



BANYAN TREE  
SPA

SPA

MENU







BANYAN TREE  
SPA

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.

[BANYANTREE.COM](http://BANYANTREE.COM)





BANYAN TREE  
SPA

## 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.



# BANYAN

# SIGNATURES

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

## Royal Banyan

**CNY 2,580**

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 Teng Chong

**CNY 1,480**

90-minute treatment

This experience harnesses the best of locally-sourced ingredients to offer an authentic flavors of Teng Chong's natural gifts. The Volcanic mud has detoxifying and nourishing properties to eliminate Toxins and soften the skin. The deep tissue Balinese massage using strong, firm strokes dissolves all muscle tension, you can indulge in bliss fit for royalty.

Volcanic mud mask · Balinese Massage.

A close-up photograph of a person's hands. One hand is holding a green ceramic vessel, pouring a stream of water into the palm of the other hand. The background is softly blurred, showing a person's arm and a wooden chair.

# BANYAN

# SIGNATURES

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

## Master Therapist Experience

**CNY 1,480**

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.



# TIME- HONOURED



## TRADITIONS

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

### Chinese Traditions

**CNY 1,680**

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 Massage.

A woman with her hair in a bun is receiving a traditional massage. A therapist in a light-colored uniform is using a white cloth ball to massage her shoulder. The background is a warm, textured wall.

# TIME-HONOURED

# TRADITIONS

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

## Indonesian Traditions

**CNY 1,980**

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 floral baths to awaken the senses.

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

## Thai Traditions

**CNY 1,980**

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.

# 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.

<b>90-minute treatment</b>	<b>CNY 1,680</b>
<b>120-minute treatment</b>	<b>CNY 1,980</b>
<b>150-minute treatment</b>	<b>CNY 2,380</b>

## 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.





# 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.

## Balinese

---

60-minute treatment	CNY 1,180
90-minute treatment	CNY 1,480

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.

## Deep Tissue

---

60-minute treatment	CNY 1,180
90-minute treatment	CNY 1,480

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	CNY 1,180
90-minute treatment	CNY 1,480

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.



# 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.

## Thai Classic

---

60-minute treatment CNY 1,180  
90-minute treatment CNY 1,480

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 CNY 1,180  
90-minute treatment CNY 1,480

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	CNY 780
45-minute treatment	CNY 880

## 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

CNY 780

## **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 CNY 780

**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 CNY 680

## 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 leongrass and ginger, which are rich in antioxidants.



# FACIALS

A close-up photograph of a woman lying down, receiving a facial treatment. A hand is using a brush to apply a white cream to her cheek. Another hand is holding a small bowl of cream. The woman has her eyes closed and a relaxed expression.

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.

60-minute treatment

CNY 1,380

## 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 help 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 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 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.

# 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 Facial

CNY 780

30-minute treatment

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.





# PURPURSEFUL

# THERAPIES

## Restorative Detox

---

90-minute treatment CNY 1,580

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

---

90-minute treatment CNY 1,580

Daily stress causes chronic tension of the limbs and muscles. This therapy utilises extended stretch works soas to ease physical strain and tension, and improve the body's mobility and flexibility. It is an ideal treatmentfor post-exercise recovery.

## Urban Relief

---

90-minute treatment CNY 1,580

Prolonged desk-bound work strains the neck, back and shoulders, causing frequent stress and tension, andcontributing to the so-called office syndrome. This treatment aims to alleviate this chronic pain and reducemuscle stiffness by combining trigger points and myofascial massage techniques.



PURPURSEFUL

THERAPIES

### Sleep Essentials

---

90-minute treatment CNY 1,580

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.