

ESSENCE **V**ALE

SPA MENU



SIGNATURE THERAPY

- *RELEASE*

Truly Lavender

90 MIN

\$170

Embark on a journey as you go through a total eclipse of the body. A body scrub with lavender to cleanse followed by a healing scalp treatment returns you to the reviving path. Complete the journey with a shower and lavender body moisturizing massage.

Includes:

- Body scrub with lavender
- Healing scalp treatment
- Lavender moisturizing massage

Touch of Heaven

120 MIN

\$255

A touch of heaven provides the ultimate escape and sets you on the freeway to paradise. Based on Ayurvedic traditions, the treatment starts with a warm Abhyanga massage. Next up, the Shirodhara, where warm oil flows down your forehead creating a beautiful sensation. End off this heavenly escape with a scalp massage and Abhyanga face massage.

Includes:

- Abhyanga massage
- Shirodhara
- Scalp massage
- Face Abhyanga

All prices are subjected to prevailing government taxes including GST

SIGNATURE THERAPY

- RESTORE ME

Splash!

120 MIN

\$260

Regain balance in your life with a splash of ocean goodness. Begin with a spirulina wrap and aromatherapy massage. Followed by a spirulina facial that leaves the skin visibly smoother and younger looking. Using an all-natural spirulina algae, this active seaweed treatment imparts essential minerals and vitamins to nourish the body.

Includes:

- Dry brush
- Spirulina body mask
- Spirulina / Moor Mud mini facial
- Aromatherapy body massage

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SIGNATURE THERAPY

- *REINVIGORATE*

Endless Love

180 MIN

\$320/pax

**\$580/
couple**

A retreat for the love birds to proclaim your passion for each other. Start off with a romantic floral bath and an enchanting scrub down. Followed by a massage and facial designed for the King and Queen..

Includes:

- Therapy Bath
- Body scrub
- Body Massage
- Facial

Pamper Me

150 MIN

\$320

Be spoiled like a child as your body enters a total transformation. Argan oil based products, the perfect anti-aging solution, are used with a Black Soap scrub and Rhassoul body wrap. Followed by a Lucas face care that leaves a tingling and cool sensation. End the session with a body moisturiser massage application.

Includes:

- Black soap scrub
- Rhassoul Mask
- Lucas face care
- Argan oil massage

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SIGNATURE THERAPY

- ***REVIVE***

Ready Set Gold

105 MIN

\$195

Warm up with this energising ritual where all the massaging and stretching using 'liquid gold' returns to your body all the energy it needs. A Lucas face care and scalp massage will finally put you back on track for the race ahead.

Includes:

- Argan oil massage
- Mini facial
- Scalp massage

All prices are subjected to prevailing government taxes including GST

RESULTS FACIAL

LED Lift Facial

90 MIN

\$280

A solution-focused facial treatment for premature, dryness, fine lines and wrinkles, hyperpigmentation or congested skin appearance. This treatment features a multi-acid exfoliation of the face, neck and décolleté, along with the advanced technology of Impulse Microcurrent and collagen mask Infusion to provide desired results.

Signature Caviar Facial

90 MIN

\$280

This luxurious protein rich facial firms and regenerates the skin. Counteract visible signs of aging and creates a smoother, supple and youthful looking skin.

Advance Cell Repair

90 MIN

\$210

This result oriented treatment is customized to address specific skin conditions. From hyper pigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct skin concern

RESULTS FACIAL

Deep Cleansing

90 MIN

\$130

A deep cleansing purifying treatment customized for all skin types. Using organic Moor Mud rich in essential minerals to deep cleanse and a white clay mask that gives radiance and lightens complexion.

Youthful Energy

60 MIN

\$105

A deep hydrating treatment customised for all skin types. Includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin.

Anti-Oxidant Collagen Treat

90 MIN

\$180

Recapture vibrant, youthful looking skin with this facial. Nourish and renew stressed skin while reversing the visible signs of dullness with a series of combination massage on the eyes & face lifting. A moisture-lavishing masque deeply hydrates the skin.

RESULTS FACIAL

Gua Sha Facial

90 MIN

\$160

Rejuvenate the skin with an Ancient Art of Gua Sha which visibly firms, contours and generates a glowing complexion. Expert massage techniques with specialized Jade tools stimulate lymphatic drainage, release toxins, improve circulation and enhance natural hydration while botanical essences nourish, replenish and fortify skin. Tension is released, puffiness is reduced, and clarity is enhanced, leaving the face, neck and décolleté visibly smoother, tighter and more radiant.

Express K-Lift

30 MIN

\$90

This preventive treatment is designed to maintain youthful cell energy, strengthen muscle tone and help delay aging process. Immediately lifting and brightening around the eyes and face, diminish the look of fine lines and wrinkles, Jaw muscle are lifted to achieve more youthful appearance. It draw out excess sebum while increasing lymphatic drainage to reduce puffiness and enhance circulation. Skin feels soft and pH levels are balanced.

RESULTS FACIAL

Eye & Lip Rescue

30 MIN

\$90

This treatment is designed to strengthen the muscles, brighten the eye area and increase circulation. Ideal for targeting the first sign of aging around the eye area helping with fine lines and wrinkles.

Hydra Quench

30 MIN

\$65

A quick mini facial for you who is always on the go. A moor mud mask and exfoliation in one clears away impurities to reveal a fresh, bright complexion. Round up the express treat with a relaxing face massage.

