



welcome to senses spa

Escape from the world outside and enter into an environment reserved for your personal enrichment. Remarkable and beautiful, Senses Spa is a luxury spa experience designed to restore that elusive balance often drained by our everyday lives.

This sophisticated urban sanctuary features a series of therapies and treatments which blend in harmony to shed fatigue and stress to create a spa experience that encourages balance, repose and wellness.

Our nurturing staff of skilled associates will help guide you through a selection of signature treatments to create your personal foundation for better health, radiant beauty and peace of mind.

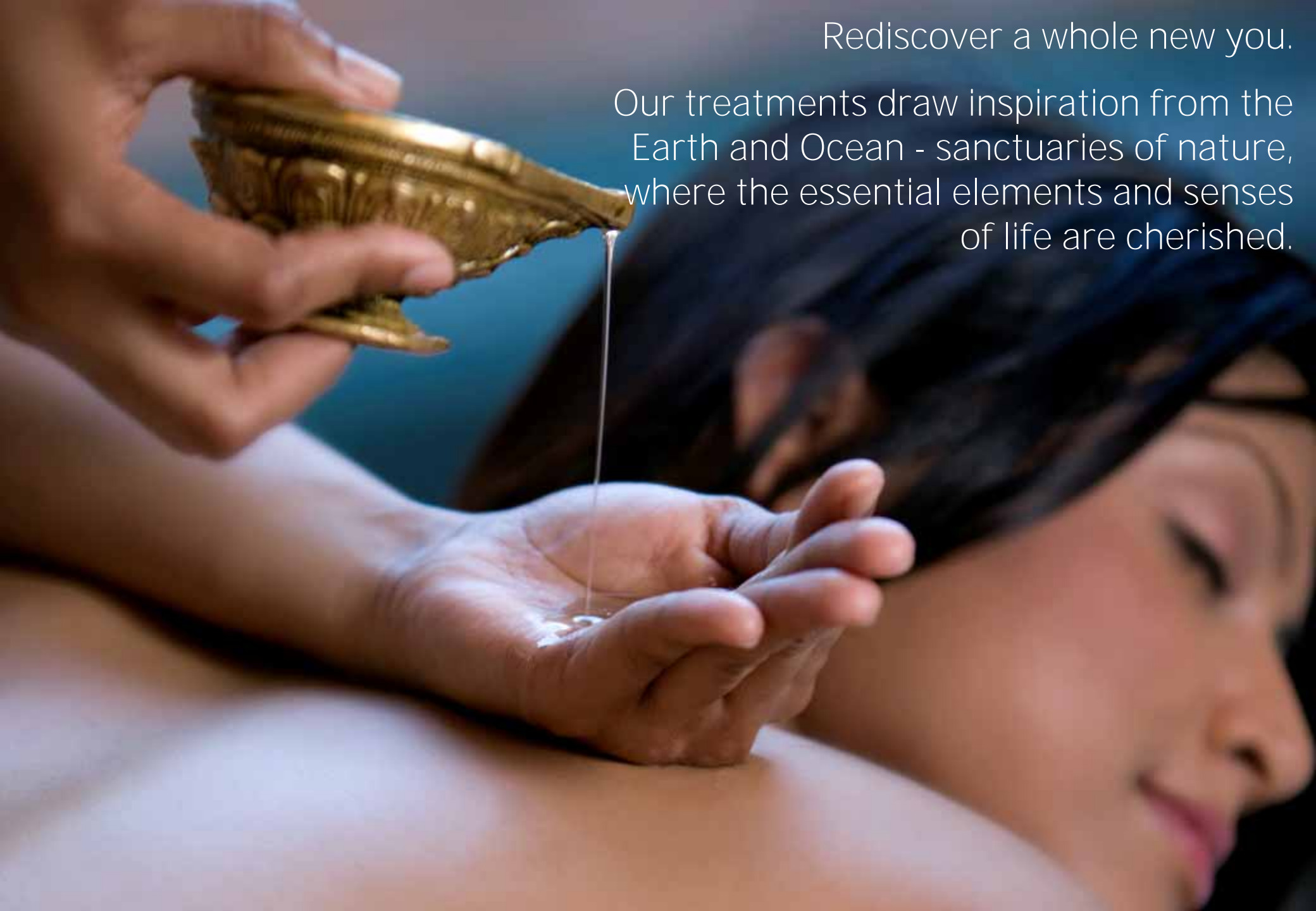
Every encounter begins with our signature tranquility welcome, a ritual that combines aromatic oils with a welcome touch by our Thai hands.

