



RafflesAmrita  
Spa

## BODY MASSAGE

Reduce tension and relieve the negative effects of everyday stress with a myriad of treatment choices beginning with our therapeutic massages.

### Full Body Massage:

- ❖ RafflesAmrita Aromatherapy Massage
- ❖ Swedish Massage
- ❖ Deep Tissue Massage
- ❖ Shiatsu Massage

### Foot Massage

### Back Massage

### Shirodhara

The process of running a stream of warm oil onto the third eye. Exceptionally calming to the mind and body. Incorporates a gentle head massage. Perfect for sinusitis and insomnia.

### Jet Lag Spa Treatment

Revitalize and recharge your weary body after a long haul with this treatment. Return to total body wellness under the pampering hands of our RafflesAmrita Spa therapist. Relax as she gently soothes your fatigue away with a stress relief back massage and an intensive hydrating facial mask to revitalize tired skin.

## SPA BODY THERAPY\*

The European spa experience has been centered around the practice of “Taking the Kur”, a series of treatment that typically continue for ten to twenty days at a time, four times a year. Using natural resources such as thermal mineral water, purifying algae, rare mud, essential oils and herbs, the Kur satisfies the body’s craving for minerals and nutrients, leaving the skin refreshed and the mind relaxed and balanced.

### **Raffles Signature Body Treatment**

Experience a 3,000 year-old ritual rejuvenation. This unique treatment begins with an energizing and deep cleansing exfoliation, after which the body is immersed in the traditional Krauter herbal bath (Wildflower, Eucalyptus or Chamomile) to soothe and invigorate the body and mind. A luxurious Aromatherapy Massage follows after the bath.

### **Essence of Raffles** (Designed for couples only)

Immerse yourself in the world of aromatherapy! This package includes a European Deep Cleansing Facial for her, a Gentleman’s Facial for him and a Raffles Signature Body Treatment for two, which includes an energizing and deep cleansing exfoliation, Krauter Bath and Aromatherapy Massage in the haven of our VIP couple suite.

### **Ultimate Jetlag Recovery**

Regenerate after a long flight with our traditional Krauter Herbal Bath that is calming and refreshing. Unwind in a luxurious 80-minute Aromatherapy Massage that improves blood circulation, soothes sore, tired muscles and enjoy our Refresher Facial that instantly revitalizes dull-looking skin.

### **Thermal Mineral Kur**

Based on the centuries-old European tradition of using mud, healing waters and light massage therapy, this treatment has a detoxifying and relaxing effect. Combining three treatments in one, this Kur begins with an organic Moor Mud body wrap. The body is then immersed in a bath laden with thermal mineral bath, followed by a full body massage with essential oil.

*\* Treatments in the above-mentioned package are neither interchangeable nor replaceable.*

*\* No other discounts / promotions are applicable to the above packages.*

## SPA RITUAL PACKAGE\*

RafflesAmrita Spa packages are uniquely tailored to integrate treatment services that balance both the body and mind. Allow us to guide you through your personal prescription for your personal wellness, including our recommendations on ways to continue your programme at home.

### **RafflesAmrita Spa “Total Indulgence”**

Enjoy a rich Thermal Mineral Body Scrub to smooth and silken your entire body. Then relax with a 1-hour full Body Massage, followed by an Express Pedicure. Next, satisfy your healthy desire for food with a gastronomic 2-course RafflesAmrita Spa cuisine. After your meal, enjoy an Express Manicure and end your day of total indulgence with a European Deep Cleansing Facial, leaving you in total relaxation.

### **Herbal Bliss**

This package includes a Chamomile Body Exfoliation treatment and luxurious massage with essential oil, followed by traditional European Deep Cleansing Facial designed to refine and rejuvenate skin texture.

### **Raffles Classic**

Partake of a luxurious package with all the basic spa treatments, including a European Deep Cleansing Facial, and a de-stressing Aromatherapy Massage and Foot Massage. An ultimate treat that pampers your body soul.

### **Gentlemen’s Executive Rescue**

Specially designed for men, this package includes an energizing and deep cleansing exfoliation, an Aromatherapy Massage and a Gentleman’s Facial.

*\* Treatments in the above-mentioned package are neither interchangeable nor replaceable.*

*\* No other discounts / promotions are applicable to the above packages.*

## SPA SUITE

### **Rafflesiana Suite**

In-suite facilities include a private whirlpool, aroma steam bath and access to verandah and the convenience of Raffles Hotel’s room service. Please note that the Rafflesiana Suite is reserved exclusively for the use of Raffles Signature, Essence of Raffles, Thermal Mineral Kur and Ultimate Jetlag Recovery treatment packages. Should you wish to enjoy the suite facilities with your preferred treatment services, a suite charge shall apply.

### **Gennaria Suite**

In-suite facilities include aroma steam bath and the convenience of Raffles Hotel’s room service. Should you wish to enjoy the suite facilities with your preferred treatment services, a suite charge shall apply.

## BODY SCRUB

Traditionally, salt and granulated pumice stone have been used for centuries to clean the body. We have followed this tradition and have assembled three body scrubs to suit all skin types.

