



Sheraton®

Top 10 Ways to Rejuvenate After the Festive Season

Director of Shine Spa for Sheraton, Ocha Resmini Offers Simple Tips to Get You Back in Shape

December 2016 – As the new year begins, we begin to reflect and most of us feel a sudden need to change our lifestyle, to turn over a new leaf after indulging excessively over festive delicacies. But sticking to healthy detox resolutions is easier said than done. Why not start with a special spa treatment, it's always easier to stick to the new year resolutions when you're well rejuvenated – both body and soul.

Director of Spa for Shine Spa at Sheraton Bali Kuta Resort, Ocha Resmini is pleased to provide tips for guests and travelers to welcome the new year, stress free. Ocha oversees the luxurious Shine Spa (<http://www.shinespabali.com/>), located at the Sheraton Bali Kuta Resort in the heart of famed Kuta Beach. Ocha offers the following tips to start off with those 2017 resolutions:

1. One of the top tips for healthy skin care is to eat healthy foods. Here are some of the best foods for healthy skin.
 - Foods containing Omega-3 fatty acids (eg. Tuna, mackerel, herrings and sardines)
 - Foods containing Vitamin A or beta-carotene (eg. Sweet potato, carrot, mango and spinach)
 - Foods containing zinc (e.g. Beef, peanuts, roasted pumpkin)
 - Fresh fruit and vegetables
 - Drink lots of still, room temperature water.
 - Tea
2. Skin hydration is very important, especially for people with dry skin. Drinking lots of water is one way of keeping skin hydrated. Water also helps bring nutrients to the skin. It is important to avoid dehydrating drinks, like cola, coffee and alcohol. Cold weather and hot water can dry out skin, so these should be avoided as much as possible. People with dry skin should always wear a sunscreen, even during winter.
3. Remove your make-up each evening. Never ever go to bed not having cleansed your skin. Deep clean your skin at home by applying a mask 2-3 times per week.
4. Avoid exposing your skin to the sun. If you need to go out in the sun, use a sunscreen and wear a hat.
5. Embrace a healthy work-life balance. Don't be a workaholic. It will show on your skin.
6. Engage in some type of physical activity – sport or fitness.



Sheraton®

7. Get some fresh air everyday. Take the time to go for a walk.
8. Enjoy music—it relaxes, inspires, stimulates, makes dreaming possible.
9. Moderation is the key. Avoid extremes. Extremes unbalances us.
10. Consistency – it's critical to a long-term beauty strategy. Cosmetics don't work miracles. We can only fight aging, if we regularly take care of our faces and our bodies not only on the surface but from the inside out.

Ocha also recommends Shine Spa's signature Shine Massage, which offers physical and mental relaxation. The treatment utilizes a unique form of balm candle, which provides deep levels of moisture and rejuvenating antioxidants, allowing the entire body to relax. The massage also includes the scents of lavender and mandarin, which assist in the deep relaxation achieved as a result of this treatment. The Shine Massage is available for 50 minutes for IDR 460.000* or for 75 minutes for IDR 769.000*. SPG Members will receive 15% off this special treatment.

Shine Spa for Sheraton® is the spa for people who love life, and is a sanctuary for travellers to recover and indulge in signature treatments from the East to and the West blended with local Balinese touches. The impressive design and tailor made treatments at this Bali luxury spa are influenced by the tropical location and intended to rejuvenate and refresh.

Shine Spa at Sheraton Bali Kuta Resort is designed with vibrant interiors that combine classic and contemporary elements. Spaces are enhanced with lush colors, metallic materials, and lively details to create a warm setting for guests to mingle and connect. While awaiting treatment or just enjoying the spa experience, light-hearted music provides a playful backdrop to an otherwise upscale atmosphere.

The expertly-trained and knowledgeable spa associates at Shine Spa exude a genuine warmth and unmatched hospitality, whether it be while performing signature treatments or advising guests on the spa's various product lines. In addition to the Shine Massage, signature treatments include the Shine Facial, Shine Body Treatment, Shine Hands & Feet, and Shine for Two, which is a relaxing experience intended for couples. For more information, please visit our website at www.shinespabali.com



Sheraton®

About Sheraton Hotels & Resorts

Sheraton Hotels & Resorts, the largest and most global brand of Starwood Hotels & Resorts Worldwide, Inc., makes it easy for guests to explore, relax and enjoy the possibilities of travel through smart solutions and effortless experiences at more than 440 hotels in more than 72 countries around the world. The brand is currently in the midst of implementing [Sheraton 2020](#), a 10 point plan designed to make Sheraton the global hotel brand of choice, everywhere. Sheraton recently launched “Where Actions Speak Louder,” a multi-channel, multi-million dollar advertising campaign that highlights the brand’s ongoing enhancements to its guest experience, including new products and partnerships, and a renewed focus on service. With work well underway, the brand has already rolled out a variety of initiatives under Sheraton 2020, including Paired, a new imaginative lobby bar menu; the richest SPG® promotion in the brand’s history; and Sheraton Grand, a new premier tier that recognizes exceptional Sheraton hotels and resorts. To learn more, visit www.sheraton.com. Stay connected to Sheraton: @sheratonhotels on Twitter and Instagram and facebook.com/Sheraton.

Media Contact:

Ng Bee Fong
Associate Director, Marketing Communications
Beefong.ng@sheraton.com

Margy Leander
Digital & Marketing Communications Executive
Margy.leander@sheraton.com