

Friday, 16 April 2021

## The Spa At MO: De-Stress With Its Deep Sleep Treatment



A treatment room at The Spa at MO

Pairing an exquisite massage and a sublime blend of essential oils, this signature spa treatment at Mandarin Oriental, Kuala Lumpur is bliss personified

One of the top city spas in the country, The Spa at MO is the only spa in Malaysia to receive a four-star rating on Forbes Travel Guide 2021. Offering a wide range of treatments both healing and relaxing, the wellness sanctuary also boasts the Peter Burwash International (PBI) tennis centre where private lessons are available.

With spas being allowed to operate under strict SOPs, it's time to indulge in some pampering, considering the year that it has been. In these uncertain times, we're all feeling more than a little anxious and could definitely use a break from our daily routine.

If you have been having trouble getting uninterrupted sleep, The Spa at MO has a signature treatment that promotes better sleep. Called the Deep Sleep Treatment, it starts with a warm foot bath using ginger sea salt. As ginger is known to reduce hypertension, it's an excellent way to kick off the two-hour treatment.

As my feet soak in the soothing bath, I look around the treatment room, admiring its warm accents of teal and fabric panels as a sweet scent of mandarin permeates the room. I immediately feel a sense of calm wash over me.

I sit back and close my eyes as the therapist, protected by face mask, face shield and gloves that she will have on throughout the session, proceed to scrub my feet with the salt. Moments later, I find myself lying on my front, listening to the ringing of the Tibetan singing bowl. Its vibrations are supposed to produce a calming energy around my space.

Only then does the massage begin. Since it's a relaxing massage, it employs mainly broad strokes with the palms but you can request for the level of pressure (soft, mild or hard).

The relaxation is further aided by Aromatherapy Associates oil composed of a divine blend of vetiver, sandalwood and chamomile. At this point, all I can do is submit to the expert ministrations of my therapist. With each steady, deliberate stroke, I can feel the stress slowly melting away.

Time flies when you're in bliss, and as much as I hate for it to end, I'm awoken from my lull. It has been more than a year since I've stepped into a spa and the Deep Sleep Treatment is just what the doctor ordered to restore my equilibrium that had been disrupted by the endless lockdowns and pandemic anxiety. No prize for guessing how well I sleep that night.

(Source: <https://my.asiatatler.com/life/review-deep-sleep-treatment-at-the-spa-at-mo-kuala-lumpur>)