Exhale deeply.



Rediscover a whole new you.

Our treatments draw inspiration from the Earth and Ocean - sanctuaries of nature, where the essential elements and senses of life are cherished.



Signature:

Relax, restore and renew with our earthly inspired spa treatments.

Beyond Senses – 90 minutes (\$260)

Our Beyond Senses experience is a fusion of 'four hands, one heart' massage where two therapists simultaneously perform a combination of five therapies – Thai, Swedish, Balinese, Aromatherapy and Deep Tissue - to enhance well-being, harmony and encourage blissful relaxation.

Oriental Herbal Blend – 90 minutes (\$190)

Senses Spa is proud to be one of the first to unveil the secrets of this ancient art. Harvested from the ocean and the earth, a unique blend of 12 natural herbal remedies is applied and compressed along your entire body, followed by a holistic full body massage. This treatment brings relief to sore muscles and stiff joints while releasing tension and stress. Our Oriental Herbal Blend leaves you feeling relaxed and stress free.

Plunge into pure bliss with spa rituals inspired by the sea.

Ocean Memory – 120 minutes (\$280)

This new spa treatment is inspired by the origin of life: The sea.

The Wave of Purity: A combination of three algae with anti-stress and anti-fatigue properties combine together with re-mineralising salt crystals to exfoliate the body. Your skin becomes soft, smooth and radiant.

The Original Cradle: Recall memories of the ocean by soaking in a fragrant bath with effervescent mineral salts. Feel your body relax while your skin is intensely replenished.

Marine Renewal: Massage replicates the different movements of the sea on the body in order to restore its balance and re-focus its energy. Enclosed in a warm cocoon, a poultice is applied to mineralise and warm the body.

Mineral Awakening: A body wrap of slightly warm seaweed foam is applied using gentle massage movements. The minerals revitalise the body as you gradually reawaken to a more energised you.

Indoceleane Journey – 100 minutes (\$240)

Indulge in the ultimate body treatment; a journey of sensory discovery through the Continents. The voyage begins with a Mediterranean influence in which your body is exfoliated with a citrus body scrub leaving your skin smooth and polished. Next, India - your body is massaged with special oils and balm to allow the body to unwind. The last stage of your journey is inspired by China, where your entire body is wrapped in sublime silk cream to soften the skin and promote radiance. A treatment designed to nourish the skin while encouraging vital relaxation.

Body Therapy – The Secret Of Skin Enhancement

Body Purification: Enhanced Skin Renewal

30 / 60 minutes (\$80/ \$120)

Exotic Ginger

Ginger is an enzyme-rich substance providing the added benefit of boosting cell turnover and enhancing skin renewal while being highly therapeutic. This exfoliation locks in moisture, brightening and firming the skin to help reduce the signs of aging.

Savoury Tamarind

A heavenly treatment inspired by ancient Thai natural ingredients known for their rejuvenating qualities. The Tamarind fruit is the base of this cherished legend and is combined with fresh yogurt, pure honey, rich extracts of brown rice and milk powder to see your skin exfoliated, nourished and revitalised.

Coconut Milk & Sugar

Our invigorating body polish captures the magic of coconut milk and its nourishing oils with a unique blend of tropical sugar crystals. This polish supports the renewal of the skin cells by deeply moisturising and exfoliating the skin to provide a stimulating and refreshing cleanse for the whole body.

Pure White Sesame

The high levels of Vitamin E, antiseptic, antioxidants and amazing cleansing properties in this therapeutic scrub are achieved through a unique natural blend of Manuka honey and pure white sesame to help prolong youth and beauty. This amazing combination and exfoliation techniques remove dead skin cells leaving your body smooth, healthy and soft. It also helps to fight premature aging and rejuvenates the appearance of your skin.

