



BANYAN TREE  
SPA

SPA

MENU



BANYAN TREE  
SPA

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.





BANYAN TREE  
SPA

## 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 Certificate**

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

KWD 80

150-minute treatment

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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 -Arabian Nourishing

KWD 77

120-minute treatment

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Indulge in a nourishing skin treatment consisting of a date fruit scrub filled with natural antioxidants, experience a tension-releasing massage, and discover the joys of traditional Arabic Bakhoor, an aromatherapy oil used in special occasions as well as welcoming guests into one's home

Steam Bath • Date scrub • Choice Of Massage • Arabain Incense Bakhoor



# BANYAN

# SIGNATURES

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

## Tropical Rainmist

KWD 70

120-minute treatment

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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 tranquillity 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

KWD 60

90-minute treatment

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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

KWD 60

90-minute treatment

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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 Massages, Oriental Head Massage.

## Indian Traditions

KWD 60

90-minute treatment

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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 Massages, 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

KWD 70

120-minute treatment

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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

KWD 70

120-minute treatment

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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

KWD 55

120-minute treatment

KWD 77

150-minute treatment

KWD 88

## For The Ladies

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

\*For optimal relaxation and benefits, the duration of combined massages would be 90 minutes.





## Elements Day

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330-minute treatment **KWD 135**  
60-minute Lunch

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

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

### Lunch

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### Afternoon

Choice of Facials  
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.

## Balinese

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60-minute treatment **KWD 45**  
90-minute treatment **KWD 55**

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

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60-minute treatment **KWD 45**  
90-minute treatment **KWD 55**

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

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60-minute treatment **KWD 45**  
90-minute treatment **KWD 55**

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.

A therapist in a purple shirt is performing a massage on a guest lying on a table in an outdoor pavilion at night. The pavilion has a traditional wooden roof with a woven pattern. The background shows palm trees and a building with a wooden door.

# 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.

## Thai Classic

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60-minute treatment **KWD 45**

90-minute treatment **KWD 55**

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

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60-minute treatment **KWD 45**

90-minute treatment **KWD 55**

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

## Foot Release

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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

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

# 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

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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

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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.

A woman with her hair in a bun is shown from the back, receiving a body scrub treatment. A therapist's hands are visible, applying a thick, golden-yellow scrub to her back. The background is a dark, vertically-slatted wall.

# 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.

## **Kie er 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 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.

## **Kie er 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

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

## Purifying Bath

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

## Relaxing Bath

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

## Rejuvenating Bath

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



# 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 **KWD 45**

## Collagen

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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. Suitable for all skin.

## Hydrate

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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. Suitable for dry skin.

## Rejuvenation

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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. Suitable for normal and combination skin.

## Soothe

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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. Suitable for Sensitive Skin



# 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 Facial

KWD 28

30-minute treatment

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 | Cleansing, Massage, Mask, Moisturise | Cleansing, Scrub, Massage, Moisturise.



# HAND

# & FOOT

# TREATMENTS

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

## Element Hand Basics

KWD 10

60-minute treatment

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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.

## Banyan Foot Basics

KWD 12

60-minute treatment

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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



# HAND

# & FOOT

# TREATMENTS

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

## **Nail Painting**

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Regular Nail Polish (30 minutes)

**KWD 5**

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





# HAIR

# TREATMENTS

## Element Hair Basic

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Shampoo & Blow Dry

Hair cut

Hair treatment & Blow Dry

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KWD 11

KWD 10

KWD 18