



*FITNESS CENTRE & SPA*

## A SANCTUARY FOR BODY, MIND, AND SLEEP

In the heart of the city, discover a retreat where wellness is reimagined. Curated by Essence Vale, our spa and sleep therapies are thoughtfully designed to restore balance and renewal. Soothe your body with bespoke treatments, invigorate your mind with tailored fitness experiences, and embrace rituals that nurture deep, restorative sleep.

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

## **FITNESS CENTRE & SPA**

Spa & Sleep Collection by Essence Vale

Signature Treatment

Spa Packages

Face & Eye Care

Body Massage

Serenity Sleep Therapy

Serene Sleep Ritual Set

### **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)**

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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 skin replenished.

*Lavender Body Scrub - Aromatherapy Massage - Relaxing Facial*

**2 hours 30 minutes      S\$380**

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## 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**

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## 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**

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## 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**

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## 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**

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## 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**

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## 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**

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## 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**

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## SERENITY SLEEP THERAPY

Harmonising Wellness, Perfecting Slumber

Indulge in Serenity Sleep Therapy—a personalised wellness experience enhanced by Welnamis technology. Merging vibroacoustic therapy with chromotherapy, each session is tailored to restore vitality, improve sleep, and promote deep relaxation. Whether you're recovering from jet lag, seeking mental clarity, or simply unwinding after a long day, the Welnamis Bed offers a harmonious blend of sound and light to rejuvenate body and mind.

### 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)**

### 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)**

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## SERENE SLEEP RITUAL SET

Available at our spa reception, the Serene Sleep Ritual Set is a curated collection designed to transform bedtime into a sanctuary of calm and restoration.

What's Inside:

### Kristin Florian's Mineral Soak

A mineral-rich blend to ease tension and soothe muscles.

### ISUN Gemstone & Essential Oil Infusion

A gemstone paired with a custom essential oil blend to channel restorative energy.

### TWG Midnight Hour Tea

A caffeine-free infusion to calm the senses and lull you into serenity.

### Serene Sleep Ritual Guide

A step-by-step guide to creating your ideal pre-sleep ritual.

**S\$68 per set**

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## 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.

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## 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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