Micronised Marine Algae

Immerse your body in the richness of Micronised Marine Algae; a perfect treatment to enhance beauty and wellbeing. Rich in minerals, vitamins and micro nutrients, this marine treatment activates detoxification of the skin and is reputed to help combat cellulite with its skin exfoliation. It also helps to relieve aches and pains while providing deep relaxation and improving the suppleness and firmness of the skin.



Body Therapy – The Secret Of Skin Enhancement

Body Cocoon: Complete Skin Rehydration

45 minutes (\$90)

Creamy Body Butter

Revive dry skin with this luxurious, super-moisturising creamy treatment. Nourishing blends of exotic nut extracts, coconut milk and raw sugar combine in a rich source of natural anti-oxidants to restore skin nutrients and balance skin cells.

*This creamy body wrap is highly recommended in conjunction with the 'Coconut Milk & Sugar' or 'Pure White Sesame' body purification.

Tropical Fruit Cocktail

This delicious body treatment is inspired by Tropical fruit and its high Vitamin C content and associated rejuvenating qualities. This luscious combination gently removes the top layer of dead skin, leaving the skin soft, fresh and supple.

*This delicious body wrap is highly recommended in conjunction with 'Exotic Ginger' or 'Savoury Tamarind' body purification.

Micronised Marine Booster

Experience the marine world in this perfect treatment to enhance beauty and wellbeing. Micronised algae is rich in minerals, vitamins and micro nutrients, helping to activate the detoxification of your skin. Micronised algae also helps to relieve aches and pains while providing deep relaxation and improving the suppleness and firmness of the skin.

*This detoxifying body wrap is highly recommended in conjunction with Micronised Marine Algae body purification.



Immerse yourself in a luxurious range of rejuvenating massages designed to revitalise your senses and enhance your true well-being.

MASSAGE THERAPY :

A Therapeutic Touch
&
A Revitalising Touch



Massage Therapy – A Therapeutic Touch

Royal Acupressure – 75 minutes (\$170)

Thai Therapeutic Acupressure uses finger pressure to release blockages in the flow of your life force energy along your meridians in order to reduce tension, relieve pain and help support the immune system; resulting in mind & body balance.

Remedial – 45/ 60 minutes (\$140/\$160)

A personalised therapeutic treatment tailored by our experienced therapists using customised pressure to stimulate problematic areas. This helps to relieve pains from various conditions such as. muscular tension & soreness, circulatory problems, stress, digestive problems and other problematic aches and pains.

Oriental Senses – 60/90 minutes (\$150/\$190)

Senses' unique massage technique merges the foundations of Aromatherapy, Deep Tissue & Thai therapies, working to rebalance and uplift total wellbeing. This specialised practice combines invigorating oil massages and stretching movements to enhance body flexibility whilst soothing away tension, stress, muscle and joint pain.

Traditional Thai – 60/ 90 minutes (\$140/ \$180)

A deep and rigorous treatment focussed on pressure points, energy lines and passive stretching to help stimulate the body's healing mechanisms and unblock the meridian pathways. The combination of rhythmic massage and joint stimulation relieves muscles and joint tension while increasing flexibility.

Hot Rock – 60/ 90 minutes (\$140/\$180)

This treatment harnesses the properties of thermal volcanic rocks. Your therapist soaks the rocks in warm purified water before anointing them with spicy & exotic aromas and placing them on key energy points of your body to balance the senses. The deep penetrating heat of the rocks combined with our specialised rock techniques and aromatherapy massages melt away tension and encourage deeper relaxation.

Ancient Deep Tissue – 60/ 90 minutes (\$140/\$180)

Intense, deep-pressure massage helps to relieve tension and alleviate other problematic conditions. This energetic massage is therapeutically effective, helping to harmonise physical and emotional energy levels.



Massage Therapy – A Therapeutic Touch (Cont.)

Ayurvedic Massage - 60/ 90 minutes (\$140/\$180)

Ayurvedic massage uses a profound technique to balance the body, rejuvenate mind and enhance the spirit. After assessment of your body, specific oils and music are selected to suit your elemental needs. Ayurvedic therapy is performed with an acute awareness of the marmas and chakras with three types of movements - active (strong pressure), passive (delicate stroking) and persuasive (pinching). This treatment heightens awareness and helps stimulate the body's internal healing systems.

