



HOLISTIC JOURNEY AT NAVASANA SPA

The Navasana Spa in the Outrigger Koh Samui Beach Resort uses local healing traditions and wisdoms together with global therapeutic treatments that purify, rejuvenate and reward the body while restoring natural equilibrium. Its inspirational Zen architecture and décor enables spa-goers to drift off on the soothing lullaby of its whispering waters and soothing breezes flowing onshore from the Gulf of Thailand. The Navasana Signature Massage of 90 minutes combines lomi lomi Hawaiian techniques with traditional Thai massage. Firm continuous strokes and Thai yoga unlock energy flows and help loosen tense muscles. www.outrigger.com

THE SPA WORLD REFRESHED AT AVANI PATTAYA

The spa in AVANI Pattaya Resorts and Spa provides a refreshingly different spa world; one that feels pure, contemporary and totally relaxing. Treatments focus on exactly what the customers require in a setting that maximises the beauty of simplicity. Treatments are based upon the guests' desired outcome and designed to boost, calm, balance and purify. Therapies are enjoyed with a personal touch, so guests can lay back and relax with their aroma, music and lighting of choice. The AVANI Signature Touch Massage combines a soothing oil massage with stretching techniques that focus on the shoulders, upper arms and upper body sides. The spa is open from 10am until 10pm daily. www.avanihotels.com



ANGSANA SPA LUANG PRABANG

Discover sensory pleasures at this spa located in the gracious gardens of the Angsana Maison Souvannaphoum in the former Lao royal capital of Luang Prabang. This boutique spa offers a refreshing blend of treatments based upon aromatherapy techniques from both the East and the West. A classic Thai treatment of two hours delivers a massage of delicate stretching of the body to improve mobility and flexibility. Therapists use massage techniques of palming and thumbing and no oil. www.angsana.com



Food Fit for a Tramp

He was known as 'The Tramp' but he didn't live like one. The former Swiss home of the star of silent movies Charlie Chaplin has been converted to the Chaplin's World Museum that also incorporates a restaurant named after him and called The Tramp. There are several sections to the outlet located in Corsier-sur-Vevey above the lakeside town of Vevey (home to Nestlé) with The Café serving quality snacks from 9.30am to 6.30pm, The Brasserie serving more substantive meals from 11.30 to 3pm and, The Terrace as an outdoor extension to the Brasserie when the weather is fine and sunny. Chef James Cordonnier prepares some classic dishes such as New York burgers, pumpkin soup, risotto and salads plus some local delights such as alpine-style macaroni and hazelnut chocolate pie. Superb local wines grown on the near-vertical slopes of the adjoining Lavaux are served by the glass and bottle. Choose from St-Saphorin La Redoute Chasselas or a Corsier St-Pierre Grand Cru Gamay both offered by the glass. Charlie Chaplin is quoted as saying 'a day without laughter is a wasted day' but The Tramp prefers: 'a day without food, is a day wasted'.

www.the-tramp.ch

Eating at The Eatery

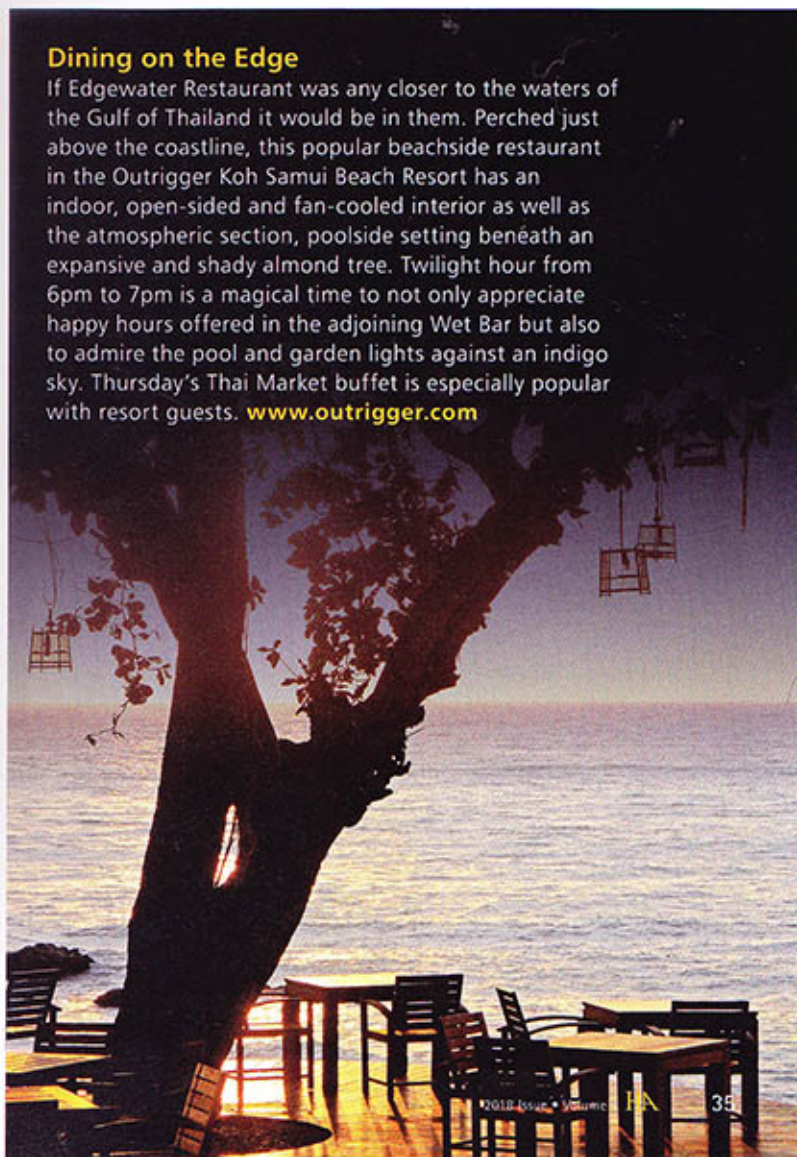
Situated on Sandakan's prominent waterfront overlooking the Sandakan Bay, Four Points by Sheraton Sandakan offers a comfortable, relaxed stay for value-oriented business and leisure travellers. The Eatery, the brand's signature restaurant, serves a wide array of tantalising local and international dishes throughout the day while buffets are a feature on most evenings. Diners can expect local seafood, wasabi prawns and delicious local nasi lemak. The adjoining The Best Brew Pub offers a varied selection of hand crafted beers from around the world including local favourites in a lively and fun atmosphere.

