

BANYAN TREE

SPA

MENU



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**

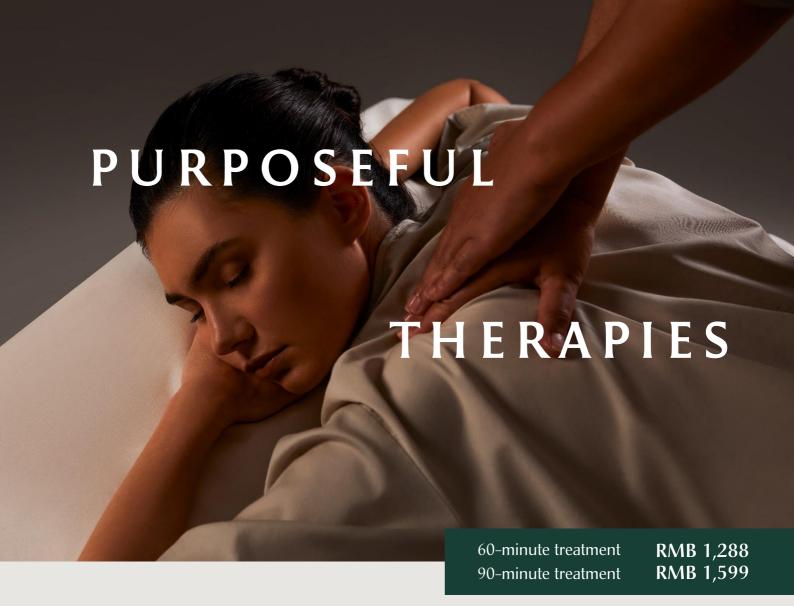
Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

#### Gift Certificate

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.



## 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.



Royal Banyan RMB 2,688

150-minute treatment

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 - Essence Of Yuhua

RMB 2,588

150-minute treatment

Exclusive to Banyan Tree Spa Nanjing Garden Expo, this spa experience begins with a herbal steam bath that soften the skins and sooths one's respiratory system. Tender skin is revealed with a body scrub using precious Yuhua leaves. A soothing hot stone massage follows. This warm therapy ease muscle knots, while the aromatic tea bath completes this deeply relaxing experience.

Steam Bath, Yuhua Tea Scrub, Hot Stone Massage, Yuhua Stone Face Massage, Yuhua Milk Tea Bath.



# Tropical Rainmist

RMB 2,388

120-minute treatment

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.

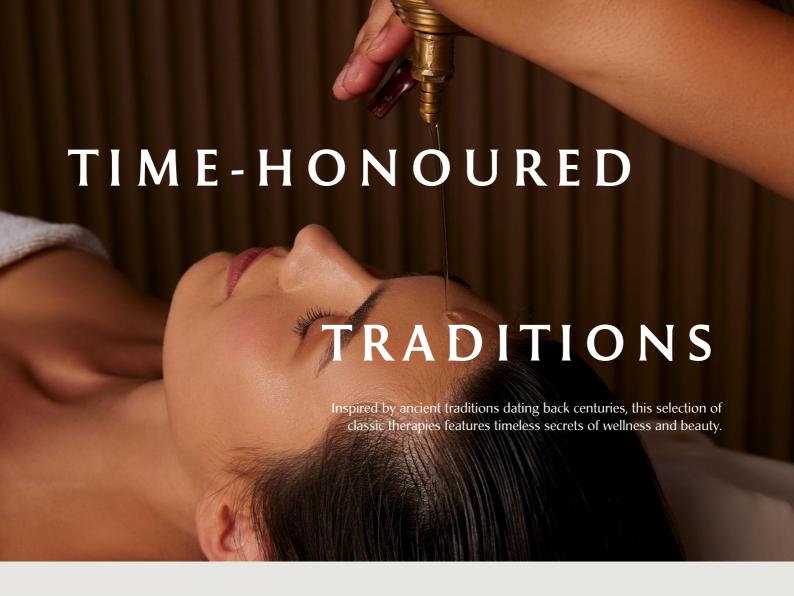
Choice of Massages, Bath Soak, Steam Bath, Rain Shower, Cleansing Mitt Scrub, Rain Shower, Honey Milk Nourisher, Rainshower with Hair Wash

# **Master Therapist Experience**

RMB 1,788

90-minute treatment

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.



