

WELLSPRING SPA
GRAND FORMOSA REGENT TAIPEI

The sublime spa suites at the Grand Formosa, named after the Portuguese name for Taiwan, are a real treat, the spacious airy rooms including a shower/steam stall positioned in the middle of the room by the huge granite bath. Most popular is their Jet Lag Therapy which starts with a steam and shower, is followed by a relaxing massage and ends with a soak leaving you refreshed and fragrant. Other treatments on the menu include stress relief massage,

coffee, coconut, corn or seaweed scrubs, avocado or tomato facial masks and hand and foot treatments.

Sharing the esteemed 20th floor of the hotel are the room suites designed to be the logical place to stay for spa-ites. With Japanese décor, including a low to the ground futon style bed, but far more comfy, and cunning swivel TV, you'll find leaving the room a challenge in itself.

www.grandformosa.com.tw

JUNSPA
AT THE JASPER VILLA LUXURY
SERVICED APARTMENTS

Based in Xinyi, the Jasper Villa apartments are designer havens and include their very own female only spa. Their signature treatment is the JunSpa Gem Therapy. First of all your chakra is tested and then the best choice of music, colour therapy and gems are picked. Different gems are then placed on different chakras along the spine to balance the body and revitalise one's life energy: purple jade, rock crystal, sodalite, green aventurine, yellow jade, red aventurine and rock crystal are the seven gems used. www.jaspersvilla.com.tw

Also in Taipei, check out the **Evergreen Laurel Hotel** (www.evergreen-hotels.com), the **Grand Hyatt Taipei** (www.hyatt.com), the **Sheraton Taipei** (www.sheraton-taipei.com), the funky boutique **United Hotel** (www.unitedhotel.com.tw) and the residence everyone is talking about, **Les Suites Taipei** (www.slh.com). And of course you won't be able to miss the landmark **Grand Hotel** with its Chinese roof lit up at night.



THE SERENITY SPA
SPRING PARK URAI SPA & RESORT

The famous hot springs of Wulai, just 40 minutes outside Taipei, have been tempting Taiwanese weekenders out of the city for a dip for decades. The impossibly sleek and luxurious Spring Park hotel has the best in blue-green river views, an accompanying waterfall and a select number of wonderfully designed rooms each with river view and a big granite bath into which gushes hot spring water.

The spa suites are bare and beautiful, with granite and slate echoing the rugged terrain outside. The bath is drawn before you arrive, steaming in the fresh mountain air and working its magic on your muscles, stress levels and mental peace before the therapist comes in to wash your feet and carry out your treatment. The therapists here are professional to a degree, are trained by Can-June and perform a similar spa menu to the Far Eastern Plaza in town. You will find yourself on the receiving end of a truly mind altering therapy — try the chakra massage — with the tell tale emphasis on knots and strains a testament to their expertise.

www.springparkhotel.com.tw

THIS PAGE LEFT: Looking across the pool to the river at night at the Spring Park Urai Spa & Resort. RIGHT: Hot Spring bath overlooking the river, and luxurious bedroom, courtesy of Spring Park. OPPOSITE PAGE TOP TO BOTTOM: WellSpring Spa at the Grand Formosa Regent; JunSpa at the Jasper Villa Luxury Serviced Apartments, courtesy of JunSpa.



WELLSPRING, meaning the source of health and beauty, promises to release the body's untapped natural beauty through its spa recipes for healing. Situated atop the Grand Formosa Regent Taipei, a full line of resort class treatments and innovative spa cuisine are set against a backdrop of tranquility and Oriental mysticism. The design is quietly elegant and evokes a sense of calm and serenity. The natural colors and textures of stone, timber and leather are carefully juxtaposed against sleek glass surfaces and simple painted walls to create an ambience that is soothing to the soul.

WELLSPRING SPA

Treatments are exquisitely designed by the former spa consultant of Four Seasons Bali and conducted in the biggest aromatic suites in Asia, with personal butlers in attendance to answer to every call. All treatment products are 100% natural and hand-made, unspoiled by harsh chemicals or mechanical machine production, and designed exclusively for Wellspring Spa.

**Wellspring. An instant awakening.
A lasting transformation of mind, body, & soul.**



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Grand Formosa TAROKO

CAN YOU HEAR yourself? People living in today's high-tech age go through depressed or mixed episodes as our stressful lives can debilitate our physical, and mental health.

eEdas is a word which originated from Atayal Mythology and means Moon Goddess, a figure who was full of mystical power. Located in Taroko Gorge, eEdas SPA is a place constructed so as to embrace this ancient wisdom. While receiving nature's baptism from the Taroko, your body, heart, and soul will be given the ultimate treat in relaxation.

The 'nature spa concept' is what we want to present to our guests. It means we will offer something from the plant, the leaf, the flowers, the roots, the organic elements that surround us. Most of our products are made following our home kitchen recipes with fresh natural ingredients—the best way to refresh the mind, body and spirit.

When visiting Grand Formosa Taroko eEdas SPA, beware of becoming extremely beautiful!

eEdas Spa

Grand Formosa
TAROKO
天祥晶華度假酒店
遊觀仙境 靜中帶動

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