



## Sanctuary for the Senses

Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of the spa pavilions and suites infuses local inspiration seamlessly with the natural beauty of the environment. Our massages are based on evolving techniques that passed through the hands of many generations. Our health and beauty remedies combine the use of aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.

**Sense of Tranquility:** Calm your mind and draw in the tranquility of your surroundings. Sit back and relax as our therapist welcomes you with a soothing Foot Bath. Leave the cares of the world behind as you enjoy an herbal drink and refreshments. All Banyan Tree Spa treatments come with a complimentary 30-minute Calm Time of refreshments and relaxation. Enjoy the difference.

## **PLEASE TAKE A MOMENT TO READ THIS**

### **Etiquette**

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly.

Please switch your cellular phones and electronic devices off or to silent mode.

### **Calm Time**

Guests will be accorded a 30-minute Calm Time of refreshments and relaxation per visit, except hand, foot, hair, and selected a la carte treatments.

### **Check-in**

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### **Valuables**

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.

### **Smoking and Alcohol**

Smoking and the consumption of alcohol within the spa are prohibited.

### **Cancellation Policy**

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

### **Refund Policy**

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

### **Gift Certificates**

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

### **Disclaimer**

The spa treatments, services and/or facilities received or utilised at Banyan Tree Spa 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, 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.

# 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 2,400++*

A well-loved treatment, Royal Banyan delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle. 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

## **Sense Of Place -Tropical Orient**

150-minute treatment

*RMB 2,180++*

Be transported to a tropical paradise with a pampering treat created exclusively for Banyan Tree Spa Sanya. Refresh your skin with the gentle exfoliation from the fragrant Coconut & Turmeric Body Scrub, followed by an oriental massage using time-honoured methods and practices. The exceptional experience rounds off with a soothing facial treatment to restore the skin's vitality.

Coconut & Turmeric Body Scrub • Oriental Massage • Facial Treatment

# BANYAN SIGNATURES

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## **Tropical Rainmist**

120-minute treatment

*RMB 1,800++*

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 Massages • Bath Soak • Steam Bath • Rain Shower • Cleansing Mitt Scrub • Rain Shower  
• Honey Milk Nourisher • Rain Shower with Hair Wash

## **Master Therapist Experience**

90-minute treatment

*RMB 1,480++*

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.

## 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

### Indonesian Traditions

120-minute treatment

RMB 1,780++

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 1,780++

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 10% service charge

## TAILORED FOR YOUR SENSES

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.

90-minute treatment	RMB 1,380++
120-minute treatment	RMB 1,580++
150-minute treatment	RMB 1,980++

### 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 benefits, the duration of combined massages would be 90 minutes.*

# FULL BODY MASSAGES

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

60-minute treatment

90-minute treatment

RMB 800++

RMB 1,180++

## 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.

## 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.

## FUSION FOCUS

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.

30-minute treatment	RMB 580++
45-minute treatment	RMB 680++

### **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.

# BODY SCRUBS

30-minute treatment

RMB 500++

## **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.

# BODY CONDITIONERS

30-minute treatment

RMB 500++

## **Aloe Lavender Healer** *for All Skin Types/Sensitive Skin*

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** *for All Skin Types*

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** *for All Skin Types*

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** *for All Skin Types*

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.

# 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.

# ELEMENTS FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

60-minute treatment

RMB 980++

## **Gold** *For Normal/Combination Skin*

An ideal treatment to soften and nourish the skin, leaving you with healthy-looking complexion. Infused with pineapple extracts, the high levels of Vitamin A and C bring refreshed vitality to your face.

## **Wood** *For Matured Skin*

Experience an instant glow with firmer-looking skin after this facial. A moisturising mask formulated with green algae contains active ingredients, which penetrates easily to offer your face a lifting boost.

## **Water** *For Sensitive Skin*

Created for delicate skin, this facial effectively softens and calms irritated skin with a light-textured cream containing essential proteins. A soothing mask hydrates the skin completely to give a brighter complexion.

## **Fire** *For Oily Skin*

Feel the freshness in your skin as this facial deeply cleanses while reducing impurities and sebum. A purifying mask encourages the oxygen intake of the skin to restore moisture and radiance.

## **Earth** *For Devitalised Skin*

Enriched with pure Vitamin C, this restorative experience is specially developed to lighten the skin and stimulate collagen production. A zestful mask enhances skin clarity, brightening and revitalising the face.

