

What Therapy?

Tibetan spa therapy is new to Singapore with only one spa, Basic Essence, currently offering what is called *yab yum* massage.

Yab yum massage comes from the work of Dr Amchi Sherab, a Tibetan doctor living in Nepal, and is based on the ancient Tibetan medical texts, *Ghui Zhi*, encompassing the philosophy of *yin* and *yang*.

In Tibet, *yab* is the yang energy, while *yum* is the yin. Using a combination of specific strokes, pressure points and heat, the skilled masseuse moves the *rlung*, or wind energy, around the body, thus unblocking and restoring the body's energy and vitality.

You can also choose sacred hot stones from the Himalayan rivers to remove

energy blockages, or focus on your lymphatic system to detox and cleanse. Jampeche oils are specially formulated for both male and female energies. For example the *yum*, or female, oil contains a host of aromatic essential oils including ylang ylang, rose, mandarin, jasmine and clary sage, as well as handpicked Tibetan herbs such as asparagus, nutmeg and ginger.

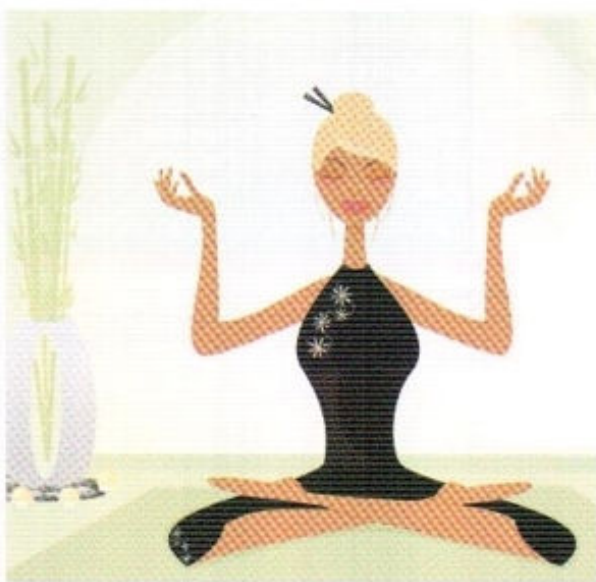
The *yum* oil is specifically formulated to awaken female vitality and harmonise and restore the body.

The massages are excellent for stress and tension, aches and pains, and

headaches as well as anxiety-based problems and ailments.

Another option is the unique couple's *yab yum* massage, which helps to harmonise both yang and yin energies through the synchronisation of strokes and the mixing of both oils. While each couple uses their own specific formulation, the resulting mixture of the smells creates an "intoxicating and lovely smell", says Jacqueline Yu, one of the founders of Basic Essence and a Tibetan spa therapist.

To find out more and receive the special **Expat Living** offer of a 20 percent discount on any of the Tibetan spa therapies, call Basic Essence at 6468 4991.



"The massage was lovely, a perfect mix between a relaxing Swedish massage and one that concentrates on the meridian points. Doreen definitely knew what she was doing and the work on my pressure points released a lot of tension. The massage felt very caring and healing."

Rebecca Bisset

Find out more about Basic Essence and many other fantastic natural therapies at www.whattherapy.com