



BANYAN TREE  
SPA

# SPA & WELLBEING MENU



## SANCTUARY FOR THE SENSES

Welcome to Banyan Tree Spas, a sanctuary for the senses, a place of solace, reflection.

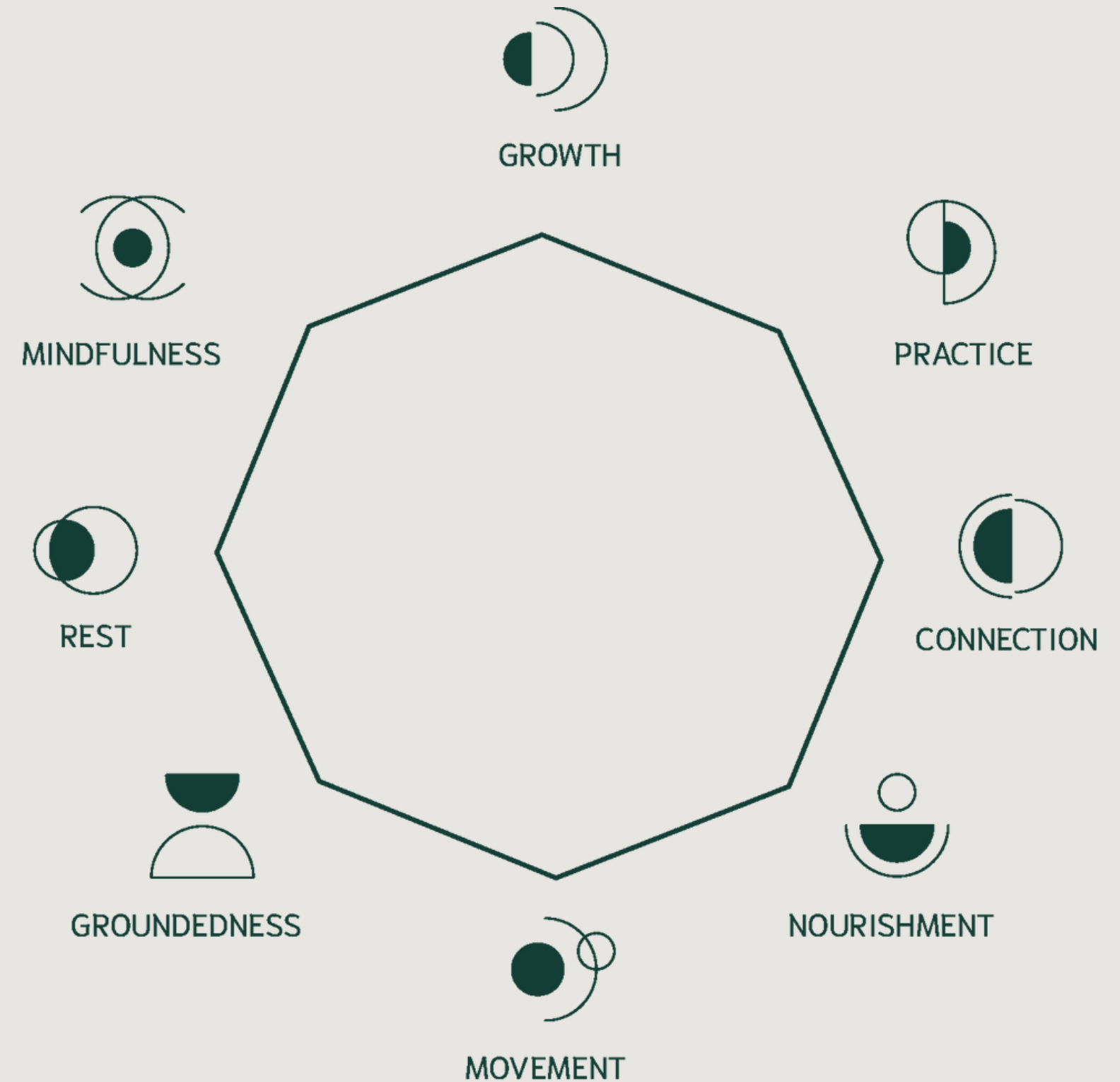
At Banyan Tree Spas, we offer holistic concept of Asian wellbeing experiences designed to guide our guests and associates on their journey, helping them feel balanced, restored, and joyful.

Our evidence-based approach combines ancient Asian cultural practices and harmony with nature, with a range of offerings to meet health-conscious lifestyle aspirations.

