



FITNESS CENTRE & SPA

A SANCTUARY FOR BODY, MIND, AND SLEEP

In the heart of the city, discover a retreat where wellness is reimagined. At Conrad Centennial Singapore, every detail is designed to restore balance. Soothe your body with carefully curated spa treatments, invigorate your mind with tailored fitness experiences, and embrace therapies that nurture deep, restorative sleep.

Here, time slows, allowing you to reconnect with vitality and well-being, all in a setting that feels effortlessly serene yet quietly energising.

FITNESS CENTRE & SPA

Spa

Signature Treatment

Spa Packages

Face & Eye Care

Body Massage

Sleep Therapy

Fitness

Personal Training

Weekly Wellness Workshops

SPA

Curated by Essence Vale, our spa programme features the signature collection, *Serenity of Singapore*, encapsulating the soul of Singapore through spa rituals passed down through generations of diverse heritage. Each treatment is thoughtfully designed to deliver authenticity and expert care, offering a truly immersive experience.

THE STORY OF NEEM

Experience the ancient healing power of Neem in this deeply restorative ritual. Start with a purifying body scrub to refresh and renew your skin, followed by a relaxing massage with Neem and Triphala Body Oil, known for its detoxifying and nourishing benefits. Finish with a soothing Kansu Bowl foot massage to release tension, improve circulation, and promote deep relaxation for overall well-being.

2 hours S\$298 (Single) / S\$538 (Couple)

OUR HERITAGE RENEWAL

Experience a timeless Singaporean wellness ritual designed to rejuvenate both body and mind. Your journey begins with a mineral-rich salt scrub infused with warm ginger oil prepared in a traditional clay pot, gently removing dead skin cells while stimulating the body's natural energy flow. After a refreshing shower, a soothing muscle relief balm is applied to ease tension and soothe stiff joints. Conclude with Tui Na massage, an ancient Chinese technique that enhances circulation and restores balance. Reconnect with tradition and emerge.

1 hours 30 minutes S\$268 (Single) / S\$488 (Couple)

All prices are subject to prevailing GST.

SPA PACKAGE

THE AMBASSADOR

Let the finest chamomile scrub remove all dead skin cells, then relax with a crystal Rose Profyr stone massage. This is followed by a Brightening Facial to improve uneven skin tone and radiant.

Chamomile Body Scrub - Rose Profyr Stone Massage - Brightening Facial

3 hours S\$450

HIGH SPIRIT

A combination of three treatments, starting with a soothing signature body massage that uses a blend of aromatherapy oil. This is followed by a collagen facial and a refreshing eye mask.

This treatment promises to refresh, hydrate and restore elasticity to the skin.

Aromatherapy Body Massage - Collagen Infusion Facial - Eye Care

2 hours 30 minutes S\$380

PERFECT HARMONY

An exquisite spa experience that is inspired by the harmony of senses to restore and rebalance energy and spirit. The experience includes Lavender Salt Scrub to eliminate skin dead cells. A full body massage incorporating tension release, energy and breathing technique with luxurious essence of Neroli. Complete the spa journey with a relaxing facial leaving the mind uplifted, body re-energised, and the is skin replenished.

Lavender Body Scrub - Aromatherapy Massage - Relaxing Facial

2 hours 30 minutes S\$380

All prices are subject to prevailing GST.

[Back to contents](#)

SPA PACKAGE

GOLD WELL

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

Argan Oil Body Massage - Lucas Face Care - Scalp Massage

2 hours S\$298

WELLNESS REBOOT

Indulge in the ultimate recovery experience with our thermal Moor Mud treatment. Designed to heal and soothe tired muscles, brighten the skin, and reduce water retention. Finish with a relaxing massage using signature aromatherapy blends to melt away tension and promote holistic detoxification.

Mood Mud Wrap - Aromatherapy Body Massage

2 hours S\$298

PHYSICAL RESCUE

This restorative treatment is perfect after a long flight to restore energy and relieve jetlag. Begin with a scalp, neck, and shoulder massage to ease tension and clear the mind. A refreshing facial with acupressure relieves stress, followed by a hydrating face mask to nourish the skin. Conclude with a cooling foot massage, where menthol invigorates and pine oil soothes tired muscles and joints. This treatment restores energy flow, relieves tension, and calms the mind.

Scalp Neck Shoulder Massage - Refresh Facial - Foot Massage

1 hour 30 minutes S\$250

All prices are subject to prevailing GST.