Massage Therapy – A Revitalising Touch

Aroma Haven – 60/ 90 minutes (\$130/ \$160)

This fusion of East meets West massage style is a rigorous and luxurious therapy, using either medium or firm pressure, to soothe away tension and lift vitality levels. The properties of our organic essential oil collection influence and enhance the balance of the core pillars of body, mind and soul.

Classic Swedish – 60/90 minutes (\$130/ \$160)

A medium to firm pressure massage incorporating long strokes, kneading, and vibrating motions. Designed to increase blood flow and release toxins; whilst improving muscular strain, circulation and promotes circulation of the nervous system.

Tropical Balinese – 60/ 90 minutes (\$130/ \$160)

An ancient treatment inspired by oriental methods of relaxation using a blend of long energetic flowing strokes and palm pressure techniques to relax and reduce muscle tension and aches.

Prenatal Care – 60 minutes (\$130)

This is a gentle massage specially designed for pregnancy. It particularly benefits all of your body's systems including muscular, circulatory, digestive and hormonal. Improved circulation brings more oxygen and nutrients to the cells in your body and also that of your baby - nourishing the both of you.

Unwind Back – 30/ 60 minutes (\$70/ \$135)

This deep pressure oil-based massage breaks down tensely knotted tissues. Soothing long strokes and skin rolling help relieve tension, improve circulation, ease stress, and promote muscular strength and your body's immune system.

Oriental Foot – 60 minutes (\$120)

This foot massage is one of the most extraordinary relaxing treats. Applying focussed pressure to reflex points located in the foot helps stimulate the body's natural healing defences and de-stress the system.





Begin anew

take a break from your day
and rejuvenate in Senses Spa

FACIAL THERAPY :

Exceptional Control

Pure Collagen

Oxygen Marine

Extreme Comfort

Absolute Hydra

MMA Purify

Ocean Men

Aroma Essence

Facial treatments – the awakening of beauty

Exceptional Control (Thalgo) – 75 minutes (\$245)

A revolutionary anti-aging treatment incorporating an exceptional marine algae hormone mask to combat signs of aging. The specialist massage technique gives a “Virtual Manual Lifting” effect with significant and long lasting results. The face is remodelled from within, leaving it more defined and radiant, giving you remarkably younger looking skin.

Pure Collagen (Thalgo) – 75 minutes (\$200)

A collagen mask treatment to rebalance moisture levels, soften skin and diminish fine lines, resulting in velvety smooth skin.

Oxygen Marine (Thalgo) – 60 minutes (\$150)

An innovative marine facial based on a combination of algal extracts and anti-pollution ingredients designed for anyone who has a dehydrated or stressed complexion, and who desires perfectly refreshed and detoxified skin.

Extreme Comfort (Thalgo) – 60 minutes (\$130)

A truly nourishing treatment improving the softness of your skin. Sensations of tightness and discomfort are instantly eased away. Let your skin regain its natural balance through the power of the sea.

Absolute Hydra (Thalgo) – 60 minutes (\$130)

Quench your thirsty skin with natural active ingredients that leaves your complexion soft, dewy and moisturised.

MMA Purify (Thalgo) - 60 minutes (\$130)