www.fourpoints.com/sandakan



Dining on the Edge

If Edgewater Restaurant was any closer to the waters of the Gulf of Thailand it would be in them. Perched just above the coastline, this popular beachside restaurant in the Outrigger Koh Samui Beach Resort has an indoor, open-sided and fan-cooled interior as well as the atmospheric section, poolside setting beneath an expansive and shady almond tree. Twilight hour from 6pm to 7pm is a magical time to not only appreciate happy hours offered in the adjoining Wet Bar but also to admire the pool and garden lights against an indigo sky. Thursday's Thai Market buffet is especially popular with resort guests. www.outrigger.com



CHEF TOR AT THE OUTRIGGER KOH SAMUI

Executive Chef Teerathap Tishabhiromya (better known as Tor) graduated with an Advance Diploma of Hospitality in Commercial Cookery from AMI Education, Australia. The chef's passion for gastronomy is to create delicious and beautiful food on a plate and thinking out of the box is his way of working with food. Before joining the team in Koh Samui, Chef Tor was at the Outrigger Laguna Phuket Resort and Villas and the Outrigger Phi Phi Island Resort and Spa. A well-known dessert that is an essential dish on the Edgewater Restaurant at the Outrigger Koh Samui is mango and sticky rice which is artistically arranged on the plate and takes on the appearance of a flower that makes it look almost too good to eat. He also dusts the plate with local desiccated coconut and edible flowers from the resort's gardens.



CHEF BOONYADHA MAISON SOUVANNAPHOUM LUANG PRABANG

Chef Boonyadha is the chef at the boutique Angsana Maison Souvannaphoum in the former royal town of Luang Prabang. While her kitchen team are all Lao people, she hails from the island of Phuket in Thailand. Much of the produce used is sourced locally from organic farms including the hotel's own herb garden known as Living Land. Chef Boonyadha also showcases her skills on Thai set meal evenings. Lao set meal options are available on other nights. One of the chef's favourite dishes and the most popular in the hotel's Elephant Blanc Restaurant is Lao noodle soup. She enjoys cooking and serving this dish as it is refreshing and noodle soups are well received by the global guests who dine in the hotel's popular restaurant. Guests can also opt to participate in cooking classes with the chef to learn the steps in preparing this dish and other favourites such as minced beef salad and, steamed marinated fish with herbs and cooked in a banana leaf.



PLAYFUL TWIST ON A BURGER

Chef de Cuisine at Le Méridien Kuala Lumpur Sazli Nazim Ismail takes a playful approach to one of his favourite dishes served in the hotel's lobby-side outlet, Gastro Sentral. His avocado 'burger' displays the chef's creative flair. A whole avocado is skinned and de-seeded and then carefully cut in half. Fresh crab meat is mixed with a little mayonnaise and then spooned into the empty seed cavity to create the 'meat' in the 'burger'. Sesame seeds are then sprinkled on the top half of the avocado and sweet mango cubes are placed on the plate. A tangy sriracha aioli drizzle adds an essential spiciness to make it even more palatable to local diners. Chef Sazli started his culinary career in 1994 and after graduating from college he worked in five-star hotels such as the JW Marriott Kuala Lumpur, Villa Danieli in the Sheraton Imperial and the Parkroyal Grill before moving to Le Méridien as a member of the opening team to assist with the establishment of PRIME, Favola and Gastro Sentral.

