

# First Ever in Singapore: Tibetan Spa Therapy

I am one of those people who seldom has the time to take care of myself. By Ufairah Akram

Whenever I have precious time, I treat myself to a good massage or facial.

Pampering yourself helps to rejuvenate the mind and body, and psychologically gives you the boost of energy needed to start the rituals of hectic everyday life.

One of the places I would recommend to go for a great relaxing massage would be Basic Essence.

It is the first, and known to be the only provider of Tibetan Spa Therapy in Singapore.

2-hour session that I indulge myself in comprises of the Himalayan Hydro Bath and the Tibetan Sacred Stone Massage.

Himalayan salt, light therapy and Jampeche massage oils are infused into the hydro bath to ease and relax our muscles and state of mind.

Jampeche is a unique blend of essential oils in a herb infused oil base. Ingredients that can be found in the oils



include nutmeg, wild asparagus and sesame seed oil, just to name a few. There are 4 types of oils to suit different purposes.

For the hydro bath, Spikenard (Jampeche massage oil) is added to relieve stress and to rejuvenate mature skin. Its warming and grounding properties make it ideal for people with poor circulation, joint and muscle pain or stressful lifestyles.

Though sea salt is popularly used in most spas, for this therapy Himalayan crystal salt is used instead.

It is believed that our body responds differently to different shades of light. Light therapy is blended into the hydro bath session to give a sense of balance to our body.

The hydro bath lasts for 20 minutes and you will be able to feel your tight muscles loosening up. Before the application of the hot stones, be pampered by a simple oil message from head to toe.

Next on the itinerary is the Tibetan Sacred Stone Massage.





The stones are hand-picked from the Himalayan Rivers and carved with mantras and auspicious symbols by the Tibetan monks. These stones are heated and applied to vital points on the body to dispel blockages, enabling the smooth flow of life force energy throughout the body. This ancient treatment is described in Tibet's medical text as the Gui Shi.

Imbued with Tibetan healing intent, not only do the stones have positive physical effects on the body, they are believed to help with the spiritual wellbeing and inner harmony of the individual as well.

Soft Tibetan chants and music resonate during the session to help your mind and soul come to a relaxed mode. The dimly lit room and the traditional Tibetan décor transport one to a special peaceful place.

Not only is the massage comfortable, it is worth the money. A 2-hour therapy session will cost you less than \$250.

Randy Ong and Jacqueline Yu, proud owners of this holistic spa believe not only in the rejuvenation of the physical body but also the spiritual soul.

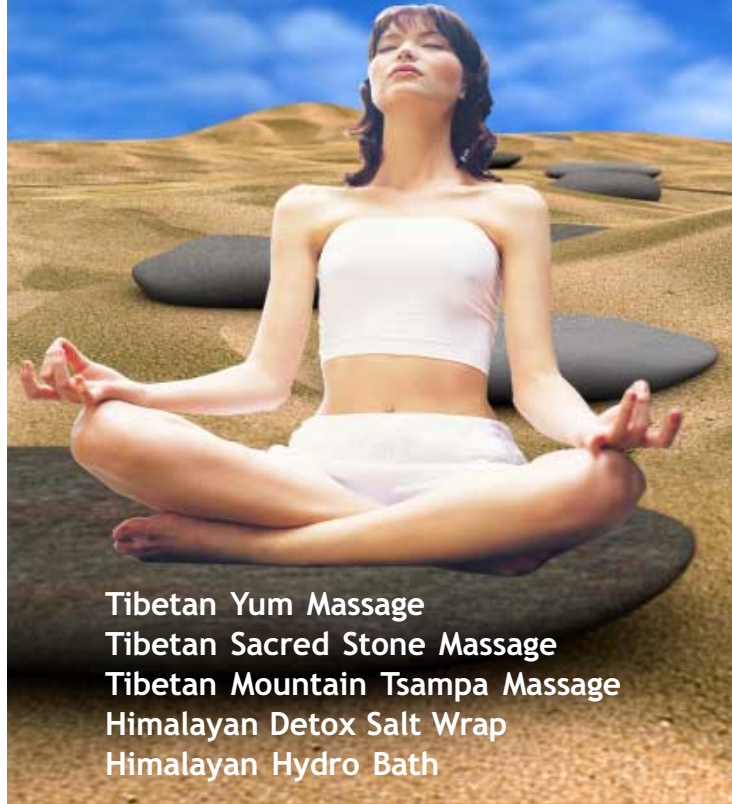
For those who wish to have a unique experience, Basic Essence is the essential place to be.



Basic Essence-Holistic Shop & Spa  
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 Tel: 6468 4991  
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