





oasis spa

# *Refresh. Refuel. Recharge.*

Retreat into tranquillity and peace, and emerge transformed with balanced body, mind and spirit.

Within our healing space, holistic wellness experiences melt away the tensions of modern life, awakening your life-force.

Discover how our organic KOTOSHINA therapies, Oasia Signature treatments, fitness facilities and nourishing nutrition renew you inside and out.

We are also dedicated to equipping you with the knowledge of how to care for your own wellbeing. Join our educational and fun workshops led by established wellness practitioners and topic experts. These sessions are kept intimate for a more personalised experience.

When you leave our care, you will be energised to carry on your journey, wherever life may lead you.

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We are committed to bringing you wellness in the most natural way possible. This is reflected in our purposeful selection of skin and body care products and treatments.

Our in-house brand Oasia Signature focuses on giving the mind and body respite from the stresses of the modern world. Our three massage oils are blended by a team of aromatherapists in Japan. Each use a luxurious blend of 8 powerful ingredients like rice bran, jojoba and adley as a base, and are free of SLS, parabens, silicones and synthetic substances. They are also inspired by natural elements of Water, Wood and Sun. Water relaxes and calms with its soft floral scents of lavender and geranium. Wood restores the body and grounds you with its gender-neutral scents of cedar, clary sage and coriander seed, with a hint of lime. Sun uplifts with lemongrass, mandarin, hinoki and pepper, all of which boost circulation and release muscular tension. In addition, we are also the first spa in Singapore to introduce Cryotherapy facials and forest bathing therapy within our Meditation Lounge.

Breaking further ground in spa solutions, we are the first spa in South East Asia and Oceania to partner with leading organic skincare expert KOTOSHINA Organic Spa from Japan. In Japanese, 'koto' means 'ancient capital' and 'shina' means 'articles' or 'dignity'. As its name suggests, KOTOSHINA was established in 2012 by tapping into the rich histories of both Japan and France. It harnesses the power of green tea harvested from Uji Kyoto and French spa water tapped from Gamarde Les Bains. Keeping to high quality organic standards, KOTOSHINA is certified by Qualité France and has a Cosmébïo label. Rest assured your skin will be nourished with nature's best.

SPARITUAL is a sustainable and vegan beauty brand that believes in the concept of slow beauty – taking time for self-care and slowly returning to yourself is the path of enlightenment. Our SPARITUAL massages and nail care use only clean and non-toxic products. Every treatment is a programme intentionally designed to “awaken relaxation, deliver nourishment and set in motion the return to a state of wholeness.”

Finally, as you depart our resort and wish to continue using our organic Biology toiletries back home, bring your own bottle or purchase a recyclable bottle at our Biology refill station.

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SPARITUAL®





# Body

Therapeutic massage techniques ease the tension in your body and mind, while specially crafted massage oils nourish your skin. Be transformed inside and out.


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## OASIA SIGNATURE MASSAGE

60 minutes \$150 | 90 minutes \$200

Designed for city dwellers who find it difficult to relax, this deep relaxation massage releases tension and muscular pain with a unique blend of Asian techniques – Thai, Shiatsu and Indian. Your spa therapist will help you pick the right massage oil – crafted with essential oils – through a sensory test.

Before the massage, you will be able to personalise your experience by deciding on your area of focus and preferred pressure. We will also start with an Indian head massage and guide you in special breathing techniques to ease you into deeper relaxation.

 Full body massage

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## AROMATIC BODY MASSAGE

60 minutes \$150 | 90 minutes \$200

With gentle pressure and aromatherapy, feel tension and stresses in your body melt away. Exhale the troubles of the day as you inhale a delicate green tea scent, specially blended in France. Enjoy this pampering massage with the use of rare and exquisite KOTOSHINA tea seed massage oil. High in oleic acid and packed with vitamin C, expect soft and supple skin at the end of your massage.

 Foot bath

 KOTOSHINA tea seed massage oil

 Full body massage

# Body

## DEEP TISSUE MASSAGE

60 minutes \$150 | 90 minutes \$200

Firm pressure effectively reaches deep muscle layers to unravel knots and relieve chronic pain. Luxurious KOTOSHINA tea seed oil-infused body butter deeply hydrates your skin with each stroke. Your skin is left feeling silky and smooth.

