

mabuhay

April 2018

MAKER'S MELBOURNE

Actress Charlotte Nicdao
spends a weekend in the city's
most creative neighborhoods



Manila can't get enough of
the artisanal bread movement

Why Xiamen is China's
new capital of cool

Futuristic urban design
is happening in Singapore

📍 Global

The secret to slumber

If these elaborate, pre-bedtime hotel spa rituals don't cure your travel insomnia we're not sure what will

HOTEL PERKS

London

The Milestone Hotel

Butlers at The Milestone Hotel in London are available at a moment's notice to draw a bath for suite guests, customized with a selection of soap, bath oil and bubbles. Butlers arrive armed with a soap tray featuring seven different Crabtree & Evelyn soaps, from lavender to sweet Indian lime. Bath oils are by luxury British perfume house Penhaligon's, though butlers are happy to fulfill any special preferences. milestonehotel.com



Bangkok

137 Pillars Hotel

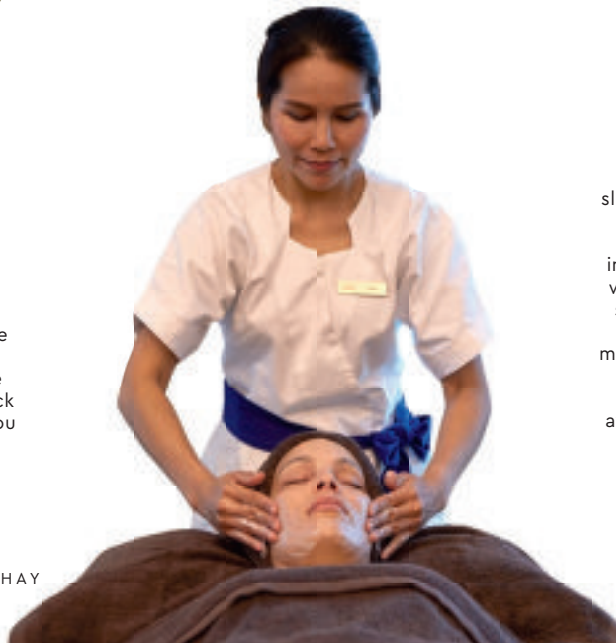
The hotel's 90-minute Sleep by Design Therapy program for guests includes dimmed lighting, relaxing aromatherapy and a holistic massage performed in the comfort of your room. Begin with a floral foot cleanse while an oversized Glyph headset blocks out all distractions. Reiki balances the chakras, and the ritual ends with an acupressure massage and warm bergamot bath. 137pillarshotels.com



Hong Kong

Four Seasons Hotel

Chamomile is the secret to curing jet lag with the Wind Down spa treatment at the Four Seasons Hotel. Rich, silky chamomile cream is massaged into the skin before you're enveloped in a warm wrap that infuses the cream deep into tired muscles. A chamomile hair mask is applied, and a soothing head, neck and shoulder massage is guaranteed to put you to sleep. fourseasons.com/hongkong



New York

The Frederick Hotel

At The Frederick Hotel, read an anthology of original bedtime stories before drifting off to sleep. Partnering with the Gotham Writer's Workshop, the hotel launched a contest this winter, inviting professional and amateur writers from around the world to submit original stories. Finalists will read their heartbreaking, mysterious and comedic narratives at the lobby bar and copies of the winning stories will be available in selected guestrooms. frederickhotelnyc.com

