



Soothe your mind, body and soul

TEXT: ANNA VILLELEGER | PHOTOS: YOAKÉ, THE ULTIMATE SPA

It is no coincidence that the name of this luxurious day spa is the Japanese word for 'sunrise'; guests always leave feeling full of positive energy.

Everything is conceived to promote health and longevity at Yoaké, The Ultimate Spa. Treatments are based on ancient Asian medical knowledge and the latest scientific developments, while owner and manager Odette Tonnaer advocates a holistic approach.

"Our aim is to promote a holistic, soulful, healthy and sustainable lifestyle, with advanced science-based solutions to visibly improve mind, body and skin," she explains. The secret to Yoaké's success is that it deals with people, not just their skin or their body. "Our higher purpose is to help clients to look after themselves and to live more soulfully. A positive attitude will not just benefit your appearance, but improve how you feel, inside and out."

A visit to Yoaké, which was nominated for the quality of its services at the prestigious Gala Spa Awards 2012, is a delight for the senses. The Feng-Shui designed architecture and the luxurious private

treatment rooms create a tranquil setting, helping install a sense of equilibrium for mind and body.

Once you have selected your treatment from the extensive menu, one of the expert therapists will discuss your personal requirements with you. Yoaké uses specially selected products from two renowned companies that share the Spa's vision about health and longevity, as well as offering the highest quality. Award-winning products and treatments from Aromatherapy Associates London are available. Free from harsh chemicals and unnecessary synthetics, their oils offer remarkable results for beautiful skin and total wellbeing. Elegant Italian skincare company, Comfort Zone, known for its advanced medical and scientific studies, offers innovative and effective responses to clients' specific needs.

All treatments at Yoaké Spa have a specific health benefit. Ayurvedic massages help maintain health by stimulating energy flow through the body. As well as offering the ultimate aromatherapy experience for deep relaxation, oxygen power creates fresh, glowing skin.

Because Yoaké Spa only wants the best for its clients, knowledgeable guest therapists are frequently welcomed, such as a Japanese specialist for facial reflexology and a sophrologist for mindfulness and meditation courses. This highlights the Spa's aim to help people lead a healthier lifestyle. As Odette concludes: "To stay in good health you must be active. After all, you are the owner of your body."

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Owner and manager Odette Tonnaer.