

MAKE JUNE SPOIL DAD MONTH

For June, Father's Day month, the Devarana Spa at Dusit Thani Manila Hotel opens its doors to all dads. This means you can treat dad to the Woody Neroli Facial, which includes an aromatic back and facial massage, facial cleansing, rehydration, plus treatments you know he wouldn't get for himself.

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hear say

Soundbites
you can use

PREPARE FOR AN ADVENTURE

by Paul Cuenca of Intrepid Adventure
Lifestyles, www.intrepid.ph

"If you are climbing a mountain like Mount Kinabalu in Malaysia, you need to wear clothing for cold and wet weather, footwear for changeable terrain, and be physically and mentally fit. Pick an adventure operator with a proven track record of safety. When scuba diving in remote areas like West Papua Indonesia, the right dive company is a must since there are no hospitals within miles. Make sure to get insurance coverage, too."

Cheap thrills around Asia (even for pampered travelers)

by Hajar Ali, founder of luxury travel
company Urbane Nomads

"In more rural surroundings, I love riding on the back of a motorcycle. I had done this in the middle of the night through lush paddy fields in rural Vietnam, watching how the villagers farm at night; weaving through the human traffic during festive ceremonies in rural Rajasthan [in India]; and going uphill to visit one of Sihanouk's holiday homes in a Cambodian beach town."

TELL A TOURIST: Where to go for the best *palak paneer* in Singapore

"A few steps away from Arab Street and Haji Lane is Bussorah Street, a pedestrian-only road that features the Malay heritage of Singapore. It has stalls for cheap accessories, a Peranakan fashion shop, a backpacker bed-and-breakfast, and restaurants galore. A rainy afternoon left me stranded in Bussorah so I decided to dine at Al Kareem's, and discovered their heavenly version of *palak paneer* (spinach with cottage cheese)." **Karen Vera, editor, Yahoo! South-East Asia**