

Is 48 hours enough for a wellness retreat? I tried a restorative stay at Oasia Hotel Downtown to find out

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Staycations



Photography: Amelia Ang

Calling everyone who's considering a self-care break: read on for my review of Oasia Hotel Downtown's wellness staycation.

Now, I'm a city girl through and through. That said, urban life can feel overwhelming or overstimulating at times. And it's not easy to get away from it all – or so I thought. Instead of a wellness retreat that requires travelling abroad, I found a convenient option with Oasia Hotel Downtown's all-inclusive Club Stay experience. Would a 2D1N weekend getaway be enough for me to find my zen? Keep scrolling for my honest thoughts.

Escape city life without leaving the city

On first impression, Oasia Hotel Downtown feels like a cross between a tropical getaway (with multiple pools and incredible greenery) and a luxe stay (think modern interior design with an amazing city view). It's conveniently located in the heart of Tanjong Pagar,

too. Fresh air, skyline views and plenty of greenery... What's not to like?



Photography: Oasia Hotel Downtown

Fun fact: this hotel is consistently breezy due to its sustainability-forward design. Adorned with lush vines, climbing plants help cool down the building, and a mix of high and low ceilings to promote natural airflow – all this ensures lower and more efficient energy consumption throughout the hotel.

The general lobby area is at level 12, but there's a separate reception for Club guests at level 21, which the staff ushered me to. The check-in process was a breeze, and I was sent off to my room with a bunch of snacks to enjoy (truffle potato chips, a peanut butter energy bar and a bag of salted cashews).



Photography: Oasia Hotel Downtown

I stayed at a Club room outfitted with all the usual amenities, alongside a few extra perks. The hotel allows you to request items such as stretch bands and ergonomic chairs. That way, you can have a workout session or do a spot of work in the comfort of your room.

The plush bed and spacious bathtub were the highlights for me. I indulged in a long pre-bedtime bath and a face masking session, before sinking into bed under the gloriously comfy duvet – just what I needed to fully unwind from the stress of the week.

Lounging with cocktails and canapes



Photography: Amelia Ang

The Club Lounge on level 21 (the same level as the infinity pool and reception) is where breakfast and evening drinks are served. On the first day, I popped by during golden hour to grab some tipples and canapes before settling myself by the pool with a book. Drinks, sunset views and a good read? Pure bliss.



Photography: Amelia Ang

The next morning, Club guests have two options for breakfast: a self-service buffet at The Marmalade Pantry on level one, or an a la carte buffet at the Club Lounge. I opted for the latter and had a hearty breakfast of eggs, bacon, sausages, baked beans and toast, washed down with a latte.

Pressing pause with mindful yoga

Somehow, knowing that I was on a wellness break made me more conscious about making healthy decisions. To my surprise, I managed to wake up at seven for breakfast (an anomaly for me on a weekend) before heading to yoga.

The session was held at the alfresco sky terrace, a beautifully tranquil space in the early hours. It was the perfect yoga practice for waking up the body and mind: a zen, calming session that restored mobility and mindfulness. (The no-phones policy also helped, of course.)



Photography: Oasia Hotel Downtown

I like how the wellness programmes like yoga and aqua spin are complimentary for Club guests. Since they were included with the stay, that gave me the extra motivation to take time out for fitness, and it did wonders for my mood. I highly suggest waking up for yoga if mindfulness is what you're after. (I'd say it's worth waking up early for!) Alternatively, I hear that the spin class is ideal for working up a sweat.

A quick yet restorative staycation

My verdict: if you're in need of a wellness retreat but aren't ready to spend the time or money for one that's a flight away, I'd highly recommend the Club Stay at Oasia Hotel Downtown. This upscale experience offers a breather from hectic city life, and you'll only need to spare a weekend to feel its restorative effects. Self-care fans and wellness seekers, you'll love this getaway.

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