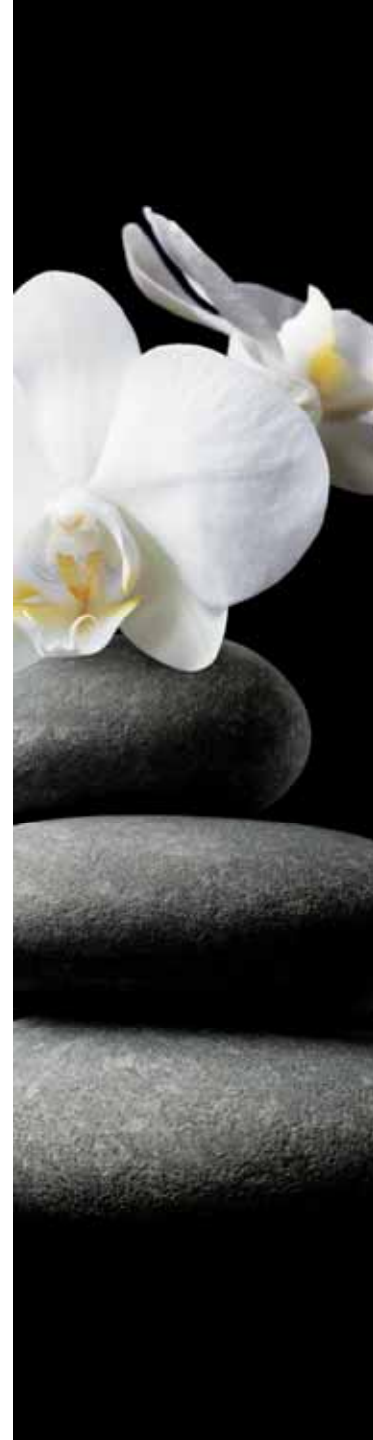
Combining vitamin and mineral rich 100% pure natural algae with high potency marine extracts, this treatment rebalances and deeply cleanses the skin. Its purifying effect is ideal for combination, oily and problem skin types. Can be used as a treatment for either the face, back or décolleté.

Ocean Men (Thalgo) – 60 minutes (\$130)

Recharge stressed skin with Thalgo’s energising ‘Ocean Men’ Facial treatment. Intensively soothing cool mint leaves your complexion fresh and luminous. Reviving marine and plant extracts work to decongest and visibly reduce redness. You will feel deeply refreshed and everyday shaving irritations will be soothed away.

Aroma Essence (Pure Fiji) – 60 / 75 minutes (\$130/ \$150)

This exotic experience combines the purest essential oils, organic plant extracts and a unique sequence of massage movements. This revitalising and nourishing treatment uses active aromatherapy products to restore your skin’s natural balance before being completed with a luxurious scalp massage.



Aroma Spa Bath

Marine Lagoon - 30 minutes (\$60)

A true burst of ocean therapy to bring new vitality to your skin. This ritual is based on the concentrated extracts of three seaweeds: brown, blue and green algae; to re-energise your body and rejuvenate your senses. Its high potency minerals help refine and soften your skin and will leave you feeling absolutely pampered.

Floral Milky Bath - 30 minutes (\$60)

Ignite the passion - pure indulgence for two. Beautiful candlelight, evocative music combined with nature's most precious sensual oils in a milky floral bath. This wonderful bath, sprinkled with rose petals, is a delightfully romantic experience - a real slice of sensuous heaven.

Sensual Coconut Milky Bath - 30 minutes (\$70)

Bathe yourself in luscious coconut milk, relaxing your mind & body; soaking up the whole sensation of this special treat. The coconut milk's nutrients deeply moisturise your skin and the warm bath enhances blood circulation and relieves muscle aches.

Beauty

Spa Hand Ritual - 30 minutes (\$60)