### **Lavender Crush**

Experience the ultimate healing and soothing power of lavender. Breathe in deeply to inhale the calming and balancing benefits of wild lavender. Earthly minerals are combined with lavender's healing properties in an invigorating full body exfoliation, detoxifying impurities. Next, Lavender Body Spray is massaged onto the body. During this state of peaceful rest, enjoy a pressure point massage incorporating healing stones to draw out toxins as the soothing rubdown balances all your senses.

### **Turkish Salt Body Scrub**

An invigorating thermal mineral salt exfoliation applied in a two-step treatment utilizing salt, rich in minerals and trace elements, followed by a loofah scrub with Thermal Mineral Shower or Bath Gel.

### **Thermal Mineral Body Scrub**

A two-step, deep cleansing body exfoliation utilizing Exfoliating Body Scrub based on granulated pumice stone, thermal minerals and aromatherapy oils followed by a loofah scrub with Thermal Mineral Shower or Bath Gel.

### **Chamomile Body Scrub**

This two-step, gentle body exfoliation utilizes a granulated pumice stone in a crème-base followed by a loofah scrub with Chamomile Shower or Bath Gel, rich in botanicals.

## BODY WRAP

Natural Resources such as thermal mud algae and essential oils soothe the mind, promote circulation and detoxify the skin, relieving muscle aches and pains.

### **Spirulina Body Wrap With Scrub**

This full body wrap, brimming with antioxidants is based on an all-natural Spirulina algae rich in body scrub essential vitamins, minerals and protein to nourish and revitalize the body. Complete with a full body exfoliation with loofah and gel scrub. Includes a luxurious, relaxing scalp and facial massage with acupressure point techniques.

### **Moor Mud Wrap With Scrub**

Moor Mud is legendary for its powerful therapeutic properties. Moor Mud is a blend of botanical materials, combining natural interaction with Thermal Mineral water. It is often believed that thousand-year old Moor Mud remineralises, soothes and rejuvenates tired muscles and dull skin.

### **Hydrating Body Wrap**

The perfect hydrating treatment for dry, sun exposed skin. Pure algae blended with aloe vera is warmed and applied with essential oils of your choice to create this fast absorbing therapy, which soothes the body. Loosely wrapped in blankets, you will drift peacefully into blissful rest, whilst enjoying a comforting head and scalp massage.

## FACIAL TREATMENT

RafflesAmrita Spa at Raffles Hotel combines advanced techniques and expert advice to give you vibrant and healthy skin. We have specially designed a menu of traditional facials for your skin care pleasure.

### **Refresher Facial**

A deep cleansing introductory facial, which refines and remineralises dull, lifeless skin, with the use of essential oils and incorporation of short massages on the scalp and face. This facial treatment also includes a thorough skin analysis.

### **European Deep Cleansing Facial**

A purifying treatment for any skin type which includes a gentle exfoliating peel to remove dull surface skin cells, a relaxing massage, deep-cleansing masque and botanical extracts to rejuvenate and nourish the skin.

### **Med Skin Rescue Facial**

This ultimate sensitive skin facial protects, corrects and rebuilds skin affected by environmental elements, rosacea, aggressive medical peels and laser treatments using natural Med Skin Care products and techniques. A unique algae peel off masque is also applied to calm the skin and uniquely nourish and heal sensitive skin condition.

### **Med Skin Enlighten Facial**

This facial corrects and improves uneven skin color, fine lines, hyper pigmentation, dull or dry patches, clogged or enlarge pores and loss of elasticity with natural Med Skin Care products and techniques. A glycolic peel and enzyme peel for accelerated skin refinement is adopted as part of this treatment.

### **Caviar Cell Vitale Facial**

The ultimate anti-aging treatment for the face, hands and décolleté. The Caviar Cell Vitale Facial seeks to refine, lift, firm and nourish the skin with protein-rich caviar, powerful antioxidants, gommage and a unique alginate peel off masque that dramatically improves skin moisture.

### **Cellular Repair Facial**

A luxurious hydrating facial to nourish and tone your skin through the combined action of the rejuvenating products with a 20-minute contour lifting massage and acupressure exercise. This facial incorporates the use of a vitamin C ampoule treatment to improve colour and texture of the skin. Especially beneficial for sun damaged and mature skin.

### **Caviar Facial**

A decadent and extravagant facial that firms, tones, refines and deeply hydrates the skin with protein rich caviar and powerful antioxidants (fatty acid compounds, vitamins). Exclusive caviar products infuse skin with age defying nutrients to smooth fine lines and improve texture. An Aculift Massage visibly firm and tone the delicate skin, and an innovative Marine Biomatrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

### **Gentlemen's Facial**

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men, aiding the relaxation of the skin and helps to refine pores. A luxurious massage and deep-cleansing masque is included. Specifically addresses sensitivity and razor burn.

### **Hydrating Eye Treatment**

Repair and restore the delicate skin around the eye with a hydrating eye treatment that minimizes the appearance of fine lines and see instant radiance under the eye area.