# FACIALS

Indulge in our facial treatments to leave your skin glowing with refreshed vitality. Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

## **Express**

30-minute treatment

RMB 550++

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 clearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise

OR

Cleansing • Massage • Mask • Moisturise

OR

Cleansing • Scrub • Massage • Moisturise

## **SPA & THE RAINFOREST**

A signature innovation by Banyan Tree Spa, The Rainforest is a complete hydrothermal experience combining the best of European spa and hydrothermal therapy with the essence of Asian wellness philosophy to create a haven of serenity, warmth and comfort. With eight different hydrothermal therapy experiences, each designed to soothe and revitalise different parts of your body, Banyan Tree Spa presents a truly holistic and rejuvenating wellness experience.

### **Rain Walk**

Surrender yourself to an invigorating Rain Walk featuring a generous shower of warm water to cleanse your body before continuing your journey of The Rainforest.

### **Chinese Herbal Steam Bath**

Feel your tension melt away in this aromatic steam chamber. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

### **Swiss Shower**

Tantalise your sense with multiple water jets in this shower chamber. Feel your tension melting away as the water jets gently massage different parts of your body. A truly indulgent and soothing shower experience.

### **Warm Dip Pool**

Take your time to step into this soothing and relaxing Warm Dip Pool. Your body temperature gradually rises and your blood circulation is enhanced, thereby promoting a healthy delivery of nutrients to the body.

### **Spa Jet Pool**

With a relaxed body, get ready to work on those high tension muscle groups. Align your body to receive the high power hydro-massage jets and experience muscle relief. Highly recommended for those who enjoy a strong massage experience.

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### **Hamam**

A haven of rejuvenation, immerse in the quintessential hamam experience. Contemplate in the quiet seclusion of this intimate sanctuary as your body and soul is soothed by the unique blend of essence of herbs and spices infused into this chamber.

### **Ice Fountain**

This unique and refreshing experience helps boost one's blood circulation. Rub fresh ice on your body to tighten your skin while enhancing your circulatory system. Recommended for those who wish to address a specific cellulite-prone area.

### **Sauna**

Feel your tension melting away in this dry chamber. With a high temperature, heavy perspiration is induced which in turn promotes body detoxification. Your immune system also receives a boost as circulation improves.

## **A Guide to The Rainforest**

The most important rule of thermal bathing is to allow time for your body temperature to cool and normalise after using a warm hydrothermal experience. Body cooling can be accelerated by using the various showers and the Ice Fountain. Please journey through The Rainforest according to the map sequence for optimal benefits.

A period of passive relaxation on a lounge is always recommended to complete the therapeutic process. The greatest benefits are achieved when the bather adheres to these rules and guidance from your Spa Host.

## **SPA & THE RAINFOREST**

Banyan Tree Spa presents a fusion spa experience, combining the best of its signature spa treatments with its state-of-the-art hydrothermal facilities within The Rainforest to maximise your wellness experience.

### **Personal Hydro Experience**

60-minute treatment

*RMB 580++*

Begin your hydrothermal therapy with an invigorating Rain Walk experience to prepare your body for the Chinese Herbal Steam Bath that is beneficial inducing perspiration to deeply cleanse and soften your skin. Thereafter, relax in the Warm Dip Pool or allow the hydro-massage jets to soothe those rigid muscle knots. The hydrating and relaxing Hammam experience is the fitting finale to this journey of rejuvenation and relaxation.

Rain Walk • Chinese Herbal Steam Bath • Swiss Shower • Warm Dip & Spa Jet Pool • Hammam

### **Rainforest Essentials**

120-minute treatment

*RMB 1,380++*

Experience the holistic effects of this hydrothermal therapy beneficial in cleansing and detoxifying your body. The combination of heat and humidity from the Chinese Herbal Steam Bath stimulates blood circulation and helps in detoxification. Contrast the hot treatment with the cooling water jets from the Swiss Shower and a dip in the pool before a heavenly relaxation in the Hammam or Sauna. Complete this invigorating hydrothermal journey with a soothing massage.

Rain Walk • Chinese Herbal Steam Bath • Swiss Shower • Warm Dip & Spa Jet Pool • Hammam or Sauna •  
Choice of 60-minute Massage