## **Chinese Traditions**

RMB 1,788

90-minute treatment

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 Massages, Oriental Head Masssage.

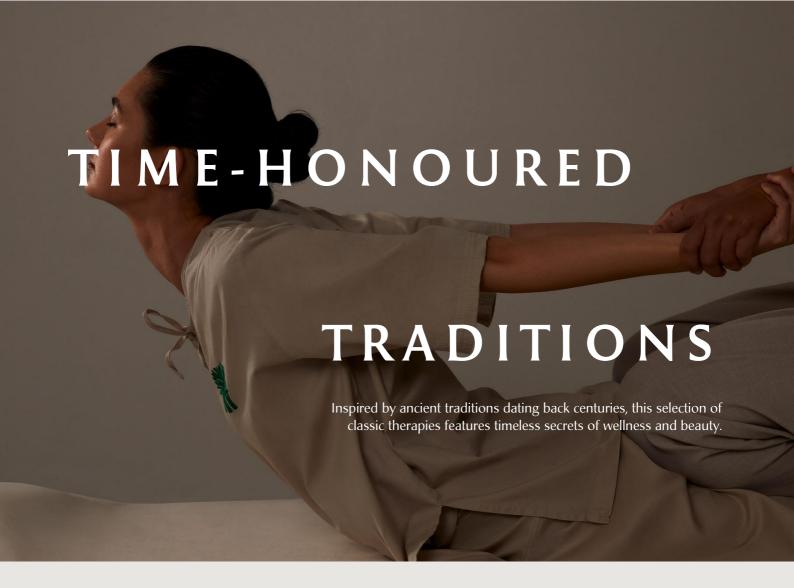
## **Indian Traditions**

RMB 1,788

90-minute treatment

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 Masssage, Shirodhara, Lepanam, Steam Bath.



## **Indonesian Traditions**

RMB 1,988

120-minute treatment

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.

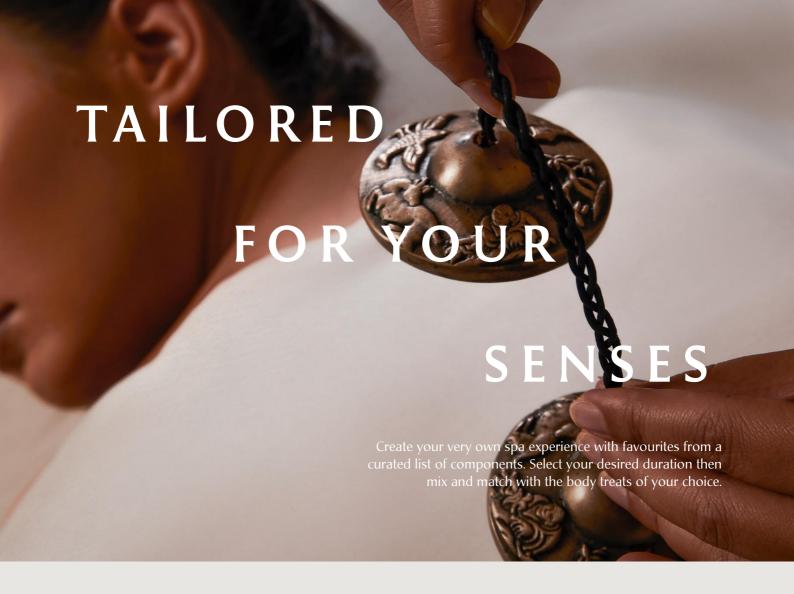
Balinese Massage, Lulur Purifier, Yoghurt Body Splash, Fresh Milk Nourisher, Jamu Bath.

Thai Traditions RMB 1,988

120-minute treatment

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.



