



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 Elements Spa By Banyan Tree 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, 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 Elements Spa By Banyan Tree 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 Elements Spa By Banyan Tree, 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

KWD 80

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

Pre-Natal Care

120-minute treatment

KWD 70

Package - Blessings

Be blessed by a pampering treat which begins with a relaxing facial to enhance your glowing complexion. The Gentle Touch Massage helps to soothe aches while moisturising the skin. Enjoy the Stretch Mark Recovery treatment where a cream is applied to soothe the skin.

Choice of Facials • Gentle Touch Massage • Stretch Mark Recovery

Post-Natal Mother Care

150-minute treatment

KWD 80

Package - Jamu Rejoice

Drawing on the secrets of Javanese mid-wives and mothers, this treatment is designed to help mothers regain their slender figures after birth. Indonesian massage strokes to ease water retention, while the traditional mask, known as Bengkung, helps to tone abdominal muscles. A rejuvenating foot massage follows, before the body is embraced with traditional spices. A soothing Steam Bath and Rain Shower refreshes the body at the end of the session.

Healing Massage • Lime Abdomen Mask • Foot Reflexology • Jamu Restorer • Steam Bath •
Soap Massage • Rain Shower

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Tropical Rainmist

120-minute treatment

KWD 70

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

KWD 60

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

KWD 60

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

KWD 60

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 • Lepamam • Steam Bath

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

KWD 70

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

KWD 70

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

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		<i>KWD 55</i>
120-minute treatment		<i>KWD 77</i>
150-minute treatment		<i>KWD 88</i>

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

Elements Day

330-minute treatment & 60-minute lunch

KWD 120

For a full day of pampering and care-free indulgence, Elements Day features signature therapies for a total top to toe renewal. Besides luxurious spa treatments, a sumptuous yet healthy spa cuisine lunch complements the wellness experience.

Morning

Steam Bath	15 minutes
Choice of Body Scrubs	30 minutes
Choice of Body Conditioners	30 minutes
Choice of Body Massages	60 minutes
Floral Bath	15 minutes

Lunch

Afternoon

Choice of Facials	60 minutes
Elements Hand Basics	60 minutes
Elements Foot Basics	60 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		KWD 45
90-minute treatment		KWD 55

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 | KWD 22.5

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.

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.

30-minute treatment | KWD 12
45-minute treatment | KWD 15*

Hand Relax

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

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.

**Includes additional 15 minutes of Paraffin Treatment.*

BODY SCRUBS

30-minute treatment | KWD 22.5

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 | KWD 22.5

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.

CALMING BATHS

30-minute treatment | *KWD 22.5*

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.

FACIALS

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

60-minute treatment | KWD 45

Collagen

For All Skin Types

Indulge in this highly effective facial that combats environmental stress while improving skin texture and clarity. A collagen skin-revival mask is used to hydrate the skin, replacing lost collagen and increasing skin elasticity to give the face a youthful freshness and vitality.

Hydrate

For Dry Skin

Dry skin is deeply re-hydrated with this nourishing facial treatment. The skin barrier function is strengthened during the treatment, reducing fine lines and increasing skin suppleness.

Rejuvenation

For Normal/Combination Skin

Let this facial help to regulate sebum production while hydrating and nourishing the skin. Your complexion will be radiant and healthy after this rejuvenating facial treatment.

Soothe

For Sensitive Skin

A calming treat for sensitive skin, this facial soothes and reduces skin irritations. Its decongesting effect refreshes and boosts the micro-circulation of the face, leaving the skin feeling soft and luminous.

FACIALS

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

30-minute treatment | *KWD 25*

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 clearer and brightened complexion.

Cleansing • Scrub • Mask • Moisturise

OR

Cleansing • Massage • Mask • Moisturise

OR

Cleansing • Scrub • Massage • Moisturise

HAND & FOOT TREATMENTS

Treat your hands and feet to a pampering session, leaving them in tip top condition.

Elements Hand Basics

60-minute treatment

KWD 10

Keep your hands and nails in best condition with this beautifying regime which concludes with a rich moisturiser. Nails are trimmed and shaped to your preference.

Hand Bath • Hand Scrub • Nail Maintenance • Hand Moisturising

Elements Foot Basics

60-minute treatment

KWD 12

Give your feet the attention they deserve. Start with a Foot Bath for thorough cleansing and a Foot Scrub to slough off dead skin. Then, nails are trimmed and shaped to your preference.

Foot Bath • Foot Scrub • Nail Maintenance • Foot Moisturising

Nail Painting

30-minute treatment

KWD 5

Brighten your day with beautifully painted nails. Enhance your hand or foot care with a neat application of nail polish.

ELEMENTS HAIR BASICS

Shampoo & Blow Dry

KWD 11