# WELLBEING PILLARS

At Banyan Tree we believe that we are all interconnected – through the connection to self, others, and the natural world around us.

Our Spa & Wellbeing offerings are thoughtfully designed around our proprietary 8 Pillars of Wellbeing, each addressing a fundamental aspect of a balanced, joyful, and fulfilled life. These pillars guide our holistic approach to rejuvenation, promoting harmony within and around you.





## ASIAN HERBAL REMEDY

Applied to all massages via personalized consultations

Discover the ancient art of Asian herbal remedy oil blending, a timeless tradition rooted in holistic healing and balance. This practice draws from centuries-old wisdom in Southeast Asian wellness traditions, combining nature's finest herbs and botanicals to create therapeutic oils that nurture the body, and mind.

These oils are blended with intention, promoting relaxation, recovery, or relief from stress and discomfort. Applied to all massages via personalized consultations these blends harness the power of nature to enhance energy, soothe muscles, and uplift the mind.



## BANYAN SIGNATURES

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

Royal Banyan | 150-minute treatment | SGD 520<sup>++</sup>

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 Cleanse • Royal Banyan Herbal Pouch Massage
- Jade Face Massage



## TAILORED TO YOUR SENSES

90-minute treatment		SGD 350 <sup>++</sup>
120-minute treatment		SGD 420 <sup>++</sup>
150-minute treatment		SGD 520 <sup>++</sup>

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 treatments of your choice\*.

- 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 would be 90 minutes.

All prices are in Singapore dollars, subject to 10% service charge and 9% goods and services tax

# MASSAGE THERAPY

## RECOVERY

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.

## BODYWORK

Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists to complement your state of mind and achieve desired effects.





## RECOVERY MESSAGES

30-minute treatment | SGD 180<sup>++</sup>

45-minute treatment | SGD 200<sup>++</sup>

### 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.

### 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.



# BODYWORK MASSAGES

60-minute treatment | SGD 250<sup>++</sup>

90-minute treatment | SGD 350<sup>++</sup>

## Balinese

A medium to strong massage where the therapist applies deep thumb and palm pressure with slow, firm, rhythmic strokes to uplift the senses and ease muscle tension.

## Deep Tissue

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

## Gentle Touch

A soft to medium massage where soothing, long strokes and thumb pressure 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. 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 muscle and stretching technique to boost energy.

# BODY TREATMENTS

30-minute treatment | SGD 180<sup>++</sup>

**BODY SCRUBS**

**BODY CONDITIONERS**





# BODY SCRUBS

30-minute treatment | SGD 180<sup>++</sup>

## Citronella Pandan Cleanser

For All Skin Types & Sensitive Skin

A refreshing scrub that combines the natural healing properties of Citronella powder, pandan juice, and fresh blended curry leaves. This cleanser gently purifies the skin while providing soothing and calming effects. Oatmeal gently exfoliates, while Ylang Ylang essential oil offers a soothing and calming effect, promoting relaxation. This nourishing scrub stimulates circulation, removes toxins, and leaves your skin feeling smooth, refreshed, and glowing.

## Citrus Mint Polisher

For Normal & Oily Skin

A luxurious treatment designed to awaken the senses. Infused with the warm, aromatic blend of Cumin, Clove, and Cinnamon powders, this scrub helps to energize and invigorate the skin. Calamansi Lime Juice brightens and refreshes, while Fresh Mint Leaves provide a cooling, calming sensation. This aromatic body scrub exfoliates, nourishes, and rejuvenates, leaving your skin soft, smooth, and radiantly refreshed.

## Kaffir Lime Refresher

For Normal & Oily Skin

Fresh lime peel gives off 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.



# BODY CONDITIONERS

30-minute treatment | SGD 180<sup>++</sup>

## Turmeric Honey Healer

For All Skin Types & Sensitive Skin

This deeply revitalizing body wrap combines the healing properties of white turmeric powder, fresh ginger juice, honey, and galanga to detoxify, nourish, and rejuvenate the skin. The warmth of the ingredients stimulates circulation, while clove powder adds a soothing touch. Honey hydrates and softens, leaving your skin smooth, nourished, and glowing. The comforting aromas of turmeric and ginger promote relaxation, making this treatment the perfect indulgence for both body and mind.