- ✦ Foot bath
  - ✦ KOTOSHINA body butter and tea seed massage oil
  - ✦ Full body massage
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## DETOX BAMBOO MASSAGE

60 minutes \$150 | 90 minutes \$200

A technique crafted by KOTOSHINA, bamboo from Kyoto is rolled all over your body rhythmically, encouraging circulation and lymphatic drainage. KOTOSHINA tea seed massage oil is used as an anti-oxidant to remove toxins in your body. This massage also helps to alleviate the appearance of cellulite.

- ✦ Foot bath
- ✦ KOTOSHINA tea seed massage oil
- ✦ Full body massage

# Face

Using specially curated products from KOTOSHINA - Japan's leading organic skincare expert, our skilled therapists will nourish your skin with nature's best, to bring youthfulness and health back to your skin.

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## YOUTH RESURRECTION FACIAL

60 minutes \$180 | 90 minutes \$250

This age-defying KOTOSHINA facial uses plenty of tea seed oil – an effective antioxidant – to reduce the appearance of under-eye wrinkles, laugh lines and dark spot. Light steaming helps to deliver essential nutrients deep within the skin, revealing soft and glowing skin.

- ✦ Cleansing
  - ✦ Exfoliation
  - ✦ Facial massage
  - ✦ Mask
  - ✦ Head & hand massage (90 minute facial only)
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## GLOW FACIAL

60 minutes \$180 | 90 minutes \$250

Ideal for dull and blemished skin, this KOTOSHINA facial uses a soft scrub to gently exfoliate away dead skin cells and reveal new skin. Packed with catechin and vitamin C, tea seed oil from organically cultivated green tea is massaged into your skin to achieve brightening and smoothening effects. A mask of eight active ingredients is also applied.

- ✦ Cleansing
- ✦ Exfoliation
- ✦ Facial massage
- ✦ Mask
- ✦ Head & hand massage (90 minute facial only)

# Face

## HYDRA-INTENSIVE FACIAL

60 minutes \$180 | 90 minutes \$250

Especially designed by KOTOSHINA to treat dry skin, this ultra-hydrating facial uses a healing aloe vera mask that promotes water retention and reverses the effects of environmental stressors. As moisture is replenished, the skin is left feeling plumper and appearing translucent.

- ✿ Cleansing
  - ✿ Exfoliation
  - ✿ Facial massage
  - ✿ Moisturising mask
  - ✿ Head & hand massage (90 minute facial only)
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## CRYO FACIAL

10 minutes | \$50

We are the first hotel spa to pioneer this groundbreaking facial in Singapore. This purifying facial is suitable for all skin types and helps with almost any skin condition. Powerful cryotherapy makes use of cold temperature technology to cool the skin. This helps to shrink pores and tighten skin. It also causes blood vessels to temporally narrow. This encourages the rush of new blood cells into your blood vessels after treatment, removing toxins and swelling.

- ✿ Cryotherapy machine



# Spa Journeys

Experience a collection of all-rounded treatments to relieve tension in your body and mind and revitalise your skin from inside out. Your well-deserved ritual to nourish the body and soul.

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## HEALING JOURNEY

120 minutes | \$250

This soothing KOTOSHINA therapy relaxes you through aromatherapy. First, your skin is gently polished and intensely hydrated using a bamboo scrub with micro jojoba beads. Then, luxurious KOTOSHINA tea seed massage oil with a delicate green tea scent is massaged into your body to relieve stress and tension.

- 🌿 Foot bath
  - 🌿 30 minute body scrub
  - 🌿 90 aromatic body massage
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## BAMBOO JOURNEY

120 minutes | \$250

KOTOSHINA bamboo scrub is used on your skin to remove dead skin and reveal radiant skin. This unique treatment also uses Kyoto bamboo as an effective tool for a whole body lymphatic massage.

- 🌿 Foot bath
- 🌿 30 minutes bamboo scrub
- 🌿 90 minutes detox bamboo massage

# Spa Journeys

## ELIXIR JOURNEY

120 minutes | \$280

This rejuvenating KOTOSHINA ritual revitalises both your face and your body. First, ease into complete relaxation with an aromatic body massage with tea seed oil that is packed with catechins and vitamin C, leaving your skin soft and silky. Then, restore your complexion with one of our anti-ageing, brightening or moisturising facials.

- 🌿 Foot bath
- 🌿 60 minutes aromatic body massage
- 🌿 60 minutes facial

# Extra Indulgence


Combine these treatments with your massage to enhance your spa experience.

