Health and beauty for the cosmopolitan man

With modern man juggling the combined pressures of work, friends and family, it's increasingly difficult to find the time and place for rest and relaxation. Now, though, there's a quick, one-stop solution available in Bangkok's very first Wellness Lounge, *Relax one hour*.

The brainchild of a creative team from Berlin, Germany, *Relax one hour* offers a fresh twist on wellness with a special blend of traditional Thai, Swedish and German massage techniques. Based at Surawongse Road 173 in Bangkok, the building stretches over 3 floors with over 500 square metres dedicated to providing the very latest in health and wellness treatments. The special atmosphere strikes you the minute you walk in, from the warm, inviting colours and use of contemporary lighting, right down to the chairs and couches, which have been specially designed to provide maximum comfort and relaxation.

A further highlight is the line of specialist facial products from the renowned company, Vitaman, which utilise unique Australian Plant and Herbal Extracts. When used as part of a relaxing face massage, the results are both visible and remarkable. These exclusive products are available for purchase in *Relax one hour.*

With months of intensive preparation under the careful leadership of Karsten Wandslebe, a highly experienced therapist and trainer, the team at *Relax one hour* is now ready to deliver a range of health and wellness options to both men and women. And with a linked Academy currently under development where massage techniques will be refined and developed, *Relax one* hour is ideally placed to remain at the forefront of the Wellness market.

All in all, *Relax one hour* provides a truly comprehensive wellness solution for the modern man.