

5 hotels in Singapore to put on your radar for your next wellness staycation

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Staycations in Singapore are often planned for special occasions, but have you ever booked a hotel stay to chill, recharge your batteries and take care of your mental health, just because?

Life is a series of turmoil, and sometimes, a quiet space to yourself could be all you need to unwind and recalibrate. Spend the time doing things that make you happy, whether it's lounging by the pool, reading a good book, binging on your favourite streaming sites, indulging in a spa treatment and great food in the vicinity; or simply doing nothing. It can be pretty value-for-money, too, especially if you take advantage of promotions and deals available through trusted booking sites.

Here are some we've stayed in Singapore with a particular focus on wellness.

2. Oasia Hotel Downtown



L: A quick 15-min massage to ease the tensions of the day. R: Spin class in the swimming pool located right at the top of Oasia Hotel Downtown. (Photos: Stephanie Zheng)

We've all seen this building from the outside with the engine-red exterior covered by a blanket of climbing vines. On the inside, recent improvements to the wellness program – think complimentary fitness classes, a wider variety of healthy options in the lounge and yoga mats readily available in the room for your usage – makes every stay more worth your bucks.

Related: *Oasia Hotel Downtown, an improved Club Room stay*