



BANYAN TREE
SPA





STEP INTO A SANCTUARY FOR THE SENSES

Going back to basics, where wellness is simply about embracing the nature and surrendering to the art of human touch are what our Founder and Executive Chairman, Mr. Ho Kwon Ping had in mind when he first started the spa.

These ideals became the cornerstones of Banyan Tree Spa, pioneer of the tropical garden spa concept. Over the years, the intuitive touch of our spa therapists, the seamless blend of serenity with exotic sensuality and the beauty of the natural environment have come to define the award-winning Banyan Tree Spa experience.

Enjoy the difference.



BANYAN TREE
SPA



MENU

PURPOSEFUL THERAPIES

BANYAN SIGNATURES

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TAILORED FOR YOUR SENSES

FULL BODY MASSAGES

FUSION FOCUS

BODY SCRUBS

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HAND & FOOT TREATMENTS



PURPOSEFUL THERAPIES

60-minute treatment

RMB 980++

90-minute treatment

RMB 1,300++

Restorative Detox

This massage stimulates the body's circulatory system by kneading movements around the lymph nodes beneath the skin. Pressure point techniques combine with a deep and firm pressure to stimulate blood flow and promote the body's removal of waste and toxins.

Mobility Stretch

Daily stress causes chronic tension of the limbs and muscles. This therapy utilises extended stretch works so as to ease physical strain and tension, and improve the body's mobility and flexibility. It is an ideal treatment for post-exercise recovery.

Urban Relief

Prolonged desk-bound work strains the neck, back and shoulders, causing frequent stress and tension, and contributing to the so-called office syndrome. This treatment aims to alleviate this chronic pain and reduce muscle stiffness by combining trigger points and myofascial massage techniques.

Sleep Essentials

A unique ritual that combines different evidence-based techniques and approaches to bring the mind and body to a deep state of rest. It is ideal for those experiencing insufficient rest or poor sleep. This experience may be extended for a longer session, to promote further relaxation.

Prices are Subject to prevailing of 10% service charge and 6% government tax



BANYAN SIGNATURES

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

Royal Banyan

150-minute treatment

RMB 2,380++

A well-loved treatment, Royal Banyan delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring a warm herbal pouch dipped in Sesame Oil, this signature treatment presents the quintessential Banyan Tree Spa experience like no other.

Coriander Cucumber Cleanser • Royal Banyan Herbal Pouch Massage • Jade Face Massage • Therapeutic Herbal Bath

Prices are Subject to prevailing of 10% service charge and 6% government tax



BANYAN SIGNATURES

Sense of Place – Banyan Romance

150-minute treatment

RMB 1,980++

Exclusively designed with the bustling city life in mind, this treatment is ideal for guests who are seeking a revitalising experience. Heated stones are soothingly massaged over your body with the use of warm Clarity Oil for total relaxation. Complete the treatment with a facial and a nourishing body mask to leave your skin soft and glowing.

Hot Stones Massage • Express Facial • Rose Ginseng Nourisher

Tropical Rainmist

120-minute treatment

RMB1,980++

Widely known as Banyan Tree Spa's innovation, unwind in the sensory pleasures of the trickling Rain Shower. An invigorating body scrub purifies before the skin is boosted with extra moisture. This experience brings you perfect tranquility as tension is kneaded away by the therapeutic touch of the therapist.

Choice of Massage • Bath Soak • Steam Bath • Rain Shower • Cleansing Mitt Scrub • Rain Shower • Honey Milk Nourisher • Rainshower with Hair Wash

Prices are Subject to prevailing of 10% service charge and 6% government tax



BANYAN SIGNATURES

Master Therapist Experience

90-minute treatment

RMB 1,580++

Restore energy that was thought to be long gone. Drawn from the expertise of the Master Therapist, indulge in a specially tailored treatment using a repertoire of massage techniques and tools. Therapist will first take time to understand the profile of each individual guest before customising a package best suited to meet his or her needs.

Prices are Subject to prevailing of 10% service charge and 6% government tax



TIME-HONOURED TRADITIONS

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

Chinese Traditions

90-minute treatment

RMB 1,380++

A massage technique used for centuries to heal the body, Tui Na improves mobility and circulatory health by correcting the flow of Qi in the body. Restore harmony and balance through this powerful healing technique and enjoy complete physical relaxation.