## Turmeric Brown Rice Mask

For Normal & Oily Skin

A traditional body treatment rooted in South Kalimantan, the Radiant Spice Body Wrap blends natural spices like white turmeric and nutmeg to deeply hydrate, protect, and rejuvenate the skin. Antiseptic properties combat bacteria, laksa leaf, and fennel seeds stimulate circulation and detoxify. The nourishing blend of ingredients helps soften, brighten, and restore balance, leaving the skin radiant and supple. This holistic body wrap promotes relaxation, calm, and a revitalized, glowing complexion.

## Chrysanthemum Enhancer

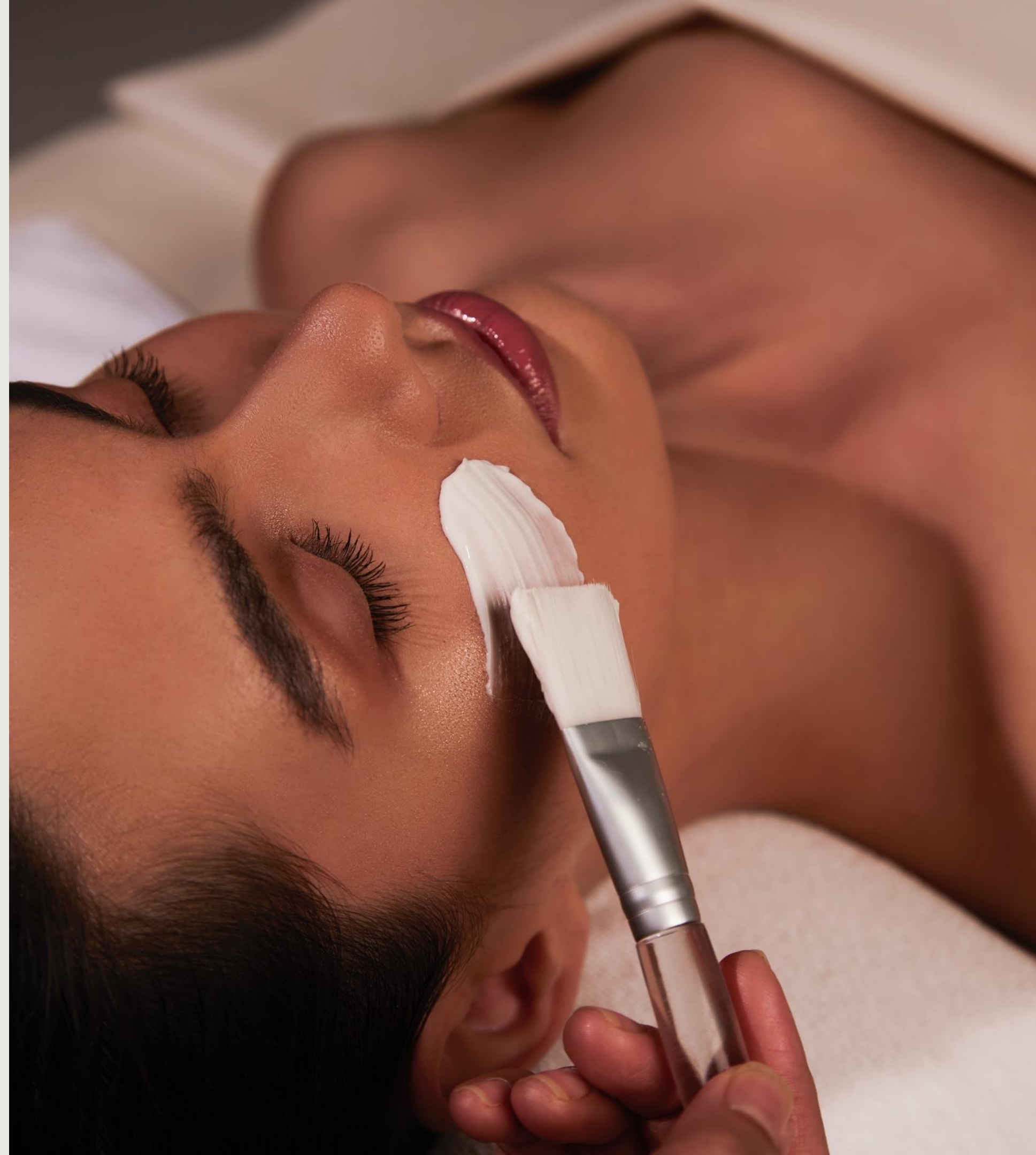
For Normal & Oily Skin

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.

