



BANYAN TREE  
SPA

# SPA & WELLBEING MENU

MAMULA ISLAND BY BANYAN TREE



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## SANCTUARY FOR THE SENSES

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

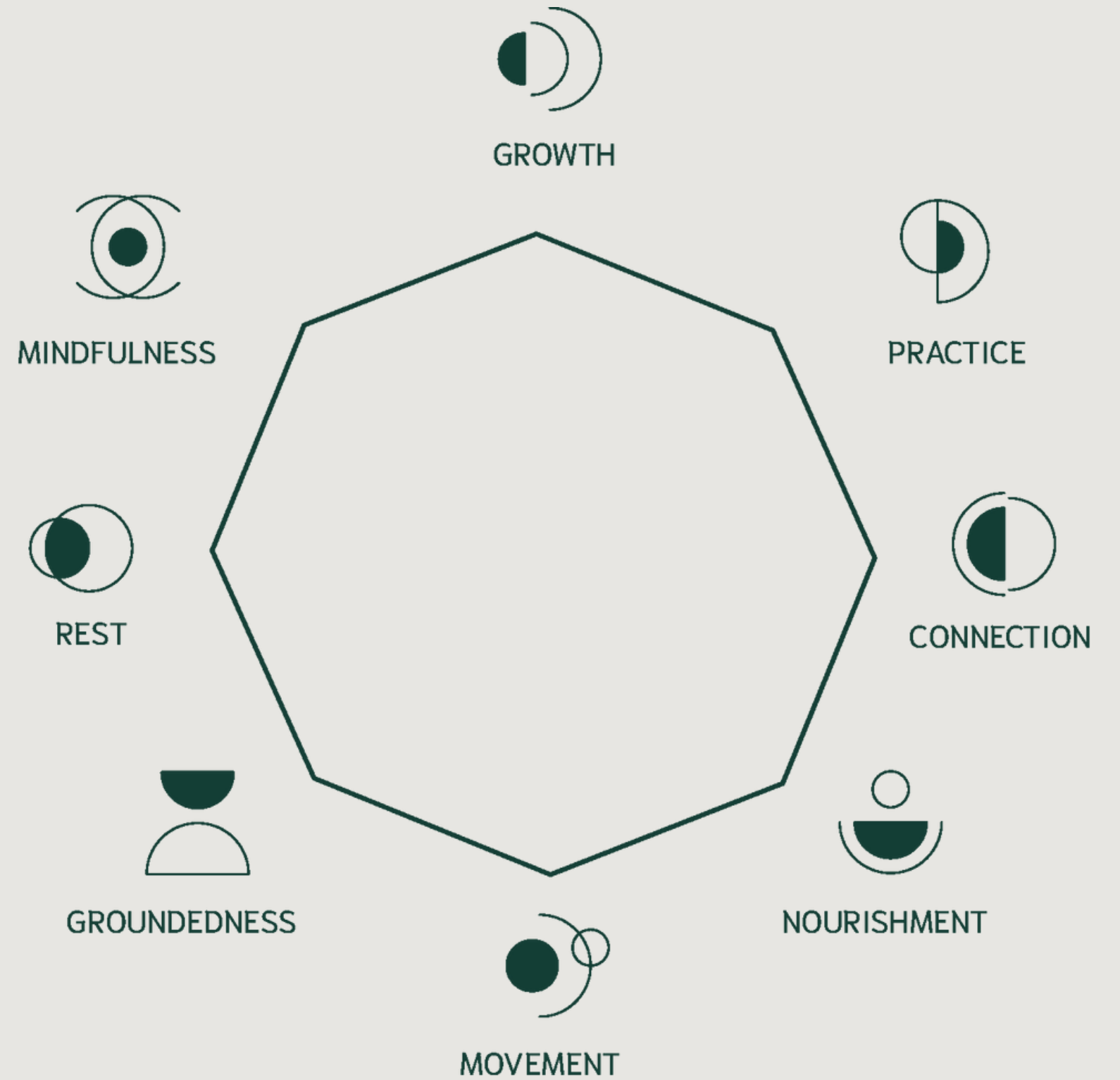
At Banyan Tree Spas, we offer holistic concept of Asian wellbeing experiences designed to guide our guests and associates on their journey, helping them feel balanced, restored, and joyful.

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.



