walking into Rarinjinda is like coming to a place where you can be at home. That ineffable feeling of comfort is amplified when the attendants give you that lovely traditional Thai greeting which sounds so much like a mellifluous blessing. The spa's premises are suffused with soft light; in the background, water murmurs, and the scent of ginger, eucalyptus, and chamomile faintly tease your nostrils.

Do something different on your honeymoon; try your first couple spa experience at a place which has won prestigious awards from spa and travel bodies all over the world—at a price which will make you blink and say, "Are you sure it's that affordable?" The "His/Her First Spa Touch," a delicious initiation to the world of pampering, is a shared experience you two can talk about for months to come.

More experienced couples can try "The Best Massage of All Time," which for just 1,500 baht includes hot herbal compresses, a thorough kneading of sore muscles (including those you didn't know you had), and a soothing rubdown—finished off with a delicious sweet rice dessert! Or you can have Rarinjinda's signature treatment, "Elements of Life."

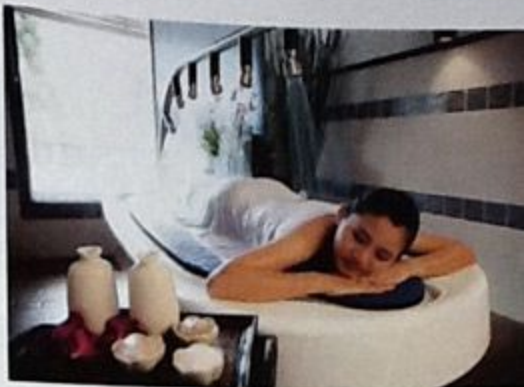


Whichever treatment you wind up indulging in, Rarinjinda's Assistant Executive Director Narun Wiwattanakrai explains that they've invested much time and study to come up with treatments that fuse traditional and contemporary spa theories from other leading spas across the world.

Unique spa treatments

For example, "Elements of Life," the spa's signature treatment, took its basic concepts from a German hospital's famous thermal sand bed, which has been proven to help alleviate body pain and calm stressed muscles. Added to the sand bed concept was a Tibetan massage routine known as the 'sound massage'. With the use of metal Tibetan bowls that resonate with crystal-clear sounds, this treatment can make you feel somnolent—slipping into a meditative state is one of its positive results.

It begins with a herbal foot soak followed by a gentle massage for each leg finished off with Rarinjinda's house blended guava foot polisher. Then you are led to the room where the sand bed awaits; a quarter of an hour later, the strange gritty feeling subsides and is replaced by that peculiar state of quiet comfort that results when muscles lose their soreness.



This is followed by the placement of the metal bowls used for Tibetan Sound Therapy: one over your head, one on your feet, and one on your belly. Tapped in a specific sequence, the sound sends wave after wave of vibrations up and down your body. Don't be surprised if you're lulled into a trance-like state, and don't fight it; lie back and let the experience take you where it will. You may even regret being roused for the cold rose body freshener that finishes the treatment.

Wiwattanakrai believes that the process of rejuvenation brings a person back to the basic elements of nature: earth, wind, fire, and air. "In the elements of life, every part of the entire process represents one of the four elements," he explained: the sand bed representing earth; its warmth, fire; the sound from the Tibetan bowls, air; and the cold rose body freshener, water.

Whether you're planning your honeymoon in Thailand, are headed there for a pre-wedding getaway, or intend to renew your vows to each other, it's always worth taking some time away from the usual touristy activities of shopping and sightseeing to sink into some well-deserved bliss. ☺☺

Visit Rarinjinda Wellness Spa located at the 8th floor, Grand Centre Point Hotel 153/2, Soi Mahatlek Luang 1, Ratchadomri Rd., Bangkok Thailand. For inquiries and bookings, email majo@rarinjinda.com or info@rarinjinda.com. For more details, visit <http://www.rarinjinda.com>.

