



Simply Spa One-Night Package (2-hour spa treatment options)

1. SOOTHING SENSES

Soothing wrap (60min)

This aloe vera gel wrap contains healing ingredients for exceptional skin soothing, calming and hydrating effects. It calms the body's nerves and soothes the spirit too.

Swedish massage (60min)

Select your favorite aromatic oil for a soothing massage with firm relaxing strokes. Concentrating on the back, this massage also removes tight knots of tension and brings relief from stress.

Highly recommended - an ideal treatment for first-time spa guest

Massage pressure - slow, firm and relaxing

2. SIGNATURE SPURS

Body Massage – East-West Blend / Swedish Massage (60min)

East-west Blend – Using the body weight of the therapist to transmit energy, this mix of pressure techniques employs the best of oriental and Occidental traditions to leave your entire being relaxed and refreshed.

Highly recommended – a perfect combination of east meets west treatment techniques

Massage pressure – ranging from firm to deep

OR

Swedish Massage – Select your favourite oil for a soothing massage with firm relaxing strokes. Concentrating on the back, this massage also removes tight knots of tension and brings relief from stress.

Highly recommended – an ideal treatment for first time spa guest

Massage pressure – slow, firm and relaxing

Deluxe Facial (60min)

A prescription facial, customised to suit your skin type, is created after a consultation with your therapist. Suitable for sensitive skin, this facial can be adjusted to hydrate or deep cleanse using Spa Botanica's paraben-free and organic skin care range.

3. GLORIOUS GLOW

Seasonal Scrub – Green Tea / Jasmine Coriander / Body Salt (45min)

Green Tea Body Polish – Reap the goodness of this specially created Spa Botanica blend of skin- replenishing actives and gentle jojoba nut granules. This creamy scrub is gently massaged into your skin to remove dead cells and reveal the silky soft skin beneath.

OR

Jasmine Coriander Scrub – Indulge in a gentle almond, oatmeal and sugar scrub with soothing fragrant jasmine, warming coriander and ginger for a spicy uplifting experience.

OR

Body Salt Glow – This is a deep cleansing and exfoliating treatment that uses mineral sea salts and essential oils to remove impurities and dead cells. It also stimulates circulation, bringing a healthy radiance to your skin.

Body Massage – East-West Blend / Swedish Massage (75min)

East-west Blend – Using the body weight of the therapist to transmit energy, this mix of pressure techniques employs the best of Oriental and Occidental traditions to leave your entire being relaxed and refreshed.

Highly recommended – a perfect combination of east meets west treatment techniques
Massage pressure – ranging from firm to deep

OR

Swedish Massage – Select your favourite aromatic oil for a soothing massage with firm relaxing strokes. Concentrating on the back, this massage also removes tight knots of tension and brings relief from stress.

Highly recommended – an ideal treatment for first time spa guest
Massage pressure – slow, firm and relaxing

4. HOLISTIC HEALING

Herbal Compress (30min)

Melt tension away with a warm herbal ball comprising Eastern herbs and spices which is worked gently over tension areas, soothing muscles with the right amount of pressure to encourage them to warm up. This is the ideal remedy for chronic muscle tension.

Highly recommended - brings relief for muscle tension and aches
Massage pressure - firm and with bearable heat

Body Massage – East-West Blend / Swedish Massage / Therapeutic Back (60min)

East-west Blend – Using the body weight of the therapist to transmit energy, this mix of pressure techniques employs the best of Oriental and Occidental traditions to leave your entire being relaxed and refreshed.

Highly recommended – a perfect combination of east meets west treatment techniques
Massage pressure – ranging from firm to deep

OR

Swedish Massage – Select your favourite aromatic oil for a soothing massage with firm relaxing strokes. Concentrating on the back, this massage also removes tight knots of tension and brings relief from stress.

Highly recommended – an ideal treatment for first time spa guest
Massage pressure – slow, firm and relaxing

OR

Therapeutic back massage – Much stress gathers in the regions of the neck, shoulders and upper back. This massage offers maximum relief in minimal time.

Highly recommended – ideal for guest with back muscle tension

Massage pressure – firm and deep

Acupressure Foot Massage (30min)

Acupressure Foot Massage – By stimulating reflex nerves in the foot, which are systematically linked to all parts of the body, the energy balance is improved and your sense of well-being is enhanced. The holistic healing technique assists in the rebalancing and harmonizing of the entire body.

Highly recommended – an idea add-on to a face or body treatment

Massage pressure – firm and deep