



WHOLE BEING WELLNESS TREATMENT MENU

Subject to availability | Contact your concierge prior to arrival, at least 72 hours in advance

TRADITIONAL FULL BODY MASSAGE

Expect a full body experience with a flow of Swedish-style movements. Both muscle and lymphatic system will be treated during the massage using aromatherapy infused oils. Great for overall relaxation.

HOT STONE AND HEALING CRYSTALS MASSAGE

A full body massage that includes the use of heated stones to assist the release of tight muscles. Healing Crystals are incorporated into the treatment to balance the Chakras. Treats stress and imbalance.

DEEP TISSUE MASSAGE

A blend of deep tissue and sports massage, this treatment will target the body's main muscle groups using advanced pressure techniques. The combination of massage and assisted stretching movements are designed to unwind tight muscles. Excellent for tension release.

SIGNATURE WHOLEBEING ENERGY THERAPY MASSAGE (90 minutes)

A signature fusion of ancient techniques such as breathwork, traditional massage, the art of facial Gua Sha, Reflexology, Acu Pressure and gentle Thai Yoga stretching. This massage therapy treatment has been designed to stimulate and balance the body's Chi or life force energy while relaxing the muscles and joints, working on lymphatic drainage and fascia release.

FACIAL TREATMENTS

- ~ 60 minute hydrating facial including hands, neck and décolleté.
 - ~ Express 30 minute illuminating facial including hands.
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OUR SPA AND WELLNESS OFFERINGS ARE AVAILABLE BETWEEN 8AM - 7PM. WHILST EVERY EFFORT IS MADE TO ACCOMMODATE LAST-MINUTE BOOKINGS, A MINIMUM OF 24-72 HOURS' NOTICE PERIOD IS REQUIRED FOR BOOKING AND CANCELLATION OF ALL WELLNESS AND SPA EXPERIENCES, AS WE UTILISE PRIVATE FACILITATORS WHO ARE EXPERTS IN THEIR FIELDS. LATE ARRIVALS WILL RESULT IN A REDUCTION OF THE TREATMENT TIME. ALL TREATMENTS ARE PAYABLE ON CHECKOUT. A 100% CANCELLATION CHARGE WILL BE APPLIED WITHIN 24 HOURS OF THE BOOKING TIME. AFTER-HOURS BOOKINGS CAN BE ARRANGED FOR AN ADDITIONAL SURCHARGE.