

ASIA'S TOP10 MEDI-SPAS

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The medi-spa concept popped up in the early 2000s to respond to the demand for non-invasive, non-surgical cosmetic beauty treatments in a luxury spa setting. As the anti-ageing trend gathers pace and people look for more dramatic results from their spa visit, medi-spas continue to walk the fine line between day spa and medical clinic. Here we take a closer look at some of the top medi-spas in Asia staffed by licensed healthcare professionals. Offering comprehensive programmes that promote beauty inside and out, today's medi-spas provide services such as laser therapy and body contouring, side-by-side with nutritional counselling and alternative therapies. Diet, lifestyle choices and happiness are directly linked to youthfulness and vitality and the medi-spas of the future will no doubt reconcile wellness diagnostics with holistic approaches.

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S Medical Spa, Thailand

Located in the heart of Bangkok, S Medical Spa offers one of the most extensive spa facilities in Asia with qualified doctors, dermatologists, acupuncturists and other therapists at the ready. S Medical Spa's anti-ageing treatments cover all aspects of cosmetic beauty and inner health from laser technology to a range of programmes focused on detox, vitality, relaxation and holistic healing. For drastic results try the medical facials or laser technology to remove acne scarring, wrinkles, unwanted hair and blemishes. There's also figure styling technology to blast cellulite, smooth over stretch marks or dissolve fat through non-surgical Lipolysis. Purification programmes will cleanse from the inside out, while the holistic healing programme teaches stress management and insomnia remedies.

www.smedspa.com



MALO CLINIC, Macau

MALO CLINIC Health and Wellness is already an impressive spa facility with 58 spa rooms and suites, four dedicated hydro suites with Vichy showers, dry flotation, hydro bath and salt flotation treatments. In June this year it also launched its new MALO CLINIC day hospital, which is set to boost medical tourism to Macau. Services will include oral rehabilitation and cosmetic dentistry, preventative and curative medical care, cosmetic anti-ageing, spa and beauty, and lifelong wellness programmes. It all sounds exhausting but the focus is on pampering and five-star treatment so expect a soothing, tailor-made wellness experience. You'll be in good hands with their staff team of experts, including pharmacists, lab specialists, physiotherapists, psychologists, nutritionists and wellness therapists. www.maloclinics.com