[Back to contents](#)

FACE & EYE CARE

CAVIAR DELUXE

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants - an ultimate anti-aging treatment.

1 hour 45 minutes **S\$320**

COLLAGEN INFUSION

A luxurious facial aimed to optimize hydration, improve skin elasticity, suppleness and smoothness. The treatment includes the application of plant collagen ampoule to improve the colour and texture of the skin. Beneficial to all skin types, especially sensitive, dry and mature skin.

1 hour 30 minutes **S\$280**

RADIANCE REBORN LIGHT THERAPY

Experience the future of skincare with our advance light facial therapy, targeting various skin concerns for a firm, even-toned, and radiant complexion. This non-invasive treatment promotes cellular renewal, boosts circulation, and enhances natural beauty. Suitable for all skin types, it offers a safe, effective solution for a glowing complexion.

1 hour 30 minutes **S\$280**

All prices are subject to prevailing GST.

[Back to contents](#)

FACE & EYE CARE

DEEP CLEANSING

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

1 hour 30 minutes **S\$220**

YOUTHFUL ENERGY

Maintain a natural healthy glow with this comprehensive treatment for all skin types especially sensitive and oily skin, to feel refreshed and refined.

1 hour **S\$180**

GENTLEMEN FACIAL

A facial specially designed for men to bring back radiance and vitality of the skin. Suitable for all skin types.

1 hour **S\$180**

All prices are subject to prevailing GST.

BODY MASSAGE

CHINESE MERIDIAN MASSAGE

A traditional Chinese massage incorporating acupressure techniques targeting your meridian points. Feel revitalised as your body undergoes a deep healing process.

60 | 90 minutes

S\$180 | S\$250

SWEDISH MASSAGE

Improve mobility and flexibility with classical fusion techniques. This massage combines stretching with firm pressure to release built-up tension while reducing pain and stiffness.

60 | 90 minutes

S\$180 | S\$250

AROMATHERAPY MASSAGE

An ancient art in which the essential oils of flowers and herbs are applied to the body, to induce relaxation and increase energy levels while restoring the mind, body and soul.

60 | 90 minutes

S\$180 | S\$250

All prices are subject to prevailing GST.

[Back to contents](#)

BODY MASSAGE

BAMBOO MASSAGE

Treat yourself to a healing bamboo massage using specially designed techniques to loosen tense muscles and promote circulation.

60 | 90 minutes

S\$180 | S\$250

CUSTOMIZED MASSAGE

The therapist will focus on individual's concerns, massage with the right pressure on targeted area to enhance circulation, relief tension in muscles and joints, and promote relaxation.

60 | 90 minutes

S\$180 | S\$250

All prices are subject to prevailing GST.

SPA ENHANCERS

(Optional Add-On)

HYDRA QUENCH FACE CARE

A quick mini facial for those on the go. A combined moor mud mask and exfoliation to clear away impurities and to reveal a fresh, bright complexion. Round up the express treat with a relaxing face massage.

30 minutes **S\$95**

CAVIAR EYE RESCUE

A luxurious eye treatment that revitalises the skin around the eyes. This intensive eye treatment utilises ingredients rich in antioxidants to combat aging, improve dark circles, and relieve tired and puffy eyes.

30 minutes **S\$95**

ELEGANT NECK & DÉCOLLETÉ RENEWAL

Experience youthful rejuvenation with our Neck and Décolleté Treatment. This therapy firms, hydrates, and brightens skin, reduces fine lines, and provides relaxation for a radiant, revitalized appearance.

30 minutes **S\$95**

All prices are subject to prevailing GST.

[Back to contents](#)

SPA ENHANCERS

(Optional Add-On)

AFTER SUN CARE

Cooling wrap with aloe vera helps to heal, restore and rehydrate your skin after excessive sun exposure.

30 minutes **S\$95**

SEASONAL BODY SCRUB

This pampering body scrub aids in removing dead skin cells and unveiling a brighter skin tone. The increased circulation also helps to prolong the glow in your new skin depending on the scrub of your choice.

Mineral Salt Body Scrub - pumice scrub, rich in mineral and trace elements from Hungarian thermal water and blended with essential oils to soothes and refines the skin texture.

Chamomile Body Scrub - finely granulated pumice in crème base and chamomile oil, which work together to exfoliate and soften the skin.

30 minutes **S\$95**

CUSTOMISED BODY WRAP

Re-mineralize, detox, soothe tired muscles, purify, hydrate, relax and moisturize. The skin is nourished, toned and purified depending on the mask of your choice.