Oriental Massage • Oriental Head Massage

Indian Traditions

90-minute treatment

RMB 1,680++

This beautifying regime features Ayurvedic traditions with aromas that bathed the grounds of Indian palaces. Allow the therapist to restore vitality to your energy channels and strengthen your immune system. The Shirodhara effectively relieves anxiety as a soothing stream of warm oils flows onto your forehead.

Ayurvedic Massage • Chakra Head Massage • Shirodhara • Lepam • Steam Bath

Prices are Subject to prevailing of 10% service charge and 6% government tax



TIME-HONOURED TRADITIONS

Indonesian Traditions

120-minute treatment

RMB 1,680++

Practised in the palaces of Central Java, you can now indulge in bliss fit for royalty. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension. The divine treatment adopts century-old beauty recipes which include healing ingredients and their renowned herbal bath to harmonise the senses.

Balinese Massage • Lulur Purifier • Yoghurt Body Splash • Fresh Milk Nourisher • Jamu Bath

Thai Traditions

120-minute treatment

RMB 1,680++

The therapeutic stretching of the massage alleviates internal tension and enhances flexibility of the body. Feel the soothing heat on your muscles and be wrapped in a healing remedy of Thai herbs. Soak in the goodness of an uplifting Ginger Bath as you step out with glowing skin.

Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer • Thai Classic Massage • Aromatic Ginger Bath

Prices are Subject to prevailing of 10% service charge and 6% government tax



TAILORED FOR YOUR SENSES

90-minute treatment

RMB 1,380++

120-minute treatment

RMB 1,680++

150-minute treatment

RMB 2,180++

Create your very own spa experience with favourites from a curated list of components. Select your desired duration then mix and match with the body treats of your choice.

For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 60-minute Facial
- 30-minute Calming Bath

For The Gentlemen

- 60-minute Body Massage
- 30-minute Back Massage OR 30-minute Foot Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner
- 30-minute Express Facial
- 30-minute Calming Bath

*For optimal relaxation and benefit, the duration of combined massages would be 90 minutes.
Prices are Subject to prevailing of 10% service charge and 6% government tax



FULL BODY MASSAGES

60-minute treatment

RMB 880++

90-minute treatment

RMB 1,200++

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists. Choose from Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.

Balinese

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes. These techniques uplift the senses and ease muscle tension, leaving you fully invigorated.

Prices are Subject to prevailing of 10% service charge and 6% government tax



FULL BODY MASSAGES

60-minute treatment

RMB 880++

90-minute treatment

RMB 1,200++

Deep Tissue

A medium to strong deep pressure massage which minimises recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

Gentle Touch

Be pampered by this soft to medium massage where soothing, long strokes and thumb pressure are applied in tandem to relax the body. Ideal for guests who prefer a lighter massage pressure or expectant mothers, children and the elderly.

Thai Classic

A perfect mix of subtle stretching with rhythmic massaging and compressions to balance the body system and stimulate energy flow. This classic massage uses traditional Thai techniques to apply deep palm strokes on the back with delicate stretching.

Thai Essence

A medium to strong massage adapted from traditional Thai massage techniques which improves overall flexibility from top to toe. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy. No oil is used and a two-piece outfit is worn.

Prices are Subject to prevailing of 10% service charge and 6% government tax



FUSION FOCUS

30-minute treatment

RMB 500++

45-minute treatment

RMB 650++

Designed for guests who are on-the-go, these massages begin with a gentle foot wipe and end with light refreshments. Warm Clarity Oil is used in all massages to soothe nerves and moisturise skin.

Back Reviver

For the backaches resulting from long hours spent at the desk, this massage serves as a perfect relief to iron out tension and pain.

Foot Release

Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

Hand Relax

Take good care of your arms, hands and fingers by reducing stress and tension. This massage prevents locked fingers and increases mobility.

Head & Shoulders Reliever

Let your therapist knead your stress and headaches away with this simple but effective massage to improve flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

Prices are Subject to prevailing of 10% service charge and 6% government tax



BODY SCRUBS

30-minute treatment

RMB 550++

Apple Green Tea Polisher

for All Skin Types & Sensitive Skin

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties. The skin feels softer after this treatment and skin cells are naturally renewed.

Ginger Lemon Cleanser

for Oily Skin

The warming effect of fresh ginger paired with the citric fruit acid from lemon makes this body scrub a perfect cleanser. Let the refreshing scent of the natural ingredients relax your body as you look forward to refined and radiant skin.

Kieffer Lime Refresher

for Normal & Oily Skin

Fresh lime peels gives a delightful scent and acts as an antiseptic. The wheat germ included in the scrub smoothen fine lines with its rich Vitamin E content while the honey nourishes the skin.

