



BANYAN TREE
SPA

SPA & WELLBEING MENU

BANYAN TREE SPA YANGSHUO



SANCTUARY FOR THE SENSES

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

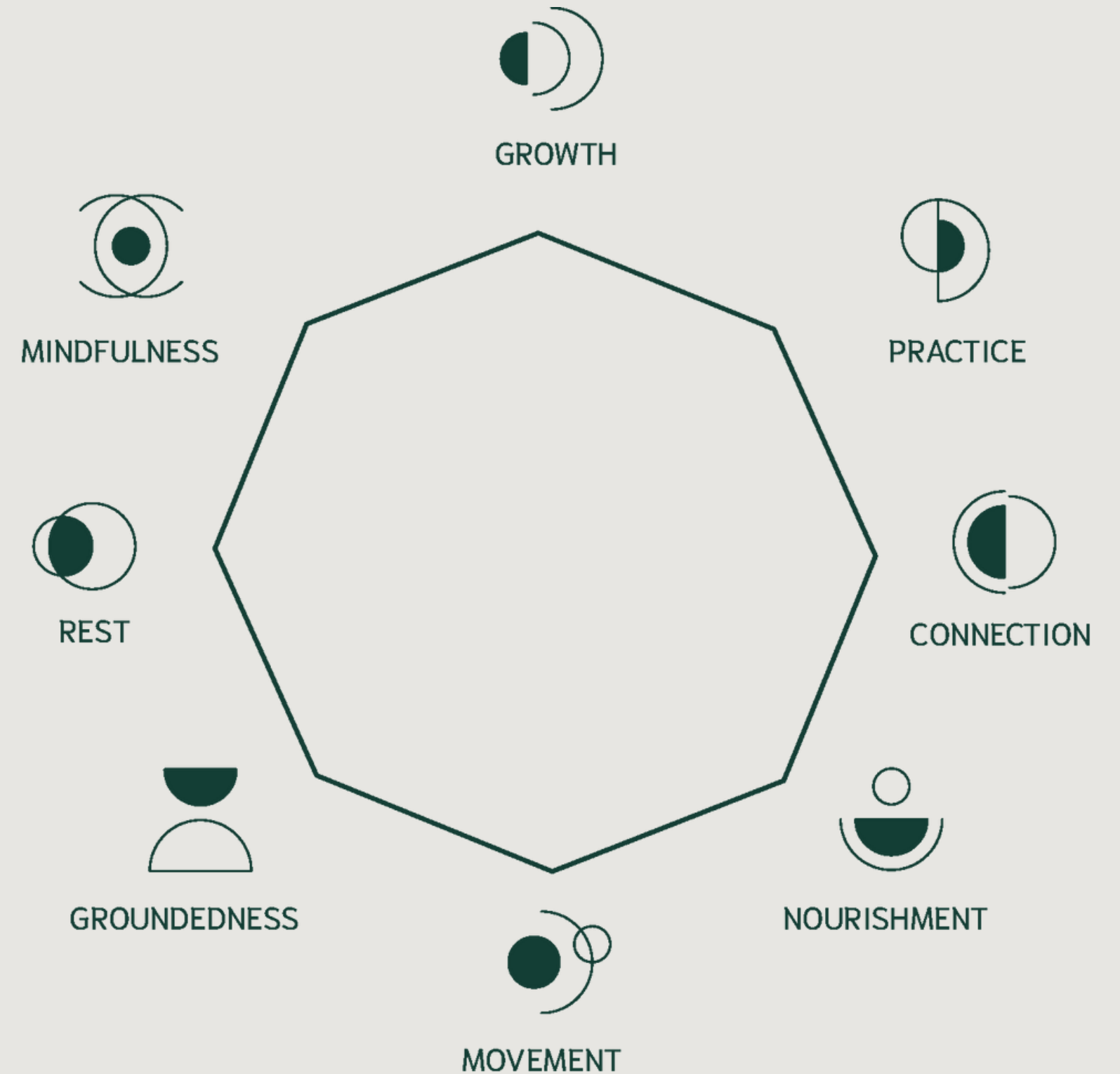
At Banyan Tree Spas, we offer holistic concept of Asian wellbeing experiences designed to guide our guests and associates on their journey, helping them feel balanced, restored, and joyful.

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.



BANYAN SIGNATURES

TIME-HONOURED TRADITIONS

TAILORED TO YOUR SENSES

PURPOSEFUL THERAPIES

FULL BODY MESSAGES

FUSION FOCUS

BODY SCRUBS

BODY CONDITIONERS

CALMING BATHS

FACIAL



BANYAN SIGNATURES

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

TIME-HONOURED TRADITIONS

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

TAILORED TO 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 treatments of your choice.





