





## SIGNATURE THERAPIES

### TIME RITUALS™

**1 hour and 50 minutes** (weekday \$485 weekend \$505)

**2 hours and 50 minutes** (weekday \$715 weekend \$735)

Book a length of time and enjoy the most holistic experience possible by allowing our therapists to utilize their individual talents to create and customize treatments to meet your specific needs.

### ORIENTAL QI

**1 hour 50 minutes** (weekday \$485 weekend \$505)

A simple, effective and authentic spa experience, this relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

### INNER STRENGTH

**1 hour 20 minutes** (weekday \$355 weekend \$370)

Using a blend of healing and balancing aromatherapy oils, this nurturing treatment uses massage to ease physical tension and emotional anxiety resulting from a traumatic experience or stressful time in one's life.

### DIGITAL WELLNESS ESCAPE™

**50 minutes** (weekday \$260 weekend \$280)

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease the stress and strain resulting from the frequent use of digital devices.

### INTELLIGENT MOVEMENT

**1 hour 20 minutes** (weekday \$355 weekend \$370)

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.



# MASSAGE

All of our massage treatments are customized for each guest. Your therapist will perform a thorough consultation to understand your needs before designing a treatment drawing from a number of massage techniques to increase muscle relaxation, improve circulation and enhance overall well-being.



## ORIENTAL ESSENCE

**50 minutes** (weekday \$250 weekend \$265)

Using custom-blended Oriental oils and movements inspired by traditional Oriental therapies, this tension-releasing massage treats the whole body and focuses on the traditional stress-holding areas of the back, neck and shoulders.

## THERAPEUTIC MASSAGE

**50 minutes** (weekday \$250 weekend \$265)

Targeting areas of tension is the focus of this sophisticated treatment. Concentrated pressure is used with techniques to dissolve the body's aches and strains using elbows and forearms to achieve a truly effective deep tissue massage. This treatment is ideal for guests with issues of chronic tension who are experienced in massage.

## AROMATHERAPY

**50 minutes** (weekday \$250 weekend \$265)

A deeply therapeutic, holistic treatment which combines the power of essential oils with the best of Eastern and Western massage techniques, this massage creates a feeling of physical relaxation and calm, while mentally uplifting and clearing the mind.

## AROMA STONE

**1 hour 20 minutes** (weekday \$345 weekend \$360)

Stone therapy is a Native American practice used since ancient times as a healing therapy. The use of stones generates energy, creating a sense of balance and calm as well as giving relief to deep-seated muscle tension.

## MATERNITY MASSAGE

**1 hour 20 minutes** (weekday \$355 weekend \$370)

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.



## BODY TREATMENTS

### RESTORATIVE DETOX WRAP

**50 minutes** (weekday \$265 weekend \$280)

This invigorating treatment is specifically designed for those looking for an intensive body detox. It is the perfect therapy when dieting, feeling sluggish or lacking energy. The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and juniper leaves you feeling revitalized and your skin will appear bright, smooth and silky.

### JET LAG CURE

**1 hour 20 minutes** (weekday \$355 weekend \$370)

Long distance travel is physically and mentally tiring; this treatment is designed to uplift on both levels. Choose from our Relaxing or Reviving collection to tailor this treatment to meet your individual needs.

### PRE OR POSTNATAL RENEWAL RITUAL

**1 hour 50 minutes** (weekday \$485 weekend \$505)

A personalized journey created to work simultaneously on the physical, mental and emotional aspects of well-being. Your body is prepared with a customized exfoliation, then enveloped with a nourishing blend of serums and oils leaving your skin replenished and soul nurtured.



# TREATMENT ADDITIONS

Created to prepare the skin and body to receive the benefits of the treatments that will follow.

## ENERGIZING REVIVE BODY SCRUB

**20 minutes** (weekday \$125 weekend \$140)

Detoxifying grapefruit, rosemary and juniper essential oils re-energize and tone, whilst rich green coffee extract replenish and soften, leaving the skin silky smooth.

## ORIENTAL BLISS SCALP TREATMENT

**20 minutes** (weekday \$125 weekend \$140)

A nourishing hair and scalp treatment designed to awaken the senses, ease tension and bring clarity and radiance. An exquisite Áyurvedic hair and scalp oil bathes your head and invigorates the senses while a luxurious facial serum hydrates and firms.