Spirulina - using microscopic blue/green algae rich in protein, vitamins, minerals and enzymes to boost detoxification.

Moor Mud - thermal Moor Mud to heal, soothe tired muscles and purify dull skin.

45 minutes **S\$150**

All prices are subject to prevailing GST.

[Back to contents](#)

SERENITY SLEEP THERAPY

Harmonising Wellness, Perfecting Slumber

Indulge in Serenity Sleep Therapy, a bespoke wellness journey where the latest Welnamis technology enhances both your sleep and overall vitality. By seamlessly integrating vibroacoustic therapy with chromotherapy, each session is meticulously tailored to address your unique needs.

Whether recovering from jetlag, enhancing mental clarity, or simply unwinding after a demanding day, the Welnamis Bed offers a harmonious blend of vibrational frequencies and colours, fostering profound relaxation and rejuvenation.

HARMONIC HEALING WAVES

A deep vibroacoustic therapy targeting muscle tension and accelerating recovery. Let therapeutic vibrations soothe your body and restore your physical wellness.

30 minutes **S\$60 (Special introductory price at S\$50)**

ENERGIZING AURA CLEANSE

A dynamic fusion of light and vibration therapy designed to balance your energy and elevate your wellbeing. Feel revitalised as you restore your body's natural energy flow.

30 minutes **S\$60 (Special introductory price at S\$50)**

CELESTIAL SERENITY JOURNEY

Combining chromotherapy and vibroacoustic therapy, this treatment offers a soothing escape, ideal for jetlag recovery and enhancing sleep quality. Relax deeply with calming light and sound.

30 minutes **S\$60 (Special introductory price at S\$50)**

MINDFUL RESONANCE RETREAT

Utilising gamma brainwave stimulation, this treatment enhances focus and mental clarity, preparing your mind for success and rejuvenation. Perfect for those seeking cognitive enhancement.

30 minutes **S\$60 (Special introductory price at S\$50)**

All prices are subject to prevailing GST.

[Back to contents](#)

SPA TREATMENTS AND POLICIES

Spa Operating Hours: Daily, 11:00am – 8:00pm

Advanced reservations are recommended to avoid disappointment. If you plan to use a spa gift voucher, kindly inform our team during the booking process so we can advise you of any policies that may affect its use. Please note that the hotel assumes no responsibility for injuries sustained during treatments. If you feel uncomfortable at any point, please inform your therapist immediately.

CANCELLATION POLICY

The following fees apply for cancellations to spa appointments:

- 50% charge for cancellations less than 12 hours in advance.
- Full charge for 'no-shows.'

DISCOUNT POLICY

Spa packages, signature treatments and sleep therapy, are not eligible for Hilton Honors discounts or Executive Floor benefits.

LATE POLICY

We strongly encourage you to arrive 10 minutes before your scheduled spa appointment. If you arrive late, you may choose between:

- A shorter treatment session, or
- An alternative treatment.

AGE LIMIT

Spa treatments are available for guests aged 18 and above.

ELEVATE YOUR FITNESS

Discover your sanctuary on Level 4, where fitness meets innovation. Our state-of-the-art gym features Technogym's resistance and cardiovascular equipment, enhanced with audiovisual systems to keep you motivated. Whether you're embarking on a new fitness journey or maintaining your routine, our team is here to support your goals. Enjoy 24-hour complimentary access to this invigorating space.

PERSONAL TRAINING

Unlock your potential with our in-house trainers guiding you towards your unique goals through tailored sessions. From performance improvement to functional rehab fitness, learn more about our all-rounded offerings.

\$150 per session \$420 for 3 sessions

WEEKLY WELLNESS WORKSHOPS

Designed to invigorate both body and mind, these complimentary sessions are exclusively available to hotel guests, offering an opportunity to enhance your well-being throughout your stay.

Run By The Bay, Mondays, 6:30pm to 7:30pm

A scenic 5km evening run around Marina Bay, with the stunning sunset as a backdrop to the city skyline, waterfront, and iconic landmarks. Ideal for all running enthusiasts, enjoy this workout with the sights and sounds of the city for an unforgettable experience.

Power Surge - HIIT Class, Wednesdays 6:30pm to 7:30pm

An electrifying HIIT class to maximise your workout with high-intensity intervals to boost your metabolism and burn calories. A full-body challenge of strength and cardio to push your limits and leave feeling recharged.



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[Back to contents](#)

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