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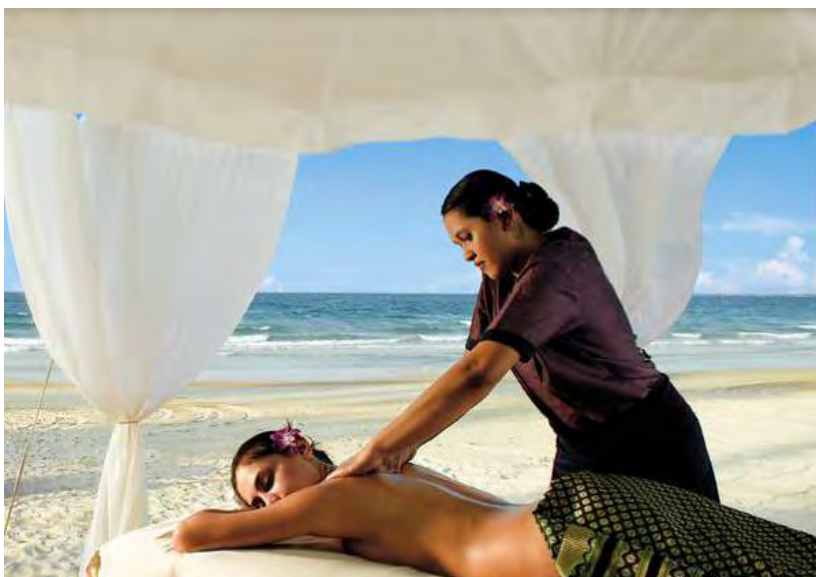
BACK TO CNA

WEEKEND ESCAPE

Luxury spas in Batam? Fancy weekend getaways very close to Singapore

BY KAREN TEE | 03 JAN 2019 | 

You don't have to travel far to enjoy a relaxing long weekend away from the madding crowd with these luxury resorts in Bintan, Batam and Desaru.



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(Photo: Banyan Tree Bintan)

It's a new year with new beginnings and all that but for most of us, it is that same old feeling of **getting back to the grind**. Well, there are **four long weekends in 2019** so even if you're not sure you can spare the time for a mid-to-long haul trip yet, you can certainly fit in a speedy getaway to nearby Bintan, Batam or even Johor.

While these destinations have long been popular among **budget travellers**, there are also luxury resorts and spas for those who prefer the finer things in life.

► **READ: Free kiss or a S\$6,900 spa bath? How to beat stress according to your budget**

One of the jewels in Bintan is The Sanchaya, an exclusive 29 villa and suite resort, which has just launched a wellness programme featuring a roster of visiting fitness gurus throughout the year.

The first residency starts Jan 7 and runs until Jan 14 with pilates specialist and personal trainer Rosie Gregory. Her morning classes focus on full body workouts while afternoons are dedicated to stretching and breathing techniques. The best part – all her classes are complimentary for in-house residents.

RECOMMENDED



Pilates specialist and personal trainer Rosie Gregory kicks off The Sanchaya's new wellness programme this month. (Photo: The Sanchaya)

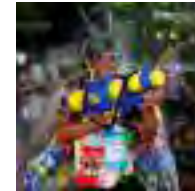
Here's our pick of the most luxe spas and wellness retreats in Batam, Bintan and (some say) Johor for when you need a pampering escape from the little red dot.

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THE SANCHAYA, BINTAN



The Sanchaya's spa recently underwent a renovation. (Photo: The Sanchaya Bintan)

Housed in a stately colonial-style building, the opulent beachfront estate of The Sanchaya oozes elegant glamour. The resort has launched a revitalised wellness programme, which includes a newly renovated spa which now has a Beauty Room for manicures and pedicures.

There's also a Relaxation Room featuring comfy lounge seats where you can enjoy a detoxifying tea or fresh juice before and after your treatment. Check out the indulgent 105-minute Sanchaya Signature Treatment, IDR2,160,000 (S\$204), which features a deeply relaxing massage using a fusion of Java volcanic warm stones, long strokes and stretching movements to melt away all signs of tension.

Rooms from IDR6,750,000 (S\$637) per night. For more information, visit <https://thesanchaya.com/>

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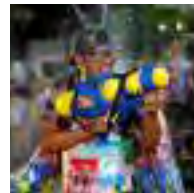
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