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## JOJOBA & BAMBOO SCRUB

30 minutes | \$100

A delicate green tea-scented KOTOSHINA body scrub that invigorates your senses. Jojoba beads and bamboo extract gently exfoliate and moisturise your skin, leaving it clear and soft.

 Full body scrub


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## EXPRESS FACIAL

30 minutes | \$100

An essential for anyone who needs a quick perk-me-up. This two-step routine by KOTOSHINA begins with deep cleansing that doesn't strip away the skin's natural water content and ends with a massage of your facial muscles to promote skin elasticity.

 Cleansing

 Facial massage

# Grooming Treatments


Take a seat in our Grooming Lounge for one of these quick 30-minute wellness boosters.

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## SCALP MASSAGE

30 minutes | \$80

For mental clarity and relaxation, optional with oil or dry. This scalp massage increases blood circulation to the head to relieve tension, relax the mind and helps to strengthen hair roots.

 Scalp massage

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## FOOT MASSAGE

30 minutes | \$80

This revitalising Slow Beauty Ritual relieves and rejuvenates tired feet. A scented salt soak softens and re-mineralises. Next, ease into a relaxing massage of the feet. A deeply hydrating foot balm completes this ritual. Choose between Jasmine Tuberose and Geranium Cedarwood scent stories.

 Foot soak

 Foot massage

 Hydration



# Mini-Me Time



School's out? Give your young ones a break too. Our treatments help rebalance their energy and headspace. Suitable for the youthful from 13 to 16 years old.

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## MASSAGE

60 minutes | \$100

The perfect way to help the young wind down for the day – a gentle, low-pressure massage that uses organic and child-friendly massage lotions by KOTOSHINA..

-  Foot bath
  -  Full body massage
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## FACIAL

60 minutes | \$120

This facial massage treatment uses KOTOSHINA organic skin care products to gently cleanse and moisturise precious young skin.

# Hands + Feet

Luxe, vega and sustainable nail care by award-winning body care brand, SPARITUAL.

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## MINDFUL

Manicure 60 minutes | \$80

Pedicure 60 minutes | \$90

Experience a signature breathing ritual created to suit your mind, body and spirit needs. Signature Slow Beauty massage melts away tension and restores balance while delivering intense moisture. Nails are perfectly polished and finely groomed.

- ✿ Cuticle care
  - ✿ Nail care
  - ✿ Hand massage (with manicure) / Foot massage (with pedicure)
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## SLOW BEAUTY

Manicure 90 minutes | \$90

Pedicure 90 minutes | \$100

This Slow Beauty Ritual begins with an opening breathing moment to invite more presence of your entire being. This ritual begins with a purifying exfoliation followed by a soaking experience to cleanse away any tension and stress. Choose between a moisture-rich or detoxifying mask to meet your specific needs. Signature massage relaxes and nails are perfectly polished and finely groomed.

- ✿ Soak
- ✿ Mask
- ✿ Cuticle care
- ✿ Nail care
- ✿ Hand massage (with manicure) / Foot massage (with pedicure)



# Wellness Facilities

Beyond our treatments, Oasia Spa completes your wellness experience with a holistic offering of unique facilities that promise to Refresh, Refuel and Recharge your mind, body and soul. Set aside time to enjoy them while you are here.

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## TEA LOUNGE

Right upon arrival for your treatment, your therapist will treat you to tea in the comforts of a semi-private area. To usher you into a state of relaxation, our signature tea is a special blend of local medicinal and seasonal herbs and spices. Our in-house gentle hand sanitiser and face mist – created with fresh harvests from our herb garden – are also available upon request.

## MEDITATION LOUNGE

We are the first spa in Singapore to offer forest bathing therapy, inspired by the Japanese practice of Shinrin-yoku where you immerse yourself in the atmosphere of a forest.

Surrounded by the sounds and fresh scent of trees, forest bathing therapy naturally strengthens your immunity, and lowers blood pressure, heart rate and glucose levels. It's the natural way to heal your body, elevate your mood, and ease your stresses and worries.

At the Meditation Lounge, we recreate this healing atmosphere with air uplifted by a natural wooden essence. This nurturing essence repairs cells, speeding up your healing process before and after your treatments. You can also participate in guided meditation or enjoy nutritious snacks here.