## HOLISTIC SKIN CARE

### FORCE OF NATURE FACIAL

**50 minutes** (weekday \$250 weekend \$265)

Pure, active cold-pressed botanical extracts and cutting edge natural cosmeceuticals combine in this revolutionary facial to help moisturize, soothe, nourish, improve skin tone and texture, and fight the appearance of fine lines and wrinkles. The facial begins with a signature opening relaxation ritual and a deep cleanser that includes hemp extract, eco-friendly barks from the Boreal Forest, natural clays, highly mineralized Argentière ice cap water, carrot seed oil, cocoa butter, black cumin seed oil and kakadu plum extract. A unique raspberry seed, avocado, kaolin and pumice dual mask/gommage treatment gently exfoliates and nourishes, leaving skin glowing.

### WATER LILY RADIANCE FACIAL

**50 minutes** (weekday \$250 weekend \$265)

Natural fruit acids combine with lactic acid to gently exfoliate dead skin cells while extracts of water lily, colloidal oatmeal, aloe and green tea help improve hydration and soothe redness associated with sensitive skin. Skin is left calm, nourished and radiant.



# ADVANCED SKIN CARE

## SIGNATURE ADVANCED CUSTOM FACIAL

**50 minutes** (weekday \$250 weekend \$265)

Our Signature Facial is a customized treatment targeted to combat the signs of premature aging, oily or dry skin. Allow your esthetician to perform a thorough skin analysis and design the perfect signature facial just for you. Rooted in the classic European facial, this tailored treatment infuses your skin with ingredients that re-energize cellular functions, rebuild tolerance and reverse the signs of aging while leaving your skin balanced and radiant. Calming and effective facial techniques increase the skin's receptivity while embodying the artisan craft of true luxury with advanced formulations.

## RADIANCE BRIGHTENING FACIAL

**50 minutes** (weekday \$255 weekend \$270)

Show off a spectacularly luminous, even-toned and velvety complexion; the ultimate answer to skin free from hyperpigmentation and blemishes. The elevated concentrations of spot correcting active ingredients work with great precision, right where your skin needs it, providing cumulative results and preventing the imbalances in pigmentation that age your skin. Leaves skin renewed and illuminated.

## INTENSIVE LIFT FACIAL

**50 minutes** (weekday \$265 weekend \$280)

This powerful treatment is the answer for anyone wanting to erase wrinkles and expression lines from their face. Immerse in this miracle session, a master cleansing ritual and deep exfoliation, followed by a definitive energetic massage procedure, increasing microcirculation and preparing the skin for anti-wrinkle ultra-concentrate with relaxing neuropeptides and a repairing and hydrating mask with filling effect from hyaluronic acid. Thanks to its exceptional combination of components, this treatment results in wrinkle-free skin and a defined facial contour.



## YOUTH INFUSION LUXE FACIAL

**1 hour 20 minutes** (weekday \$370 weekend \$385)

A true experience of excellence. Dramatically reverses premature aging while increasing firmness and elasticity. This treatment begins with a luxurious cleansing ritual inspired by expert Asian techniques. A relaxing lavender Áyurvedic Shirodhara massage is followed by a triple exfoliation with carboxytherapy. Meticulous lifting myofascial massage is performed with a potent serum. Diamond, pearl and gold extracts provide an astounding firming and contouring effect and maximum luminosity. The result is revitalized, smooth and rejuvenated skin.

## DIAMOND COCOON EXPERIENCE FACIAL

**50 minutes** (weekday \$250 weekend \$265)

Strengthen and protect your skin against damage from modern pollution. This innovative pollution protection prebiotic treatment breathes new life into the skin with a smart defense system that works in synergy to repair skin and help reverse effects of modern pollution and stress. Indulge in an enveloping massage and redefining technique with the signature sculpting tools. The skin emerges clean and healthy with intense, longlasting hydration.

## MEN'S FOCUS FACIAL

**50 minutes** (weekday \$250 weekend \$265)

A custom treatment suited for gentlemen, our Men's Focus Facial consists of a two-part exfoliation system to remove dead skin cells while vitamins, minerals, peptides and botanical extracts improve tone and texture and address irritation associated with shaving, all while combating the visible signs of aging skin.

## HYDRAFACIAL MD® TREATMENT

**50 minutes** (weekday \$285 weekend \$300)

**1 hour 20 minutes** (weekday \$385 weekend \$400)

With visibly transformative results, HydraFacial MD® is a hydra-dermabrasion treatment that simultaneously cleanses, exfoliates and extracts with intense hydration using results-driven, proprietary serums filled with antioxidants, peptides and hyaluronic acid. This non-invasive, nonsurgical treatment delivers instant results with no discomfort or downtime.