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The background of the entire page is a soft-focus photograph of a spa setting. It features several large, smooth, grey river stones scattered across a light-colored, textured surface. Interspersed among the stones are various green leaves, some of which are large and have prominent veins, while others are smaller and more delicate. The overall aesthetic is clean, natural, and relaxing.

ADD ONS - FACIAL

Marine Bio Matrix Sheet	\$100
Chitosan Mask	\$80
Brightening Luminous Mask	\$80
Eye Rescue Pad	\$60
Collagen Mask	\$50
Pure Vitamin C Ampoules	\$50
Intensive Repair Ampoules	\$80
Co-Enzyme Q10	\$50
LED Light Therapy	\$30

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RESULTS BODY

Abhyanga Massage

90 MIN (light-medium pressure)

\$170

Profound relaxation – using Abhyanga, or literally, “oil massage.” This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy using warm oils and varying amounts of pressure. As your nerves are soothed, you drift into a deep state of bliss

Bamboo Massage

90 MIN (medium-deep pressure)

\$170

Treat yourself to a healing bamboo massage using specially designed techniques to loosen tense muscles and promote circulation. Feel a sense of physical relief and total relaxation from the deep massage.

Aromatherapy Massage

60/90 MIN (light-medium pressure)

\$130/
\$175

This therapeutic massage maximizes the healing properties of essential plant oils and herbs, and is designed to promote relaxation and overall well-being.

Deep Tissue

60/90 MIN (deep pressure)

\$150/
\$198

The application of slow, intense strokes across the grain of the muscles and an intense energizing oil work to penetrate deeply into the body to ease tight muscles, release stress and heal tensions.

RESULTS BODY

Hot Stone

90 MIN (medium-deep pressure)

\$170

This deep-heat massage, performed with warmed Rose Porfry stones and supplemented with rich aromatherapy oils, is designed to energize & uplift body and mind.

Lymphatic Massage

90 MIN (light pressure)

\$175

This gentle full body massage helps to detox the body by encouraging the drainage of the lymph nodes, resulting in numerous health benefits.

Customized Massage

30/60 MIN

\$80/
\$140

Create your very own massage treatment from a choice of express massage techniques to target your problem. Choice of : back massage; half leg massage; full leg massage; full arm massage, shoulder, neck & scalp massage; face massage

BODY ENHANCEMENT

Bath

20 MIN

At your choice Soaking in hot water increases our ability to release muscle tension and to relax. Improved blood circulation and detoxification are several benefits you can receive. Studies reveal that hot water immersion can significantly enhance the balance between our relaxation and stress components of the nervous system.

\$40 as add-on

Body Glow

45 MIN

At your choice Scrubbing you body removes dead skin cells and unveils a brighter skin tone. The increased circulation also helps to prolong the glow in the new skin.

\$85 as add-on

Body Recovery

45 MIN

A revitalizing European therapy using authentic thermal Moor Mud to heal, soothe and rejuvenate tired muscles and dull skin. It takes over one thousand years for natural processes to create three meters of this black organic mud, rich in thermal water-derived minerals and trace elements (35%). Moor Mud is harvested near one of only two spa lakes in the world (fed by a geothermal hot water spring and a cool water stream). This treatment remineralizes, softens and purifies the face and body. The Moor Mud Wrap is recommended to precede the Bath and Massage.

\$105 as add-on

The background of the entire page is a soft-focus photograph of a spa setting. It features several lit white candles in glass holders, smooth grey river stones, and fresh green leaves, possibly from a plant like peace lily, scattered across a light-colored, textured surface. The overall mood is serene and relaxing.

HAND & FOOT CARE

Classic Manicure

60 MIN

\$58

This classic manicure features a signature aroma therapeutic scent of your choice. It includes a hand soak and a full healing hand massage using a hydrating therapy blend combined with Organic Aloe, Shea butter, Avocado and Vitamins A & E. Complete this ritual with a fine nail shaping and polish application to give your hands a wonder glow!

Deluxe Hand Ritual

90 MIN

\$88

This deluxe experience includes a unique sugar scrub hand exfoliation, a myrrh nail oil application to promote healthy nails, a hand soak in organic bath salts and a masque wrap. A soothing hand and arm massage adds to the experience.

Classic Pedicure

60 MIN

\$68

This classic pedicure features a signature aromatherapeutic scent of your choice. It includes a foot soak and a full healing foot massage. Complete this ritual with a fine nail shaping and polish application to give your feet a wonder glow!

HAND & FOOT CARE

Deluxe Foot Ritual

90 MIN

\$98

This deluxe experience is not only a beauty treatment for your feet, but also an energizing lift for the whole body. Begin with an exfoliation, followed by a foot soak in organic bath salts, a masque wrap and a soothing foot massage to complete the indulgence.

Polish Renewal Ritual

20 MIN

\$25

Colour has the physiological power to soothe or nurture or ignite. Choose from our lush, shimmering palette of nail lacquers and let your creativity flow.

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ADD ONS - WAXING



Upper Lip	\$15
Under Arm	\$25
Half Arm	\$35
Full Arm	\$50
Half Leg	\$50
Full Leg	\$80
Bikini Line	\$45
Brazilian	\$90
Back (for men)	\$90
Eye Brow	\$18
Eyebrow Shaving	\$15

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