90-minute treatment

120-minute treatment

150-minute treatment

RMB 1,688

RMB 1,888

RMB 2,388

## For The Ladies

- 60-minute Body Massage
- 30-minute Body Scrub
- 30-minute Body Conditioner

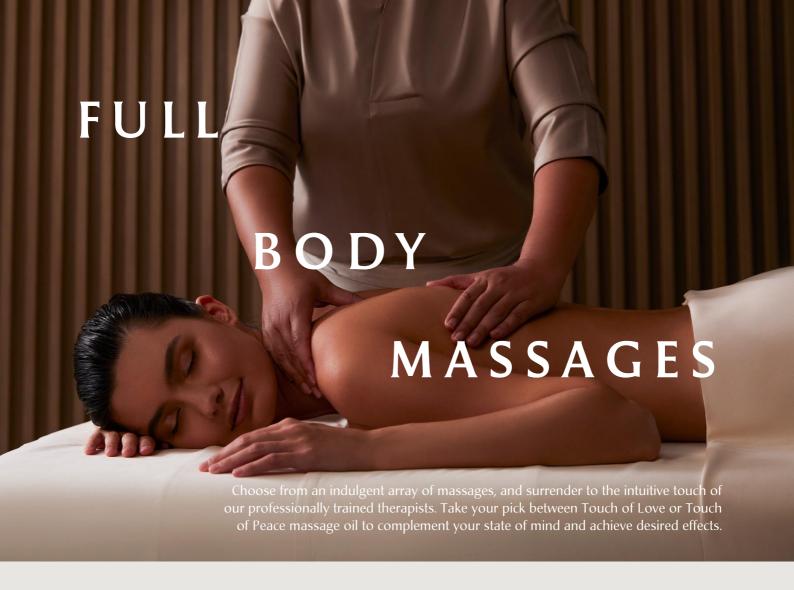
- 60-minute Facial
- 30-minute Calming Bath

#### 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

<sup>\*</sup>For optimal relaxation and benefits, the duration of combined massages would be 90 minutes.



Balinese	60-minute treatment	RMB 1,088
	90-minute treatment	RMB 1.399

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	60-minute treatment	RMB 1,088
	90-minute treatment	RMB 1.399

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	60-minute treatment	RMB 1,088
	90-minute treatment	RMB 1.399

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.



Thai Classic	60-minute treatment	RMB 1,088
	90-minute treatment	RMB 1,399

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	60-minute treatment	RMB 1,088
	90-minute treatment	RMB 1.399

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.



## **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

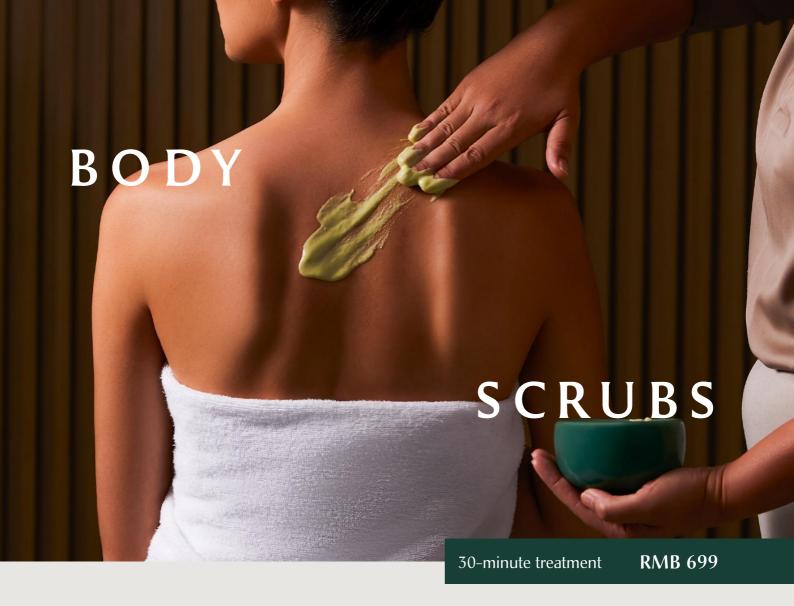
Pamper your soles with this relaxing massage concentrating on the pressure points to rejuvenate tired, worn muscles from the heel to the tips of the toes.

