



BANYAN TREE
SPA

MENU

YOUR SANCTUARY

FOR THE SENSES

AWAITS





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.



BANYAN SIGNATURES

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

Temazcal: A Purifying Journey

This journey begins with a welcome purifying ritual before you step into the temazcal. As you experience the healing session, your guide will lead you through the temazcal's three "gates," each bringing relaxation and different benefits to your body and soul. After exiting the temazcal, refresh your body with a revitalizing shower, and bring your session to a close with a grounding gratitude meditation, feeling lightness in your entire being.

Temazcal Ancestral

90 - Minute treatment

Delve into ancient healing practices and experience the transformative power of our temazcal treatment, where the warmth and gentle heat promotes relaxation and detoxification to harmonize your body and soul.

Couples' Journey

180 - Minute treatment

Embark on a journey of union with our unique temazcal bath. Let the soothing heat envelop you, and let the steam create a space for purification and connection.

Followed to our serene spa pavilion, where a couple's massage awaits you to indulge in relaxation, featuring our exclusive blend of "love" oils, specially crafted to enhance intimacy and harmony.

Gratitude & Harmony Ritual

90 - Minute treatment

Indulge your senses with a customized temazcal and celebrate a milestone, close a chapter of your life, or prepare for a new one with this personalized ritual.

Royal Banyan

150 - Minute treatment

This treatment delivers the best of Eastern and Western massage techniques to improve circulation and ease muscle pain. Featuring a warm herbal pouch dipped in Sesame Oil, it offers the quintessential Banyan Tree Spa experience.

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

Rejuvenating Mayan Experience

150 - Minute treatment

Our authentic Mayan ritual was inspired by the relationship between the body's most important energy points and the 20 solar seals. Harnessing locally-sourced ingredients, it includes Agave regenerative phytocomplex, aloe vera, white clay, coconut and grape.

Prickly Pear Scrub • Anti-Oxidant Body Mask • Agave Candle Massages

Tropical Rainmist

120 - Minute treatment

Unwind in the sensory pleasures of this innovative experience. Relax under the Rain Shower and enjoy an invigorating body scrub. As tension is kneaded away by the therapeutic touch of our therapist, reach perfect tranquility.

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

Master Therapist Experience

90 - Minute treatment

Indulge in a specially tailored treatment using a repertoire of massage techniques and tools. Your therapist will take some time to understand your personal profile, customizing the treatment to best suit your individual 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

A massage technique used for centuries, Tui Na improves mobility and circulation 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

This beautifying regime features Ayurvedic traditions, restoring vitality to your energy channels and strengthening 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

Indonesian Traditions

120 - Minute treatment

The deep tissue Balinese massage uses strong, firm strokes to dissolve all muscle tension. This divine treatment adopts century-old beauty recipes with healing ingredients and renowned floral baths to awaken the senses.

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

Thai Traditions

120 - Minute treatment

The therapeutic stretching of this massage alleviates tension and increases flexibility. Feel the soothing heat on your muscles as you are wrapped in healing Thai herbs, and soak in an uplifting Ginger Bath.

Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer • Thai Classic



FULL BODY MASSAGE

Choose from an indulgent array of massages, and surrender to the intuitive touch of our therapists. Choose between our Touch of Love or Touch of Peace massage oils to suit your state of mind.

Balinese

60 | 90 - Minute treatment

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

60 | 90 - Minute treatment

Enjoy a medium to strong deep pressure massage that minimizes recovery time for stressed and tense muscles. The intensive strokes work to loosen and relax the muscles.

Gentle Touch

60 | 90 - Minute treatment

Allow us to pamper you with this soft to medium massage, where long, soothing strokes and thumb pressure help relax the body. It is ideal for pregnant women, children, and seniors.

Thai Classic

60 | 90 - Minute treatment

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

Thai Essence

60 | 90 - Minute treatment

A medium to strong massage adapted from traditional Thai massage techniques that improves overall flexibility. Palms and thumbs are applied to pressure points to relieve tired muscles and to boost energy.

TAILORED FOR YOUR SENSES

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

90 - Minute treatment

120 - Minute treatment

150 - Minute treatment

For the ladies

Choice of:

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

For the gentlemen

Choice of:

- 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

*For optimal relaxation and benefits, the duration of combined massages is 90 minutes.



WELL-BEING SIGNATURE MASSAGES

Designed to address the body and spirit's most essential needs, this selection of massages will relax, restore, and rejuvenate when you need it most.

Restorative Detox

90 - Minute treatment

This massage stimulates the body's circulatory system with kneading movements around the lymph nodes beneath the skin. Pressure point techniques are combined with deep and firm pressure to stimulate blood flow and promote toxin removal.

Sleep Essential

90 - Minute treatment

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.

Mobility Stretch

90 - Minute treatment

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

Urban Relief

90 - Minute treatment

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

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 moisturize skin.

Back Reviver

30 | 45 - Minute treatment

For those who spend long hours sitting on their desk, this massage serves as a perfect relief to iron out tension and pain.