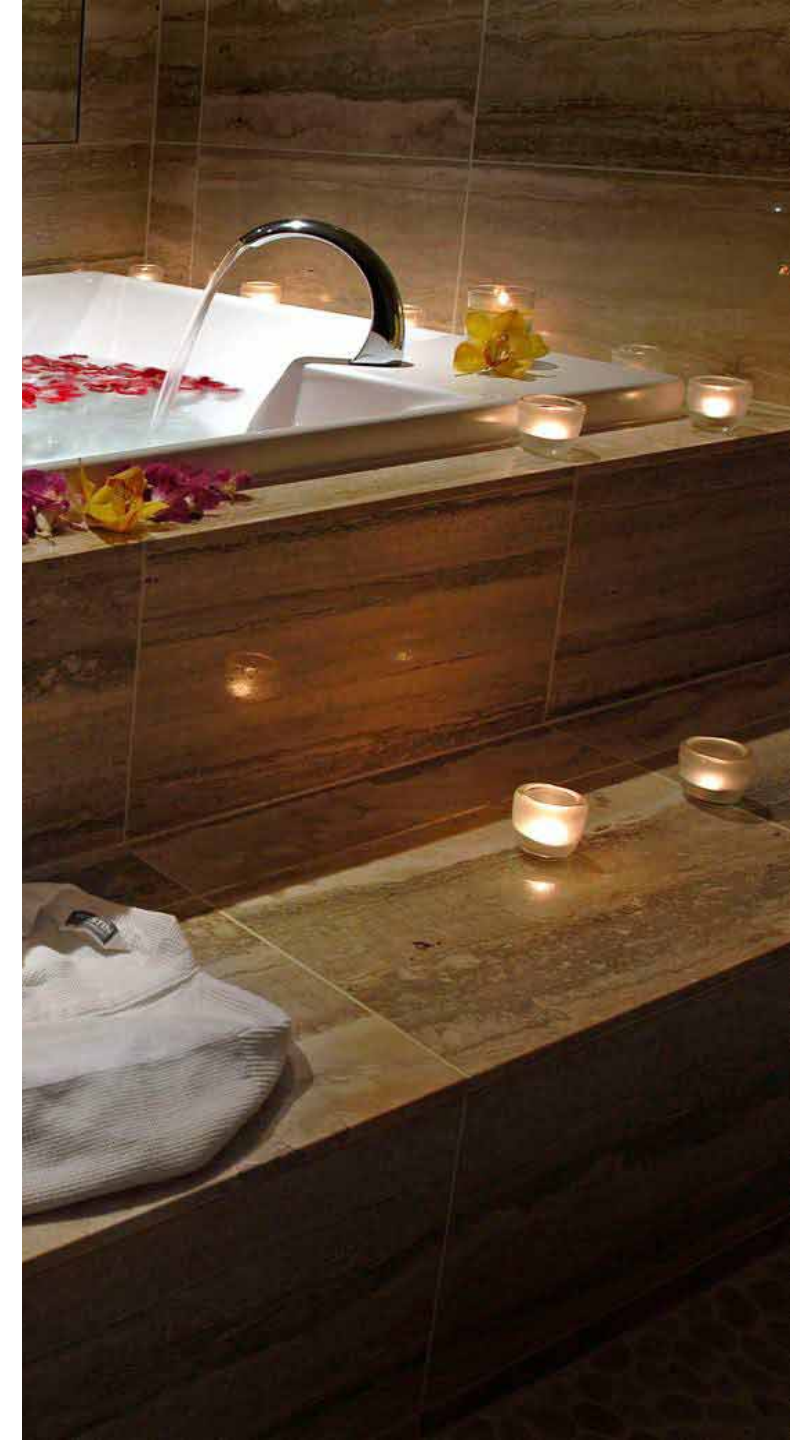
Spa Foot Ritual - 30 minutes (\$70)

Tropical sugar crystals are a skin food that is rich in nutrients - When mixed with coconut milk and natural essential oils, it creates for the ideal deep exfoliating treatment. With short circular massage strokes, dull skin cells are removed, and circulation is improved - leaving your skin radiant. Creamy skin butter is then splashed on the skin and then wrapped to restore and lock the moisture into your now beautiful skin.

Senses Manicure / French - 60/75 minutes (\$80/\$90)

Senses Pedicure / French - 60/75 minutes (\$80/\$90)

A truly sensory experience for your skin and nails. It begins with soaking in warm milky water to invigorate circulation before a luscious scrub is applied to remove skin dryness. Your skin is rehydrated with extra-rich moisturiser and gently massaged to replenish and soften your hard working hands/feet. Your treatment is completed with a classic procedure - cuticle cutting, filing, buffing and polishing; leaving your skin to heal.





immerse yourself
in relaxing scents
inspiring melodies
and invigorating massage
a tranquil transformation awaits

Sensory Packages: Slip out of the everyday and into pure renewal

Exclusive spa journeys tailored by Senses Spa professionals to bring you to a new level of inner relaxation. Re-balance your mind. Find inner peace. Experience total rejuvenation

Senses Journey

5.5 hours (\$580)

A unique spa journey – a sensory experience to evoke memories of being at peace in the natural world. Your skin is first deeply purified and moisturised with a silky honey and ginger blend. You then plunge into a ‘Milky Bath’ to relax your tense body and follow with a ‘Oriental Senses’ massage to balance your inner wellness. Your pampering moment continues with a hydrating facial and sculpting massage to complete total rejuvenation. To absolutely harmonise your mind and body, indulge in a tempting dish of spa cuisine with a herbal tea of your choice before concluding your rejuvenation with a Spa Pedicure.