# MASSAGE THERAPY

## THERAPEUTIC 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.

## FOCUSED 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.





# THERAPEUTIC BODYWORK

60-minute treatment | EUR 155

90-minute treatment | EUR 220

## Therapeutic Deep Tissue

Release the weight of the day with a focused massage that targets deeply held tension in overworked muscles. Through deliberate, intensive strokes, tight areas soften, supporting muscle recovery and restoring natural mobility. This treatment is perfect for those feeling stiffness from daily stress, workouts, or long-haul travel, inviting a sense of calm and balance to your body and mind.

## Elemental Body Balance

Allow the soothing touch of this soft to medium-pressure massage to wash over you, as calming strokes and tender thumb work ease tension and nurture your spirit. Perfect for those who prefer lighter pressure, including expectant mothers, children, and the elderly, this treatment invites a sense of comfort and relaxation, fostering a deep connection to your inner peace.

*All prices include VAT and are subject to 10% service charge.*

*Sve cijene uključuju pdv i podložne su naplati od 10% naknade za uslugu*

# THERAPEUTIC BODYWORK

90-minute treatment | EUR 220

## Urban Relief Massage

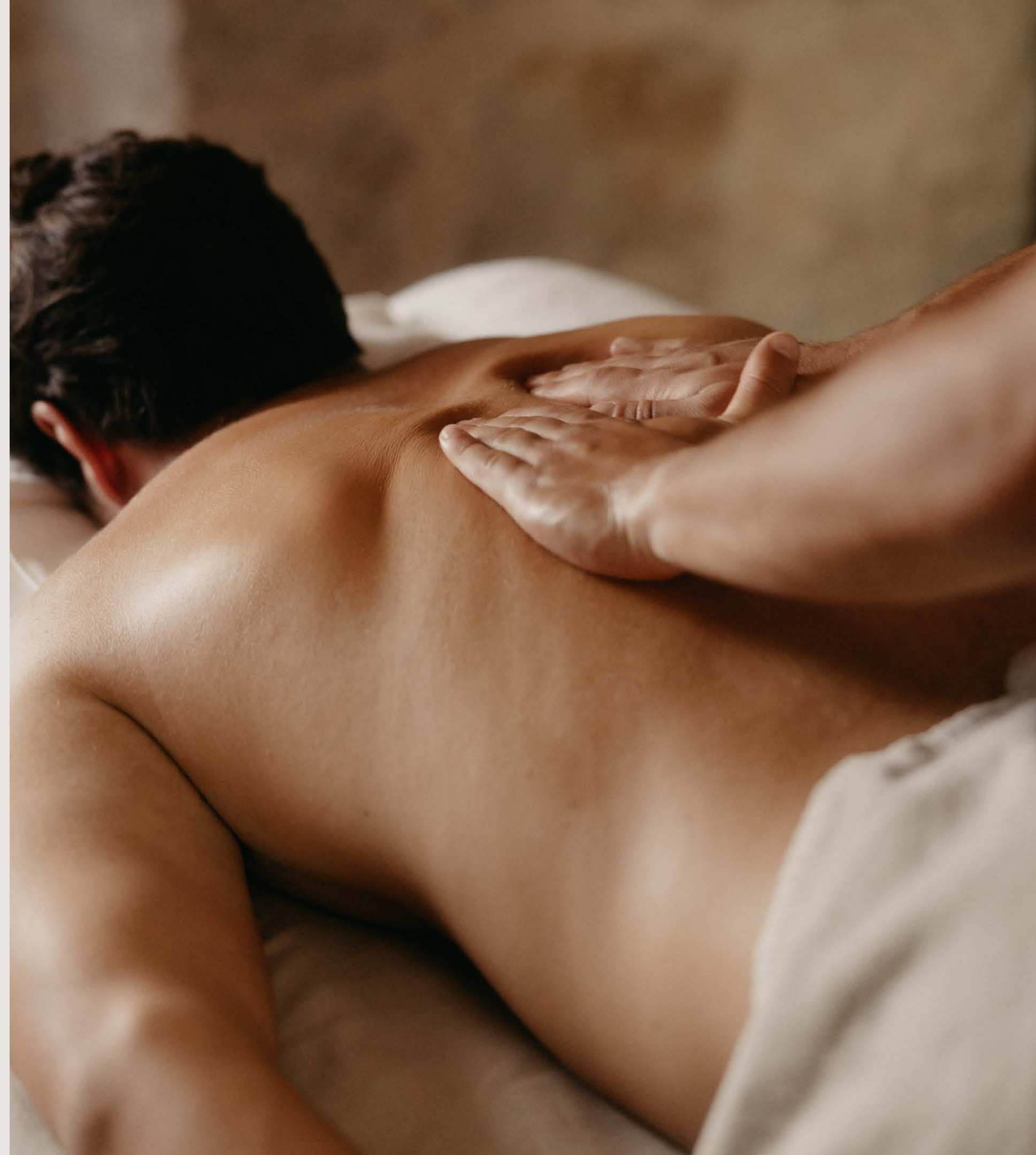
Unwind from the demands of modern life with this focused treatment designed to alleviate tension in the neck, shoulders, and back. Through targeted trigger-point work and myofascial techniques, stiffness dissipates, posture improves, and the upper body feels lighter and more open. Embrace a sense of calm and balance as you reconnect with your natural state of wellbeing.

