



## 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.

## **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 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 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

150-minute treatment

*Off-Peak RMB 2,180++*

*Usual RMB 2,380++*

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 - Yunnan Bounty

150-minute treatment

*Off-Peak RMB 2,080++*

*Usual RMB 2,280++*

This experience harnesses the best of locally-sourced ingredients to offer an authentic flavour of Yunnan's natural gifts. The body scrub exfoliates and lightens the skin before a hot stones massage as a soothing interlude. The body conditioner nourishes with a pouch application, a perfect finale to this package.

Herbal Steam • Dry Body Brushing • Pearl Barley Brightener • Gui Shi Hot Stones Massage •  
Red Rice Ginseng Body Conditioner

### Tropical Rainmist

120-minute treatment

*Off-Peak RMB 1,880++*

*Usual RMB 1,980++*

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 tranquility 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 • Rain Shower with Hair Wash

Prices are subject to prevailing 10% service charge and 6.6% government tax.

## BANYAN SIGNATURES

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### **Master Therapist Experience**

90-minute treatment

*Off-Peak RMB 1,180++*

*Usual RMB 1,280++*

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

90-minute treatment

*Off-Peak RMB 1,380++*

*Usual RMB 1,480++*

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

### Indian Traditions

90-minute treatment

*Off-Peak RMB 1,380++*

*Usual RMB 1,480++*

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 Massage • Chakra Head Massage • *Shirodhara* • *Lepanam* • Steam Bath

### Indonesian Traditions

120-minute treatment

*Off-Peak RMB 1,680++*

*Usual RMB 1,780++*

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 floral baths to awaken the senses.

Balinese Massage • *Lulur Purifier* • *Yoghurt Body Splash* • *Fresh Milk Nourisher* • *Jamu Bath*

Prices are subject to prevailing 10% service charge and 6.6% government tax.

## TIME-HONOURED TRADITIONS

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

### Thai Traditions

120-minute treatment

*Off-Peak* RMB 1,680++

*Usual* RMB 1,780++

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  | <i>Off-Peak</i> RMB 1,380++ | <i>Usual</i> RMB 1,480++ |
| 120-minute treatment | RMB 1,680++                 | RMB 1,780++              |
| 150-minute treatment | RMB 1,980++                 | RMB 2,180++              |

### 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 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.*

# 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.

|                     |                    |                 |
|---------------------|--------------------|-----------------|
| 60-minute treatment | Off-Peak RMB 880++ | Usual RMB 980++ |
| 90-minute treatment | RMB 1,180++        | RMB 1,280++     |

## 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.



## 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 | <i>Off-Peak</i> RMB 480++ | <i>Usual</i> RMB 580++ |
| 45-minute treatment | RMB 580++                 | RMB 680++              |

### 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.

## BODY SCRUBS

|                     |          |           |
|---------------------|----------|-----------|
| 30-minute treatment | Off-Peak | RMB 480++ |
|                     | Usual    | RMB 580++ |

### **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.

## BODY CONDITIONERS

|                     |          |           |
|---------------------|----------|-----------|
| 30-minute treatment | Off-Peak | RMB 480++ |
|                     | Usual    | RMB 580++ |

### **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 lemon juice provides a moisturising treatment to revitalise the skin. These ingredients are blended with protein-rich soya milk for extra 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.

### **Kieffer 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 |  |  | <i>Off-Peak</i> RMB 380++ |
|                     |  |  | <i>Usual</i> RMB 480++    |

### 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 lemongrass and ginger, which are rich in 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.

|                     |                      |
|---------------------|----------------------|
| 90-minute treatment | Off-Peak RMB 1,080++ |
|                     | Usual RMB 1,180++    |

### Gold

*For Normal & Combination Skin*

An ideal treatment to soften and nourish the skin, leaving you with healthy-looking complexion. Infused with pineapple extracts, the high levels of Vitamin A and C bring refreshed vitality to your face.

### Wood

*For Matured Skin*

Experience an instant glow with firmer-looking skin after this facial. A moisturising mask formulated with green algae contains active ingredients, which penetrates easily to offer your face a lifting boost.

### Water

*For Sensitive Skin*

Created for delicate skin, this facial effectively softens and calms irritated skin with a light-textured cream containing essential proteins. A soothing mask hydrates the skin completely to give a brighter complexion.

### Fire

*For Oily Skin*

Feel the freshness in your skin as this facial deeply cleanses while reducing impurities and sebum. A purifying mask encourages the oxygen intake of the skin to restore moisture and radiance.

### Earth

*For Devitalised Skin*

Enriched with pure Vitamin C, this restorative experience has been specially developed to lighten the skin and stimulate collagen production. A zestful mask enhances skin clarity, brightening and revitalising the face.

## 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

30-minute treatment

|                 |           |
|-----------------|-----------|
| <i>Off-Peak</i> | RMB 380++ |
| <i>Usual</i>    | RMB 480++ |

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

# HAND & FOOT TREATMENTS

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

|                     |                 |           |
|---------------------|-----------------|-----------|
| 60-minute treatment | <i>Off-Peak</i> | RMB 480++ |
|                     | <i>Usual</i>    | RMB 580++ |

## Banyan Hand Basics

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

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

## Nail Painting

|                     |                 |           |
|---------------------|-----------------|-----------|
| 30-minute treatment | <i>Off-Peak</i> | RMB 280++ |
|                     | <i>Usual</i>    | RMB 350++ |

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