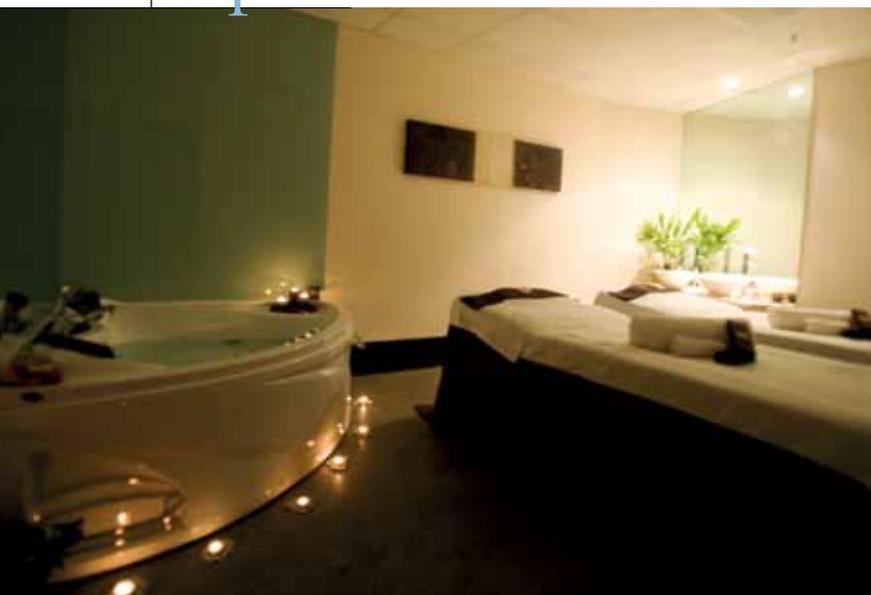
Vitalife Wellness Centre, Thailand

As the first anti-ageing centre in Asia to be recognised by the World Council on Clinical Accreditation, Vitalife Wellness Centre is one of Asia's pioneers when it comes to turning back the body's clock. Their mantra is that every body is 'biochemically unique' so expect your age, lifestyle, dietary habits, stress levels and environmental exposure to all go under the microscope. Before you embark on one of Vitalife's diverse programmes (across age management, beauty and cosmetics, hormone testing, weight management, preventative and regenerative health and sports medicine), physicians will ensure your treatments are tailor-made to your unique health needs. Services include a body scan to investigate how well your body is functioning, from the way it absorbs vitamins, to the peaks and troughs of your hormones and even how fast your brain works. www.e-vitalife.com

Drx Medispa, Singapore

Launched in 2007, Singapore's Drx Medispa explores the world where medical science meets spa traditions. It prides itself on being the only spa in Singapore to offer treatments such as the flotation chambers to float in zero-gravity for a deep sleep and Airnergy, an oxygen therapy system used in sports medicine to boost the body's natural regenerative ability. Other cutting-edge services include Aesthetics to tackle the skin's signs of ageing, scarring and acne; Contours to improve the shape and appearance of the body through such treatments as lymphatic drainage, lipo slimming, and acoustic wave therapy; and Trichology to enliven the hair and scalp with low level laser therapies and purifying treatments. www.drxmedispa.com





Divine MedSpa, Singapore

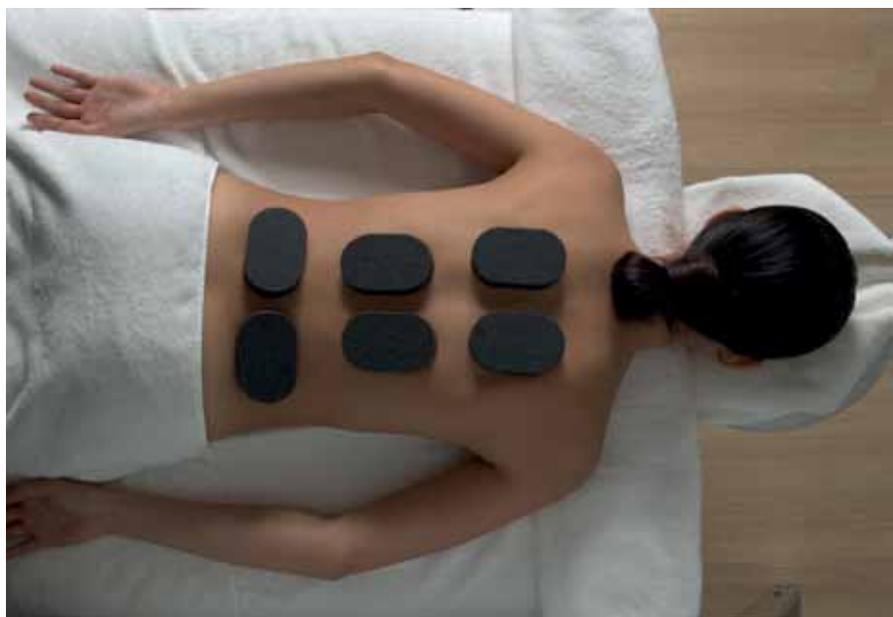
Singapore's Divine MedSpa covers all bases. Its team of certified therapists, holistic practitioners and health gurus run everything from yoga classes, to Qijong for weight loss and chi bio-rejuvenation to stimulate collagen production in skin. The menus cover three main areas of focus – aesthetic, holistic and spa treatments. Aesthetic beauty treatments include the latest anti-ageing technology for hair removal, laser therapy, non-surgical facelifts and weight management. When it comes to holistic health, a team of holistic practitioners takes inspiration from traditional healing methods to optimize health such as reiki, color therapy and energy healing. Meanwhile, the spa treatments take facials and massages to the next level. Try the medical mesoecutical facial where the latest oxygen jet technology painlessly sprays a potent cocktail of vitamins, growth factors and lifting agents straight into the skin.

