

# True Spa

BEST FOR TOTAL WELLNESS

**WHAT:** True Spa's outlet at Cuppage Terrace is a haven from the Orchard Road hustle and bustle. Situated in a bar- and restaurant-lined enclave, this urban day spa has a distinctly chill-out vibe. It boasts 19 massage rooms, five facial rooms, five VIP suites, steam rooms and hydrobath facilities. This isn't a run-of-the-mill spa experience as it features dim club-like lighting and tracks which blend new age music with smooth jazz and electronic beats.

**GO FOR:** Turn back time with its top-of-the-line 105-minute Age-Defying Intensive Facial treatment (\$380). For the body, get cracking with the signature stress-relieving True Spa Asian Reviver (\$328 for 120 minutes) which fuses Balinese Sports, Shiatsu Traditional and Royal Siam movements. For something gentler, the Swedish Timeless massage using rice oil (\$161 for 60 minutes) relaxes and de-stresses. If you're pressed for time, opt for the express 40 Winks Head Massage (\$88 for 30 minutes), Back Relief Massage (\$110 for 30 minutes), Comfort Soles foot massage (\$94 for 40 minutes) or Invigorating Hand Reflexology (\$88 for 30 minutes).



**THE EXPERIENCE:** The Swedish Timeless massage gently tamed our tension. During the Age-Defying Intensive Facial, quality Institute Estherderm products from France are lovingly massaged onto your face. During this luxurious treatment, which includes two face masks, you'll also get lovely extras, like a 15-minute back massage, a 20-minute face massage and a detoxifying foot wrap, to ensure that you get head-to-toe cossetting.



**VERDICT:** If you're a party queen who has not chilled out at a nightclub since baby's arrival, this is the closest you'll get to your beloved clubbing atmosphere. Loyal True Group fans can become spa members. True's other wellness offerings include an aesthetic clinic (True'Est), yoga (True Yoga and Bikram Hot Yoga centres), and a fitness chain (True Fitness) for a holistic approach to wellness.

**SERVICE**   
**AMBIENCE**   
**TREATMENT** 

**EXTRAS** Heated beds keep you warm and toasty. Some treatment rooms have en suite showers. Besides tea, you'll end your spa experience with some refreshing chilled fruit.

**TRUE SPA**  
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