### **Eyebrow Shaping**

## UPLIFTING ESSENTIALS

### **RafflesAmrita Spa Foot and Leg Treatment**

Massage for the feet and legs increase mobility and stimulates your internal organs, lymph flow and meridians. This routine begins with a relaxing foot soak infused with mineral salts, followed by a thorough exfoliation and a delightful effleurage massage of the feet and legs using our RafflesAmrita Spa foot blend oil. Complete the experience with a rejuvenating mask that leaves your feet and legs feeling fantastic.

### **Spa Manicure**

Hydrating and anti-aging therapy for dry, chapped and sun damaged hands. Includes cuticle and nail trimming, exfoliation, massage, hydrating paraffin mask and application of nail polish.

### **Spa Pedicure**

A soothing, nourishing and purifying treatment for tired and dry feet. Includes cuticle and nail trimming, exfoliation, massage, hydrating tea-tree paraffin mask and application of nail polish.

### **Express Manicure**

Includes cuticle, nail trimming and application of nail polish.

### **Express Pedicure**

Includes cuticle, nail trimming and application of nail polish.

### **Additional Nail Services**

Shape & Polish (hands/feet)

French Polish (hands/feet)

### **Waxing**

Underarm/ Upper lip/ Chin

Arm (full/ half)

Back

Bikini

Bikini and Legs (full)

Legs (half/full)

### **Hair\***

Shampoo & Blow (short / long hair)

*\* Hair services are subject to availability and advance reservations are required.*

## RATE SHEET



### BODY MASSAGE

Full Body Massage:

Raffles Amrita Aromatherapy Massage

	S\$170	60 min
	S\$200	1 hr 20 min
Swedish Massage	S\$160	60 min
	S\$190	1 hr 20 min
Deep Tissue Massage	S\$190	60 min
	S\$220	1 hr 20 min
Shiatsu Massage	S\$190	60 min
	S\$220	1 hr 20 min
Foot Massage	S\$90	30 min
Back Massage	S\$90	30 min
Shirodhara	S\$85	30 min
Jet Lag Spa Treatment	S\$150	45 min

### SPA BODY THERAPY

**Raffles Signature**

Individual	S\$385	2 hr
Couple	S\$650	2 hr 20 min

**Essence of Raffles**

Couple only	S\$895	3 hr 15 min
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**Ultimate Jetlag Recovery**

Individual	S\$385	2 hr 15 min
Couple	S\$650	2 hr 20 min

**Thermal Mineral Kur**

Individual	S\$440	2 hr 20 min
Couple	S\$770	2 hr 30 min

## **SPA RITUAL PACKAGE**

RafflesAmrita Spa “Total Indulgence”	S\$ 650	4 hr 45 min
Raffles Classic	S\$370	2 hr 30 min
Herbal Bliss	S\$370	2 hr 30 min
Gentlemen’s Executive Rescue	S\$370	2 hr 30 min

## **SPA SUITE**

Rafflesiana Suite	S\$130
Gennaria Suite	S\$60

## **BODY SCRUB**

Lavender Crush	S\$125	1 hour
Turkish Salt Body Scrub	S\$95	45 min
Thermal Mineral Body Scrub	S\$95	45 min
Chamomile Body Scrub	S\$95	45 min

## **BODY WRAP**

Spirulina Body Wrap With Scrub	S\$250	1 hr 20 min
Moor Mud Wrap With Scrub	S\$220	1 hr 20 min
Hydrating Body Wrap	S\$160	1 hr

## **FACIAL TREATMENT**

Refresher Facial	S\$90	30 min
European Deep Cleansing Facial	S\$170	1 hr
Med Skin Rescue Facial	S\$195	1 hr
Med Skin Enlighten Facial	S\$195	1 hr
Caviar Cell Vitale Facial	S\$230	1 hr
Cellular Repair Facial	S\$230	1 hr 20 min

Caviar Facial	S\$330	1 hr 45 min
Gentlemen's Facial	S\$170	1 hr
Hydrating Eye Treatment	S\$80	30 min
Eyebrow Shaping	S\$35	20 min

## UPLIFTING ESSENTIALS

RafflesAmrita Spa Foot and Leg Treatment	S\$140	55 min
Spa Manicure	S\$115	1 hr 20 min
Spa Pedicure	S\$125	1 hr 20 min
Express Manicure	S\$80	45 min
Express Pedicure	S\$90	45 min
Shape & Polish (hand/feet)	S\$35 / S\$40	
French Polish (hand/feet)	S\$15 / S\$20	

## WAXING

Underarm/ Upperlip / Chin	S\$30	10 min
Arm (half)	S\$60	25 min
Arm (full)	S\$75	55 min
Back	S\$85	55 min
Bikini	S\$45	25 min
Bikini and Legs (full)	S\$125	1 hour 10 min
Legs (half)	S\$65	25 min
Legs (full)	S\$85	55 min

## HAIR

Shampoo & Blow Dry (short hair)	S\$55
Shampoo & Blow Dry (long hair)	S\$65

All prices are subject to 7% goods and services tax.