## Lymphatic Flow Massage

Revitalise your body with a cleansing massage that invigorates circulation and supports natural detoxification. Focused kneading around lymphatic areas, combined with firm pressure, alleviates heaviness and promotes the body's innate ability to eliminate toxins. Emerge feeling lighter, refreshed, and harmonised, as your inner balance is gently restored.

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# FOCUSED RECOVERY

30-minute treatment | EUR 90

60-minute treatment | EUR 150

## Back Recovery Massage

Soothe the tension that lingers in your back with this focused massage, designed to ease discomfort and restore fluidity along the spine. Ideal for those who spend long hours at a desk, our skilled therapists use targeted techniques to soften tight muscles, promoting a sense of comfort and balance.

## Foot Release Massage

Rejuvenate your feet with a soothing pressure-point massage that revitalises from heel to toe. By engaging key reflex zones, this treatment eases tension and enhances circulation, promoting a sense of balance throughout your entire being.

## Head & Shoulder Unwind

Let the soothing touch of rhythmic pressure melt away tension from your scalp, head, neck, and shoulders. This restorative treatment, with the option of nourishing oil, promotes circulation and calms the mind, inviting clarity and deep relaxation.

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# SKIN HEALTH RITUALS

## Premium Age Defence Ritual

90-minute treatment | EUR 225

Discover radiant, revitalised skin with this high-performance facial. Active herbal ingredients combine with deep cleansing and firming massage to smooth and restore vitality. A hydrating serum and regenerative face and eye mask enhance elasticity and refine texture, leaving the complexion lifted, luminous, and refreshed.

## Skin Ritual Facial

60-minute treatment | EUR 165

*Hydrating / Purifying / Soothing*

Nurture your skin with a personalised facial ritual designed to meet your unique needs. This treatment features a soothing cleanse, targeted massage, and a mineral-rich cream mask that restores balance and comfort. Revel in the sensation of dewy, calm skin, radiating with a natural glow and enhanced smoothness, leaving you centred and renewed.

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# ART OF MINDFULNESS

## Sound Journey

90-minute session | EUR 195

A personalised sacred sound experience with the use of Alchemy crystal singing bowls creates a sound that resonates at the perfect frequency to bring about a change in your vibrational field, energy flow, and experience of the inner and external worlds.

## Yoga Class

60-minute session | EUR 135

90-minute session | EUR 175

Classes range from very gentle to vigorously intense (the latter are for those with some prior experience and good body awareness). You can choose classes starting with yogic sleep, restorative yoga or mindfulness, and tailor your class to different types and levels of flow.

## Gong Yoga

90-minute session | EUR 175

Gentle yoga postures combined with healing gong vibrations create a deeply meditative experience that harmonizes body, mind, and spirit. The therapeutic sound waves release tension, clear energy blockages, and guide you into profound relaxation and inner balance. Suitable for all levels. No prior experience required.

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# HYDRO & WEIGHTLESS THERAPY

30-minute treatment | EUR 90

60-minute treatment | EUR 130

90-minute treatment | EUR 170

## Self- Weightless Float

Suspended in a cocoon of warmth, this meditative float experience allows the body to rest effortlessly in water. With reduced sensory input, the mind settles into deep relaxation while muscles and joints experience gentle relief and recovery.

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# PLEASE TAKE A MOMENT TO READ

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## **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 the other guest privacy by speaking softly.

Please switch your cellular phone and electronic devices off or to silent mode.

## **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 no-shows.

## **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.