BANYAN SIGNATURES

Royal Banyan

150-minute treatment | RMB 2,688

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

Master Therapist Experience

90-minute treatment | RMB 1,888

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.

All prices are subject to 10% service charges and 6% taxes



BANYAN SIGNATURES

Sense of Place – Banyan Refresh 120-minute treatment | RMB 2,488

Exclusively created for Yangshuo, this experience uses locally-sourced ingredient – passion fruit and Luohanguo to offer guests an authentic flavour of the destination. Deeply relaxing massage using hot bamboo and dragon hammer, loosens muscles to reduce tension, massage, along with the use of warm Body Massage Oil with Black pepper to release tense muscle and improve blood flow. A therapeutic bath completes this indulgent experience.

- Steam Bath • Passion Fruit Almond Purifier • Dragon Hammer Beating
- Li River Hot Bamboo Massage • Luohanguo Chrysanthemum Bath

Tropical Rainmist 120-minute treatment | RMB 2,099

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



TIME-HONOURED TRADITIONS

Chinese Traditions

90-minute treatment | RMB 1,688

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

Indonesian Traditions

120-minute treatment | RMB 1,888

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

All prices are subject to 10% service charges and 6% taxes



TIME-HONOURED TRADITIONS

Thai Traditions

120-minute treatment | RMB 1,988

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

Indian Traditions

90-minute treatment | RMB 1,988

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, Lepanam • Steam Bath

All prices are subject to 10% service charges and 6% taxes



TAILORED TO YOUR SENSES

90-minute treatment | RMB 1,688
120-minute treatment | RMB 1,988
150-minute treatment | RMB 2,388

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*.

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.

All prices are subject to 10% service charges and 6% taxes

MASSAGE THERAPY

PURPOSEFUL THERAPIES

Modern wellbeing problems require modern solutions. With our new range of purposeful wellbeing experiences and therapeutic massages, we aim to address and alleviate today's issues of sleep deprivation, chronic physical tension, and mental fatigue. Drawing on science-based techniques derived from years of research and experience, each treatment relieves your body of toxins, tension, and mental strain.

FULL BODY MASSAGES

Choose from an indulgent array of massages and surrender to the intuitive touch of our professionally trained therapists. Choose from Touch of Love or Touch of Peace massage oil to complement your state of mind and achieve desired effects.

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.





PURPOSEFUL THERAPIES

90-minute treatment | RMB 1,488

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.

All prices are subject to 10% service charges and 6% taxes



FULL BODY MASSAGES

60-minute treatment | RMB 1,188

90-minute treatment | RMB 1,488

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.

All prices are subject to 10% service charges and 6% taxes



FUSION FOCUS

30-minute treatment | RMB 588

45-minute treatment | RMB 788

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.

All prices are subject to 10% service charges and 6% taxes

BODY TREATMENTS

BODY SCRUBS

BODY CONDITIONERS

CALMING BATHS





BODY SCRUBS

30-minute treatment | RMB 699

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.

All prices are subject to 10% service charges and 6% taxes



BODY CONDITIONERS

30-minute treatment | RMB 699

Aloe Lavender Healer

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

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

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

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.

All prices are subject to 10% service charges and 6% taxes



CALMING BATHS

30-minute treatment | RMB 488

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 cucumber and ginger, which are rich in Vitamin C and anti-oxidants.

All prices are subject to 10% service charges and 6% taxes



FACIALS

90-minute treatment | RMB 1,499

Luminescence Restorer

Indulge in an innovative anti-aging treatment to diminish fine lines, restore youthfulness and deeply hydrate the skin. A complete facial ritual for those seeking a sophisticated lifting treatment, this facial is enriched with skin regenerating and antioxidant ingredients to reinforce the skin's natural defence against free radicals for a glow of refreshed vitality.

Pure Revitalizer

This is the ultimate facial indulgence to reduce fine lines and restore luminosity to the skin. A gentle peel is applied before a triple facial massage is performed to revitalize and deeply hydrate the skin. A double mask to lighten pigmentation completes the ritual.

All prices are subject to 10% service charges and 6% taxes



FACIALS

Banyan Facial

60-minute treatment | RMB 1,088

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 Facial

30-minute treatment | RMB 588

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

All prices are subject to 10% service charges and 6% taxes

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 select 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 jewelry 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.

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 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.