www.divinemedspa.com

Amezcua Wellness Centre, Philippines

Amezcua Wellness Centre's flagship spa is located in Manila and is a consistent industry award winner. While it offers spa and fitness programmes, including yoga, its main area of focus is preventative health. Therapists begin consultations with diagnostic and screening services to help patients identify imbalances or illness in the body. Services include iris analysis to look at patterns and structures in the eye; meridian stress assessments to measure the electrical energy through the body; and tri-fluid analysis to check the blood, urine and saliva to evaluate organ function and find the body's true biological age. Therapies to remedy the body range from colon cleansing to acupuncture, oxygen therapy, mega nutrient therapy and jade mat therapy, which opens up the blood vessels to improve circulation. Also check out the new Amezcua centre at the luxury Prana Samui resort in Koh Samui, Thailand.

www.amezcuawellness.com



The Zen Institute, Philippines

The Zen Institute prides itself on promoting beauty from the inside and out. Its approach to wellness is a holistic one so expect to receive advice and guidance on your diet and lifestyle habits alongside your chosen treatment for skin rejuvenation, hair revitalising or body and face contouring. The Institute's team of doctors and dermatologists is led by head doctor, Dr Mary Jane Valdecanas, who is a leader in body sculpting technology. Dr Valdecanas pioneered the Resonax non-invasive body sculpting and face sculpting procedure, which is one of the first of its kind in Asia and Europe. She also teaches and trains doctors in Asia on the latest developments in aesthetic medicine.

www.thezeninstitute.com



Orient Medical Spas, Hong Kong

Hong Kong is home to two elegant Orient Medical Spas in Central and Causeway Bay. Both havens offer diverse treatments from tailored health and wellness programmes to medical beauty. The team of doctors specialise in preventative health and will guide you through the brave new world of medical beauty technology. So if your aim is to improve your skin's elasticity, appearance or radiance, you'll find various laser therapy treatments to suit your needs, including microdermabrasion, non-invasive IPL treatments, collagen remodelling and other tried and trusted tricks. Body slimming and countering technology is on offer, as are ancient Thai massages to encourage breast firmness by unblocking lymphatic flow and milk ducts.

www.orientspas.com

The Farm, Philippines

The Farm is one of the leading medical and wellness clinics in the world. Set within a lush 48-hectare organic coconut and coffee plantation two hours south of Manila, it offers a true haven from life's toxins and temptations. Organic, mainly raw gourmet cuisine is a major element of The Farm's wellness approach, with much of the produce sourced from its own organic kitchen gardens. The Farm's spa and retreat programmes, titled either Prevention, Recovery or Wellness, speak volumes about the resort's holistic philosophy on health. So whether you want to prevent or remedy digestive disorders, weight loss, diabetes, infertility, arthritis, hypertension, or chronic degenerative diseases, the team of on-site doctors will tailor treatments to your needs in these areas. Medical services aim to eliminate waste and damaging substances that are embedded in the body and cover treatments such as colon hydrotherapy, infusion therapy and life force nourishment.

www.thefarm.com.ph



Yuva Cosmetic Surgery Centre and Skin and Laser Medical Spa, India

From the simple procedures to the complicated, Yuva's team of surgeons and therapists have many professional years of experience between them in the fields of cosmetic beauty and plastic surgery. Procedures target a range of cosmetic improvements whether for aesthetic or rehabilitation reasons, including liposuction, breast enhancement, body contouring, tummy tucks, eyelid rejuvenation, face lifts and hair transplants. Skin treatments use non-invasive measures to soften, smooth and repair the skin from medical collagen induction to microdermabrasion, cellulite treatment, chemical peels, Botox, needle-free mesotherapy and laser hair reduction. www.yuvacosmeticsurgery.com