#### **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.



# **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. Kie er 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.

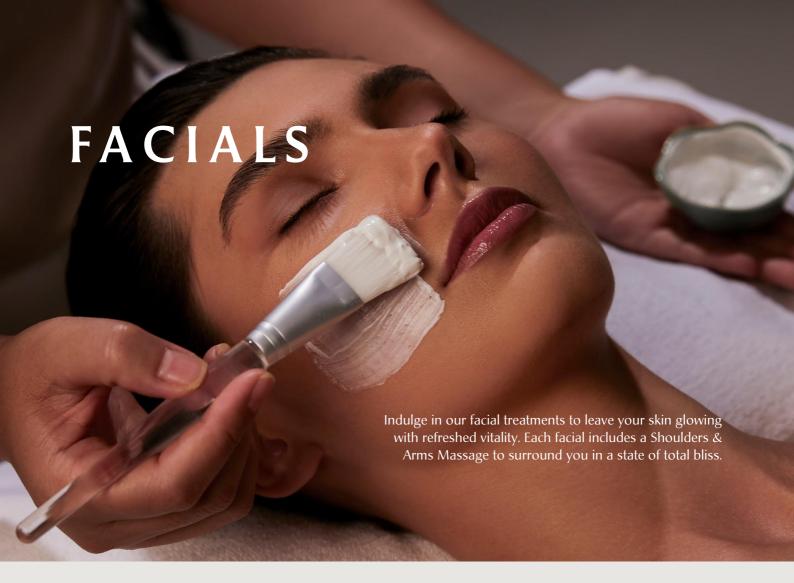


# Aloe Lavender Healer \_\_\_\_\_\_\_\_ for All Skin Types/Sensitive Skin Aloe and lavender are known for their healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation and its light fragrance induces relaxation. Chrysanthemum Enchancer \_\_\_\_\_\_\_\_ for All Skin Types 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 \_\_\_\_\_\_\_ 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.



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.



# **Luminescence Restorer**

RMB 2,199

90-minute treatment

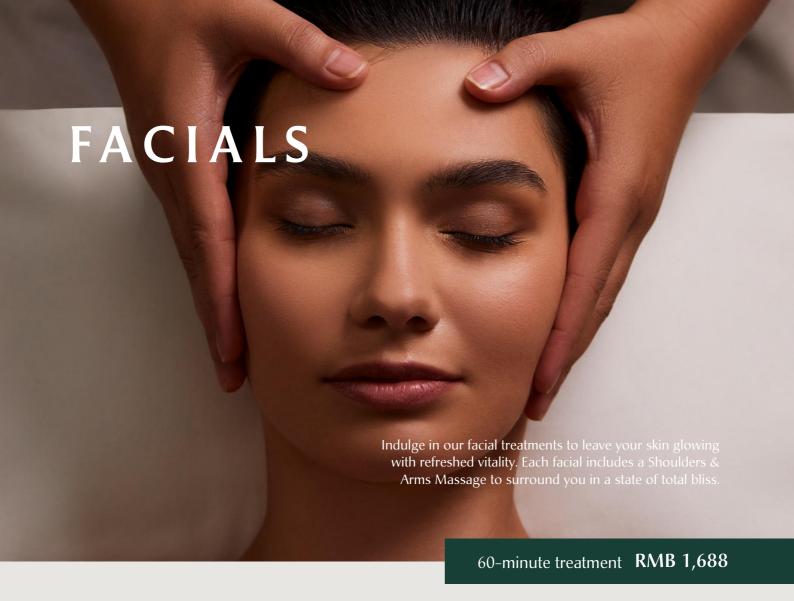
Indulge in an innovative anti-aging treatment to diminish fine lines, restore youthfulness and deeply hydrate the skin. A complete facial ritual for those seeking a sophisticated lifting treatment, this facial is enriched with skin regenerating and antioxidant ingredients to reinforce the skin's natural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

Pure Revitaliser

90-minute treatment

RMB 2,199

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 revitalise and deeply hydrate the skin. A double mask to lighten pigmentation completes the ritual.