## FACIALS

30-minute treatment | SGD 180<sup>++</sup>

60-minute treatment | SGD 250<sup>++</sup>





## BANYAN FACIAL

For All Skin Types

60-minute treatment | SGD 250<sup>++</sup>

A signature facial recipe 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.

- Cleansing • Scrub • Massage • Mask • Moisturise

## EXPRESS FACIAL

A Moment to Rejuvenate

30-minute treatment | SGD 180<sup>++</sup>

Create a blissful treat for your face by selecting 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 • Moisturise (A choice of Scrub, Mask or Massage)

# PLEASE TAKE A MOMENT TO READ

## 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

30-minute Calm Time ritual for refreshments and relaxation per visit except for 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 on the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.



# PLEASE TAKE A MOMENT TO READ

## SMOKING AND ALCOHOL

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

## CANCELLATION POLICY

A 24-hour cancellation notice is required to allow us to 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".

## PAYMENT MODE

Prices are in Singapore Dollars and are subject to a 10% service charge and prevailing government taxes. We accept major credit cards, including Amex, Mastercard, Visa, and CUP. Please note that we do not accept cash, cheques, or foreign currency.

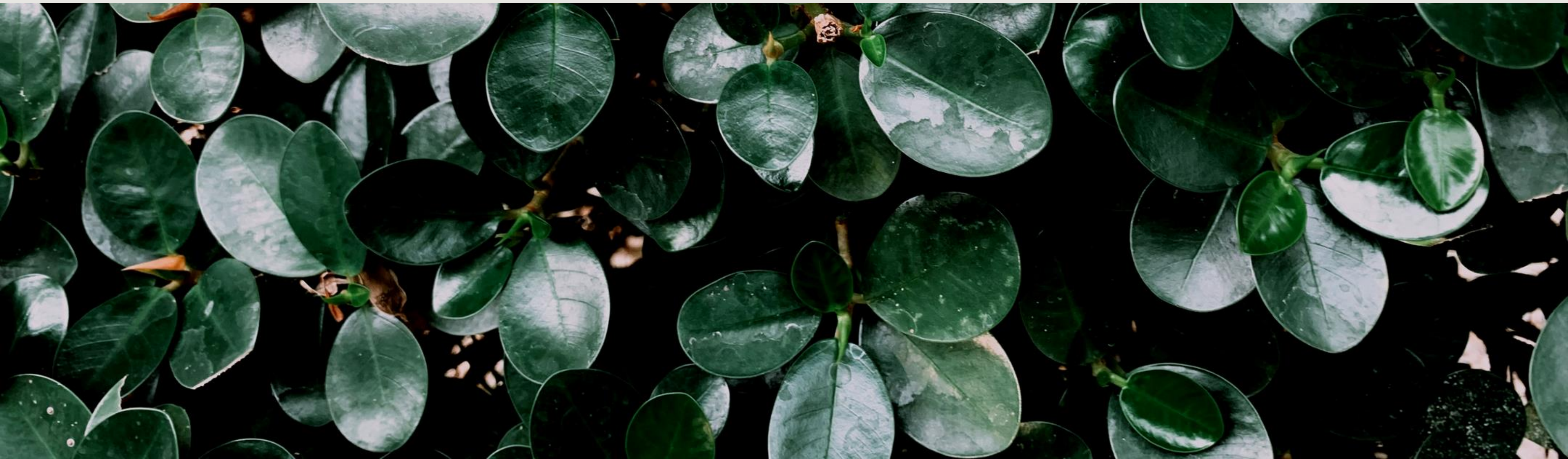
## EXCHANGE AND REFUND POLICY

Banyan Tree Spa does not accept returns or exchanges on products or services that have been opened or used. However, if products are unused, unopened, and in resalable condition, we will process a refund or exchange within 7 days of purchase, upon presentation of a valid receipt.



# 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 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 Tree Spa welcomes both male and female guests, and all our therapists are female.





BANYAN TREE  
SPA

Daily from 10am to 9pm  
The first treatment begins at 10am,  
and the last treatment is available at 7.30pm for a 60-minute session.

#### Reservation

We recommend booking in advance to secure your preferred appointment time and date.  
To make a reservation, please call us at +65 6038 3993 or  
email [spa-mandairainforest@banyantree.com](mailto:spa-mandairainforest@banyantree.com).  
Walk-ins are welcome, but subject to availability.