Turmeric Honey Cleanser

for All Skin Types

Known for its healing and cleansing properties, turmeric mixed with honey, tamarind and sesame seeds forms this refreshing scrub. The oil from the crushed sesame seeds ensures that the skin is not stripped dry by the scrub.

Prices are Subject to prevailing of 10% service charge and 6% government tax



BODY CONDITIONERS

30-minute treatment

RMB 550++

Aloe Lavender Healer

Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation.

Chrysanthemum Enhancer

A nutritious mix of dried chrysanthemum, honey and yoghurt provides a moisturising treatment to revitalise the skin. These ingredients are blended with wheat flour for extra soothing benefits.

Honey Avocado Healer

The highly moisturising honey and creamy Avocado make up this body conditioner which improves skin condition and restore softness to the skin. Its delightful fragrance leaves you feeling refreshed.

Kieffer Lime Mask

Uplift your senses with the zesty lime as you are wrapped in this invigorating and fragrant body mask. The ingredients are quickly absorbed, leaving the skin feeling soft and radiant.

Prices are Subject to prevailing of 10% service charge and 6% government tax



CALMING BATHS

30-minute treatment

RMB 500++

Detoxing Bath

Relax your senses with a salt bath, an all-time favourite for centuries. Citrus fruits are added for extra zest.

Purifying Bath

Get pampered like royalty and unveil radiant, youthful skin after this moisturising bath.

Relaxing Bath

Infused with indigenous flower from the destination, feel your mood lighten up with this fragrant bath.

Rejuvenating Bath

Uplift your senses and brighten up dull skin with herbs such as cucumber and ginger, which are rich in Vitamin C and anti-oxidants.

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FACIALS

60-minute treatment

RMB 1,280++

Radiance Revival

For Purifying

A blissful treat to the face, this facial encourages the oxygen intake of the skin to restore radiance and effectively lighten pigmentation and dark spots. A firming mask will help to alleviate fatigue and stressed skin, bringing about a clearer and radiant-looking complexion.

Anti-Oxidant Illuminator

For Hydrating

A revitalising anti-oxidant facial that deeply focuses on protecting the skin from environmental pollutants while providing exceptional firmness. The experience begins with a gentle exfoliation before an application of an anti-ageing serum for maximum hydration. The experience rounds off with a massage to enhance clarity and a restoring mask that locks in the moisture for an instant glow.

Calming Soother

For Soothing

Suitable for the most delicate skin, this hypoallergenic and paraben-free facial effectively nourishes, stimulates, and calms irritated skin with a Tolerance Recovery Cream containing peptide complex. The soothing mask, infused with floral and green tea extracts, balances the skin tone. Complete this unique experience with a light ultra-hydrating fluid that leaves the skin glowing and refreshed.

Prices are Subject to prevailing of 10% service charge and 6% government tax



FACIALS

30-minute treatment

RMB 680++

Express

Create a blissful treat for your face, select the combination which works best for your skin type. This facial begins with cleansing to remove impurities and ends with a moisturiser to restore radiance. Choose from scrub, mask or massage to give a dearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise **OR** Cleansing • Massage • Mask • Moisturise
OR Cleansing • Scrub • Massage • Moisturise

Prices are Subject to prevailing of 10% service charge and 6% government tax

PLEASE TAKE A MOMENT TO READ THIS

Etiquette

To ensure that guests can enjoy the peaceful sanctuary of Banyan Tree Spa, we respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking.

Check-in

Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment time.

Spa Treatment Hours

The Spa opens from 10am to 10pm; last treatment finishes at 10pm.

Special Consideration

Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Kindly inform your spa therapist of any existing medical conditions.

Smoking and Alcohol

Smoking and consumption of alcohol within the Spa are prohibited.

Valuables

A box for valuables is provided in the treatment rooms, but we recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Cancellation Policy

A 24hour cancellation notice is required to help us reschedule your appointment subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

Refund Policy

Treatment packages and spa memberships are nonrefundable, non-transferable and nonexchangeable.

Payment

We accept cash and all major credit cards. All prices are quoted in RMB and are subject to service charge and applicable government tax. Prices are subject to change without prior notice.

Disclaimer

The spa treatment, services and/or facilities received or utilised at Banyan Tree Spa Shanghai On The Bund are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that Guests may have. Guests will fully indemnify and hold harmless Banyan Tree Spa Shanghai On The Bund, its holding company (ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and / or facilities.