## Radiance Revival

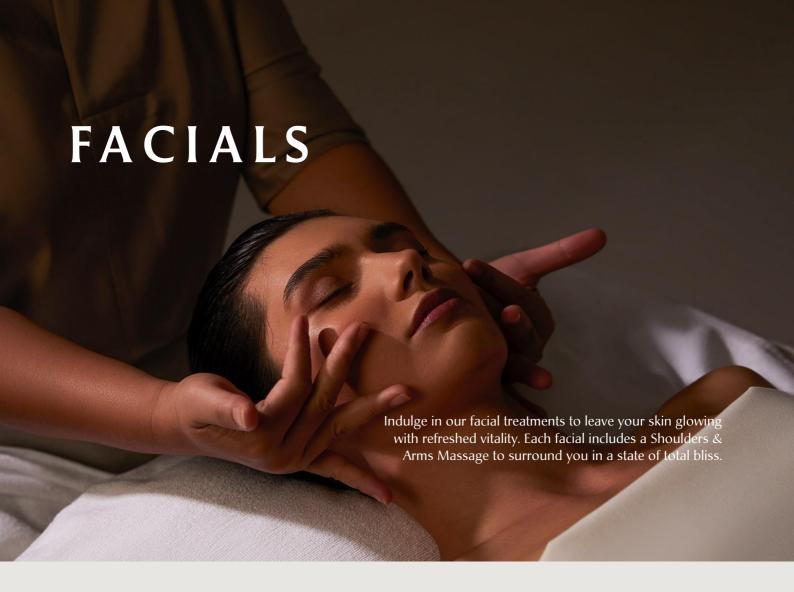
A blissful treat to the face, this facial encourages the oxygen intake of the skin to restore radiance and effectively lighten pigmentation and dark spots. A firming mask will helps to alleviate fatigue and stressed skin, bringing about a clearer and radiant-looking complexion.

### Anti-Oxidant Illuminator

A revitalising anti-oxidant facial that deeply focuses on protecting the skin from environmental pollutants while providing exceptional firmness. The experience begins with a gentle exfoliation before an application of an anti-ageing serum for maximum hydration. The experience rounds off with a massage to enhance clarity and a restoring mask that locks in the moisture for an instant glow.

# **Calming Soother**

Suitable for the most delicate skin, this hypoallergenic and paraben-free facial effectively nourishes, stimulates, and calms irritated skin with a Tolerance Recovery Cream containing peptide complex. The soothing mask, infused with floral and green tea extracts, balances the skin tone. Complete this unique experience with a light ultra-hydrating fluid that leaves the skin glowing and refreshed.



# **Banyan Facial**

60-minute treatment RMB 1,388

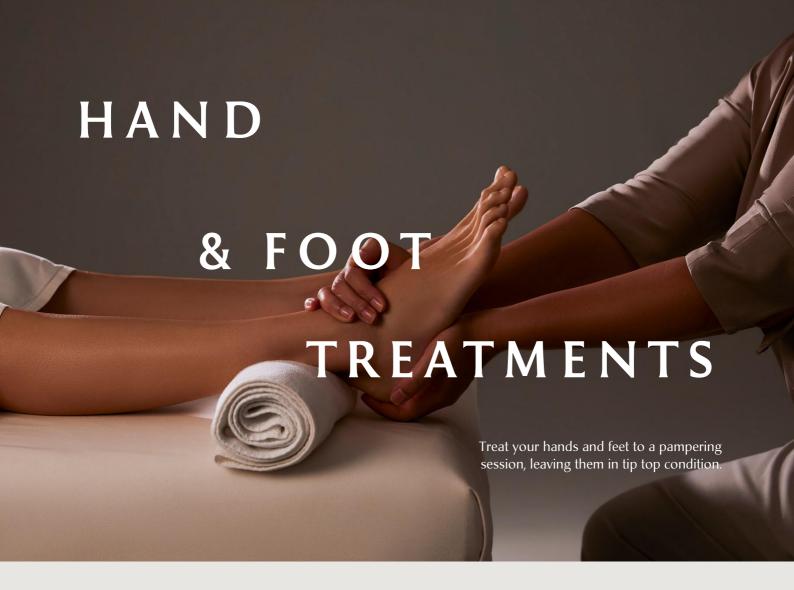
A signature facial recipe specially created by Banyan Tree Spa, a purifying scrub and a hydrating mask moisturise and brighten the skin, giving the face a fresh and healthy look. Suitable for all skin types.

# **Express Facial**

30-minute treatment RMB 888

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 | Cleansing, Massage, Mask, Moisturise | Cleansing, Scrub, Massage, Moisturise.



# Nanjing Foot Remedy

**RMB 880** 

60-minute treatment

Soothe your tired feet after all the sight-seeing. Begin with an herbal Foot Bath infused with the purifying Mugwort leaves and Eucommia leaves. Native to China, the Eucommia (also known as Du Zhong), is effective in easing aches and strengthening joints. Another highlight is the Foot massage which uses a soothing concoction made up of warm Sesame Oil, Ginger, Black Pepper and Safflower Oil.

Foot bath & Hand massage, Foot Scrub, Foot Massage, Back massage