## SPECIALISTS

### THE CLEARING FACTOR

**2 hours 50 minutes** (weekday \$715 weekend \$735)

**3 hours 50 minutes** (weekday \$985 weekend \$1,005)

Our standout service, The Clearing Factor, is dedicated to restoring the body to a state of balance and vitality using a customized sequence of intensive clearing and detoxifying therapies. A full body exfoliation and wrap followed by lymphatic drainage massage and traditional cupping techniques work to encourage movement within the body while eliminating impurities by bringing them to the surface. To finish, the application of a nourishing moisturizer to further enhance the benefits of this treatment.

### THAI FOOT THERAPY

**1 hour 20 minutes** (weekday \$355 weekend \$370)

Combining the best elements of reflexology and traditional Thai massage, stretches and thumb pressure techniques revive and balance the body's energetic pathways while an authentic teak wood Thai dowel stimulates reflex zones to increase energy flow and produce a sense of overall well-being.

### MEDITATION AND VISUALIZATION

**50 minutes** (weekday \$250 weekend \$265)

Take time to experience the ultimate in relaxation. Learn the art of healthy breathing while you increase your energy levels, improve circulation, lower blood pressure, and feel everyday stress and anxiety gently float away.

# SPA TERMS & CONDITIONS

## SPA OPERATIONAL HOURS

The Spa is open daily from 11am to 6pm.

*Hours are subject to change.*

## SPA ARRIVAL

We recommend that you arrive to The Spa 15 to 30 minutes prior to your first scheduled appointment. This allows you ample time to visit the spa's thermal experiences, an oasis of heat and water, to truly prepare for your treatment journey. To ensure a holistic Spa experience for each guest, kindly note that our heat and water facilities are only available prior to treatments. We recommend guests of the hotel arrive in their robes. All therapists and spa colleagues will wear the necessary personal protective equipment.

## TAX AND GRATUITY

20% service charge and 4.5% tax (tax rates subject to change) will be added to your final bill for each service.

## APPOINTMENT INFORMATION

We offer our busy guests a reliable timetable; therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply. Weekday pricing is Monday to Thursday. Weekend pricing is Friday

through Sunday, as well as on holidays. Please kindly note that availability and pricing are subject to change at any time without prior notice.

## CANCELLATION POLICY

Please allow 24-hour notice of cancellation to avoid a 100% charge. No show appointments will incur a 100% charge. A credit card number is required at the time of booking in order to guarantee the appointment.

## SPA ATTIRE

Most body treatments are enjoyed without clothing. However, please wear what is comfortable for you.

## HEALTH CONDITIONS

If you are experiencing a fever, cough, or sore throat, please reschedule your appointment for when you are no longer symptomatic. If you have been in close contact with a person infected with COVID-19, we ask that you please reschedule your appointment for minimum 14 days after the date of contact. Please advise us of any other health conditions, allergies, or injuries which could affect your service when making your spa reservation.

## CLEANLINESS

Our Spa has always upheld strict hygiene protocols and the wellbeing of our guests and colleagues is our number one priority. We would like to reassure you that additional protocols have been introduced to provide you with a safe environment during your visit with us. Our treatment rooms and equipment are sterilized and sanitized after each guest and enhanced cleaning procedures have been implemented in all areas.

## LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables with you in your treatment suite during your visit.

## SPA BOUTIQUE

To continue your spa regimen at home, spa products used in treatments are available in our Spa Boutique. A selection of wellness lifestyle products and accessories are also available.

## REFUND POLICY

Unopened retail products can be exchanged within 10 days of purchase, if presented with the original receipt. No cash or credit card refunds will be processed.

## GUESTS

The Spa welcomes both hotel and outside guests for any of our treatments. Please note that the use of the Fitness Center is reserved for hotel guests and residents.

## DIGITAL DISCONNECTION

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and other electronic devices.

## PREGNANCY

We have specially designed treatments for expectant mothers in their second and third trimester. Please let The Spa Concierge guide you in selecting a treatment, taking into consideration your wellbeing during this special time. Please be advised that for your protection, we do not perform pregnancy massage during the first trimester, however facials are available during this stage.

## AGE REQUIREMENTS

The minimum age to access The Spa and Fitness Center is 18 years old.





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