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A HOLISTIC WELLNESS EXPERIENCE

By The Peak | 27 Feb 2019 | The Brief

This year, the luxury and tropical glamour estate, The Sanchaya, improves their health and wellness service by adding two new treatment rooms to soothe and rejuvenate mind, body, and soul. A Beauty Room which has a natural manicure and pedicure treatments as well as CND shellac paint options, and a Relaxation Room which complemented with comfortable seating and lounging areas where guests can relax before and after their treatment with a detoxifying tea or rejuvenating fresh juice. There is also an Aroma Hot Coconut Hair and Scalp Treatment that includes a relaxing head, scalp, and shoulder massage with a mixture of organic Indonesian

coconut oil and infused essential oil of May Chang, Cedar Wood, and lavender. Using different strokes, the massage targets pressure points and helps to relieve stress, also delivers a feeling of calmness, whilst the coconut oil improves hair's condition, adding shine and softness.

Other than those pampering treatments, The Sanchaya has experts visit program throughout the year that started in January with the renowned pilates specialist and personal trainer, Rosie Gregory. During her time at The Sanchaya, Rosie gave a holistic wellness experience from morning to afternoon sessions. The morning session focus on HIIT and full body workouts, meanwhile the afternoon session focus on stretching and breathing. Rosie's section complemented with a healthy menu that included Magic Matcha Tonic which boosts metabolism, regulates blood sugar levels, reduces stress and blood pressure, also improves memory and learning



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