Tropical Island Retreat

3.5 hours \$390

Pure indulgence. Your energy and beauty needs are combined in balanced therapies that renew your body and refresh your mind. Experience a sensory escape from your everyday life and regain the natural nutrients of the earth and indulge your senses. Inhale deeply and soak yourself in a relaxing spa bath full of sensual coconut milk to relieve your tense muscle and stressed mind. Shortly after, your skin is replenished with a sugar crystal blend using a gentle massage motion before the entire body is wrapped to lock up the luscious creamy moisturiser into your bare skin. Continue to ease stiff and fatigued muscles with a revitalising massage and complete skin renewal with the ‘Aroma Essence’ facial, leaving the complexion glowing and rejuvenated.

Bridal Sanctuary

3 hours \$380

A sanctuary of beauty. This spa experience is a sensory treat; delivering beauty therapies to renew your whole body and prepare for the most precious day of your life. A serene journey begins with a full body exfoliation to rejuvenate and enhance your body’s complexion. To complete your skin renewal, ‘Pure Marine Collagen’ is applied to your face to reinforce the skin’s own collagen and to boost skin cells’ radiance and youthfulness. Once your skin is re-invigorated, your nails are re-applied with the world famous OPI nail lacquer to ensure you are glowing and sparkling from top-to-toe.



Further Sensory Packages to nourish the soul:

Secret of Privilege

2.5 hours \$ 280

The luxurious retreat you deserve - this indulgent package will reward and spoil you. This treatment is perfect for those wishing to awaken renewal of their mind, body and spirit from the inside out. Begin your renewal with a 'Senses Foot Ritual' to sooth your tired legs and restore moisture back to your skin cells. Then your therapist takes you to a truly blissful place with the 'Aroma Haven' massage techniques to help relieve muscular aches and discomfort. Your revitalising treatment is concluded with a re-hydrating facial to leave your skin refreshed and revived.

Power of Men

2.5 hours \$270

Exclusive indulgence for men. Senses Spa is an exclusive emporium for men, offers an exclusive complete head to toe experience to combat stress. This sequence of specially selected treatments delivers a profound level of relaxation while rejuvenating the skin. Deep pressure massage is used to penetrate and reduce muscular tension before skin is nourished with a hydrating facial especially designed for men with fatigued skin. 'Power of Men' is the perfect way to restore your inner energy and renew your skin's vitality.

Baby & Me

2 hours \$250

A serene ritual for the "mother-to-be". This nurturing spa programme is designed to help you relax and rejuvenate. It centers on your inner wellness as we focus on your feet, relieving lower back pain and on releasing tension. This restoring combination of therapies concludes with a luxurious facial treatment and essential pedicure to make you look and feel your best.



Further sensory packages to indulge the spirit:

Oriental Zen

2 hours \$240

An orient inspired ritual. Take your body on a journey of transformation, harnessing an Oriental understanding of inner wellbeing. Leave stress behind and enjoy new radiant skin and an awakened energy flow. Harness ancient Oriental health and beauty wisdom to restore your body's balance with traditional Thai massage therapy followed by a savory tamarind butter treatment to revive your skin's natural radiance.