## ESSENTIALLY OASIA

Continue your wellness journey at home. If you wish to use our organic Biology toiletries in your abode, bring your own bottle to our Biology refill station or purchase a recyclable bottle from us. All KOTOSHINA and signature Oasia products used in our treatments are available for purchase at our shop. You can also pick up Oasia house teas, mindfulness literature and yoga apparel. Our team will be happy to help you recreate your own oasis at home.

## SAUNA

Visit our sauna – separate male and female rooms are available for privacy – before your treatment to enhance your treatment benefits. Improve your blood circulation and flush out all that doesn't serve you – stress, bad vibes and toxins be gone!

# Wellness Facilities

Exclusively for hotel guests and spa members.

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## **YOGA MAT ON LOAN**

Honour your practice at any time of the day. Loan our Lululemon yoga mat and flow freely in our gym or at the outdoor deck.

## **GYM**

You don't have to press pause on your fitness routine just because you are away from home. Our gym is open 24 hours daily to cater to your sweat schedule. Our equipment, including treadmills, cross trainers and stationary bicycles will keep you moving the way you always do.

## **LES MILLS VIRTUAL CLASS**

Get a guided workout at our gym with Les Mills On Demand. Simply loan our pre-loaded iPad to get your heart pumping. Pick from a large variety of classes like body pump, spin and high intensity interval training.

## **SWIMMING POOL**

Take a dip in our 22.5-metre infinity pool right in the heart of our resort, or rest easy on our comfortable sun loungers. Whatever you choose, it's the perfect way to unwind at the end of the day.



# Spa Guide

## OPERATIONAL HOURS

We are open daily from 10:00 AM to 09:00 PM, or by reservation. Our first treatment starts at 11:00 AM, while the last starts at 09:00 PM.

## PRICING AND PAYMENT

We are a GST-registered company. All the prices you see in our menu are in Singapore Dollars, and are subject to 10% service charge and 7% GST. Gratuities are not included and are welcome at your discretion. Pricing and availability are subject to change and discontinuation at any time without prior notice. We accept payment in cash and major credit cards. Cheques are not accepted.

## RESERVATIONS

We recommend booking in advance to secure your preferred appointment date and time. Call us at +65 6818 3338 to make an appointment. You will need a credit card to guarantee your booking. Walk-ins are subjected to availability.

We welcome all guests aged 13 years and above. If you are 13 to 16, you must have your parent's written consent in addition, all guests below 16 must be accompanied by a parent during the course of the treatment.

## CANCELLATION OR RESCHEDULING

For treatments, and workshops or events, cancellations or rescheduling within 24 hours will incur 100% charge. A credit card number is required at the time of your booking.

## TREATMENT PREPARATION

We would like to invite you to arrive at least 30 minutes before your appointment. Give yourself time to get acquainted with our facilities, relax through your consultation and enjoy our special Forest Lounge before you start your treatment.

## LATE ARRIVALS

While we do everything to accommodate late arrivals, we may have to shorten your treatment time if it affects the next guest.

# Spa Guide

## HEALTH CONCERNS

When making an appointment, do raise any health conditions, allergies or injuries to our team. As part of our commitment to ensure your comfort and safety, as well as customise our service to your needs, you will need to complete a Guest In-Take form before you start your treatment.

## PREGNANCY

Always let us know – we will take the utmost care to recommend suitable treatments during this special time.

## SPA ETIQUETTE

We want to ensure an environment of peace, tranquility and relaxation for all our guests. You can contribute to this relaxing experience by speaking softly, avoiding using your mobile phones and cameras, and not smoking.

During your time with us, you will be provided with a locker, robe, towels and slippers. Disposable underwear are available at your request. If you are staying with us, we recommend leaving your valuables in the safety deposit box in your room. We will not assume liability for personal property.

After your treatment, complete your spa journey at our Forest Lounge, sipping on a cup of signature Oasia tea, refuelling with healthy snacks or gaining mindfulness with guided meditation.

## ACCIDENTS OR INJURIES

We will not be held liable for any accidents or injuries suffered by any guest.

## HOME CARE

Continue your wellness journey at home. All KOTOSHINA and signature Oasia products used in our treatments are available for purchase at our shop. You can also pick up Oasia house teas, mindfulness literature and yoga apparel. Our team will be happy to help you recreate your own oasis at home.

OASIS SPA AT OASIA RESORT SENTOSA, SINGAPORE

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