Foot Release

30 | 45 - Minute treatment

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

Hand Relax

30 | 45 - Minute treatment

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

30 | 45 - Minute treatment

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





BODY CONDITIONERS

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 conditions, calms skin irritation and its light fragrance induces relaxation.

Honey Avocado Healer

For all skin types

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

Lime Mask

For all skin types

Uplift your senses with 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.

BODY SCRUBS

Apple Green Tea Polisher

For all skin types | Sensitive skin

While the natural acids from the apple act as a gentle cleanser, green tea powder nourishes the skin with its anti-oxidant properties. Your skin will feel softer as skin cells are naturally renewed.

Ginger Lemon Cleanser

For oily skin

The warming effect of fresh ginger paired with the citric acid in lemon makes this body scrub a perfect cleanser. Let the refreshing scent of these natural ingredients relax you as you look forward to radiant 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 provides a soft balance.



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.

Anti-Oxidant Illuminator

60 - Minute treatment

The revitalizing experience includes a gentle scrub, an application of concentrated pure Vitamin C serum, and a massage with Vitamin C cream to enhance clarity. A mask locks in the moisture for a healthy glow.

Calming Soother

60 - Minute treatment

Suitable for delicate skin, this hypoallergenic and paraben-free facial effectively nourishes 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.

Instant Renewal

60 - Minute treatment

A rich, nourishing moisturizer containing isoflavones is applied to the face to promote the level of skin collagen and renewal of skin cells. A revitalizing and firming mask completes the experience.

Radiant Revival

60 - Minute treatment

A blissful face treatment, this facial encourages oxygen intake in the skin in order to restore radiance and effectively lighten pigmentation and dark spots. An Oxygen Firming Mask alleviates fatigue and soothes stressed skin, resulting in a clearer, more radiant complexion.

Banyan Facial

60 - Minute treatment | For all skin types

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

Express

30 - Minute treatment

Create a blissful treatment for your face; select the combination that works best for you. This facial begins with a cleanse to remove impurities and ends with a moisturizer to restore radiance.

Cleansing • Scrub • Mask • Moisturize
Cleansing • Massage • Mask • Moisturize
Cleansing • Scrub • Massage • Moisturize

HAND & FOOT TREATMENTS

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

Banyan Hand Basics

60 - Minute treatment

Keep your hands and nails looking their best with this beautifying regime, in which nails are trimmed and shaped to your preference. The treatment ends with a rich moisturizer.

Hand Bath • Hand Scrub • Nail Maintenance • Hand Moisturizing • Regular Nail Painting

Banyan Foot Basics

60 - Minute treatment

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 Moisturizing • Regular Nail Painting

Nail Polish Application

30 - Minute treatment

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

• Basic Gelish Removal

For Manicure or Pedicure

• Basic Gelish

Nail Shaping • Nail Painting

• Gelish Removal & Application

Gelish Removing • Nail Shaping • Nail Painting

BEAUTY SERVICES

Pamper yourself with our luxurious beauty services. Book your appointment and experience the ultimate indulgence.

Hair Basics

Choice of:

- Hair Wash & Blow Dry - Short Hair
- Hair Wash & Blow Dry - Long Hair
- Up-do (Hair Styling)
- Makeup
- Bridal Hairstyle
- Bridal Makeup

Additional Haircare

30 - Minute treatment

- Hair mask
- Scalp massage



THE RAINFOREST

Developed and conceptualized by Banyan Tree Spa, The Rainforest is a complete hydrothermal experience that combines the best of the European spa and the essence of Asian wellness philosophy, creating a haven of serenity, warmth and comfort that perfectly complements your unique stay at Banyan Tree.

Rainforest Indulgence

150 - Minute treatment

The combination of heat and humidity stimulates circulation and helps to detoxify your body. Following the Rainforest trail, experience a refreshing body scrub in our Rain Mist shower. Complete this journey with one of our massages.

Rainforest Trail • Rain Shower with Body Scrub •
Choice of Body Massages

Personal

90 - Minute treatment

Enjoy a completely private and personalized hydrothermal journey featuring steams, saunas, themed showers, Jacuzzi, and jets. The Rainforest Trail is designed to soothe and revitalize your body presenting a truly holistic and rejuvenating wellness experience.



WELL-BEING ACTIVITIES

Find the perfect balance and improve your health by staying active with our wellness activities. Our expert instructors will develop and personalize your training.

Movement

Improve your flexibility, strength, and posture with a variety of classes: Yoga, Spinal Stretch, Core Strength, Pilates and Boot Camp.

Mindfulness

Clear your mind, improve your concentration, and find balance with a: Gratitude Meditation, Breathing Exercise, Conscious Grounding, or Sleep Meditation.

Workshops

Learn and create connection with your loved ones and the environment by participating in our workshops: Herbal Massage Oil, Counter Tech Moves, Sleep Better and Aromatherapy.

Business and Pleasure

If you are traveling in a group or celebrating a special occasion, a Sound Healing session or a Purifying Ritual among all the activities we offer will make your visit a bonding opportunity.



MORE INFORMATION

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 12-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less notice will incur in 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.

GET TO KNOW MORE ABOUT US...

Wellbeing Activities



Digital Menu



Price List



Spanish Menu



Reservations:
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