Bliss & Memory

Anniversary for two: 2 hours \$420

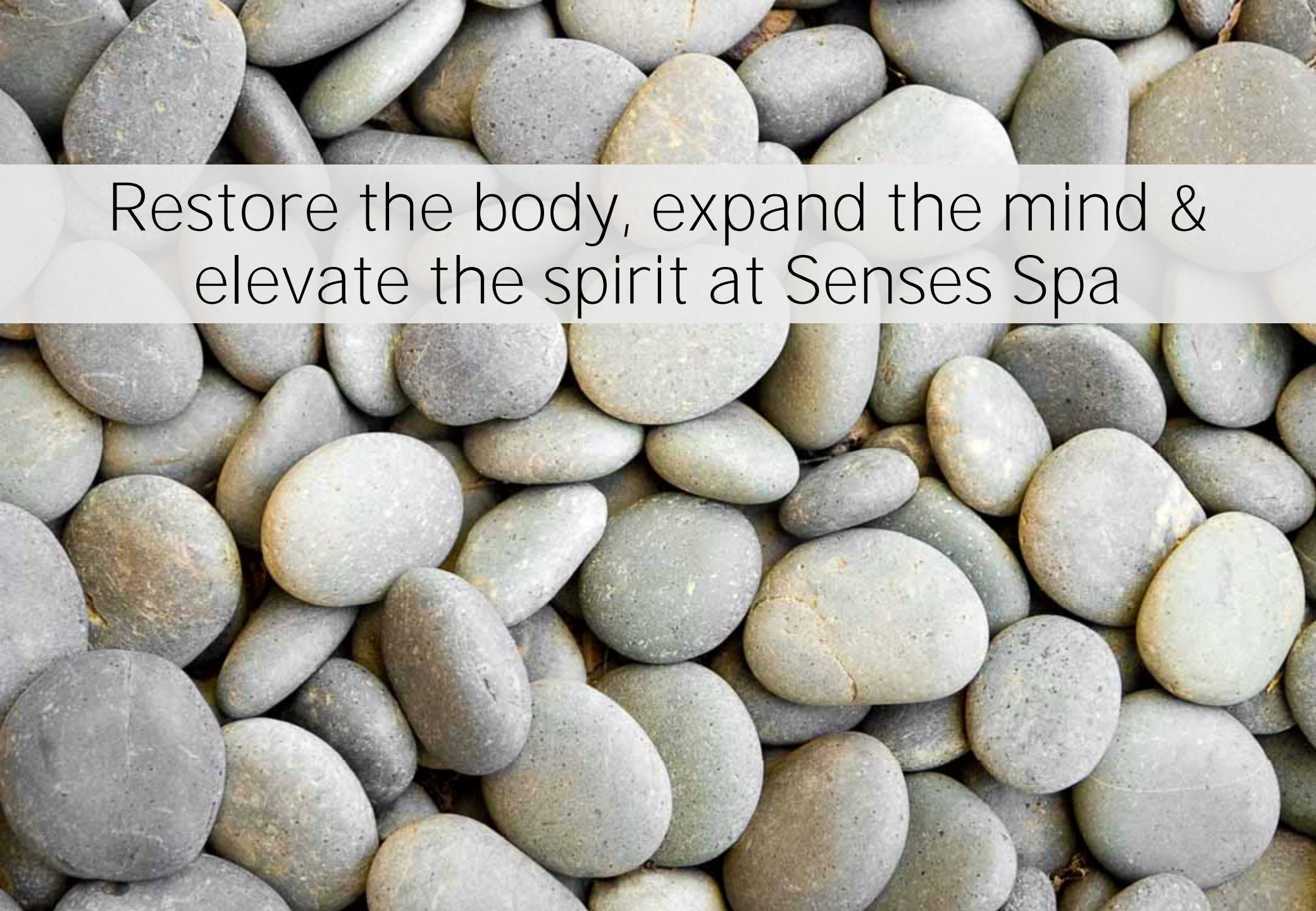
A heavenly moment. Create a very special memory for just the two of you. Celebrate your journey together and make time to indulge your mutual senses. Let our wonderful treatments revitalise and spoil you both - a touch of paradise in the most romantic of settings. Soak together in a candlelit 'Floral milky bath'; replenishing your skin's softness and reviving your senses. Continue on your serene journey with a skin exfoliation and rejuvenating massage. The whole experience will awaken you and remind you of the really important things in life which you share with your other half.

Senses Indulgence

100 minutes \$190

Discover and recharge. This is an ideal package for a quick break from everyday life to find pure bliss in a tranquil spa sanctuary. Restore balance and reduce tension with a Senses massage therapy before letting us purify and replenish your fatigued skin with amazing exfoliating products found in nature. This perfect blend of treatments needs only a short time to bring absolute indulgence; bringing your skin and entire body back into optimal well-being.



A close-up, top-down view of a large number of smooth, rounded stones. The stones are primarily shades of grey, light blue-grey, and off-white, with some darker grey and brownish tones. They are densely packed and have a natural, slightly textured surface. A semi-transparent white horizontal band is overlaid across the middle of the image, containing the text.

Restore the body, expand the mind &
elevate the spirit at Senses Spa