



## 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.

Kindly note that all Spa treatments (except hand, foot and hair treatments) have an additional 30-minute Calm Time, which comprises a welcome footbath and post-treatment refreshments & relaxation. Enjoy the difference.

Prices are inclusive of 15% service charge and government tax. Reservation for senior therapist requires 6% extra charge.



BANYAN TREE  
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## 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 2580*

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

### Sense Of Place –

### Oriental Remedy

120-minute treatment

*RMB 1780*

Harnessing locally-sourced ingredients, traditionally known for its healing benefits is used with warm Clarity Oil to give a unique massage oil blend which stimulates blood circulation and soothes tense muscles. Experience a deep sense of relaxation as your skin is enlivened by a nourishing body scrub.

Steam • Ginseng refresh • Oriental massage • Chinese Herbal Bath

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

### Tropical Rainmist

120-minute treatment

RMB 1780

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 • Rainshower with Hair Wash

### Master Therapist

#### Experience

90-minute treatment

RMB 2580

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.

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## TIME-HONOURED TRADITIONS

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

### Indonesian Traditions

120-minute treatment

*RMB 1780*

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 floral baths to awaken the senses.

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

### Thai Traditions

120-minute treatment

*RMB 1780*

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

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## 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 1480
120-minute treatment	RMB 1780
150-minute treatment	RMB 2580

### 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.*

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## PURPOSEFUL THERAPIES

60-minute treatment	RMB 1388
90-minute treatment	RMB 1788

### **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.

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## 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	RMB 1058
90-minute treatment	RMB 1480

### **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.

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## 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 750
45-minute treatment		RMB 850

### **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.

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## BODY SCRUBS

30-minute treatment | RMB 750

### **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.

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## BODY CONDITIONERS

30-minute treatment | RMB 750

### **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 lemon juice provides a moisturising treatment to revitalise the skin. These ingredients are blended with protein-rich soya milk for extra 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.

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## CALMING BATHS

30-minute treatment

RMB 750

### **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 lemongrass and ginger, which are rich in anti-oxidants.

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## NATURA BISSE 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 1088

### THE O2 RELAX

*OXYGENATES BRIGHTENS CLARIFIES*

Awaken your skin with the revitalizing energy of pure oxygen to decongest , brighten and clarify a dull complexion . Perfect for the frequent flier and urbanites whose skin suffers from every day aggression

### THE SKIN COMFORT

*SOOTHES COMFORTS CALMS*

Pamper and comfort your skin with an exclusive combination of botanical ingredients to soothe sensitized or altered skin . This calming facial is the perfect answer for hypersensitivity and rosacea .

### THE 3D COLLAGEN SHOCK

*SCULPTS FIRMS TIGHTENS*

Feel the power of this remodelling and firming treatment with three types of collagen that sculpts and defines your facial contour , improves skin density and preserves moisture . This innovative facial provides an outstanding lifting and densifying effect while revealing incredibly supple and plump skin .

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## FACIALS

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60-minute treatment | RMB 1088

### Banyan Facial *for All Skin Types*

A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look.

### Express

30mins RMB 750

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

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