



BODHI

WELLNESS | SPA | RETREAT

SPA MENU



FACIALS

HYDRATE RENEWAL FACIAL*

60 MIN | S\$290+

Best for hydration / A Sodashi facial to deeply hydrate and nourish the skin.

THERMAL LUMINOSITY FACIAL*

90 MIN | S\$480+

Best for firming and plumping / A Sodashi facial with thermal mask to plump, firm and smooth.

MASSAGE

BODHI HEAD MASSAGE*

60 MIN | S\$240+

Dissolve stress, fatigue and tension from head, face, neck and shoulders.

BODHI RELAX MASSAGE

60 MIN | S\$250+ / 90 MIN | S\$330+

A luxurious Swedish-style massage using light to medium pressure.

BODHI TENSION RELEASE MASSAGE

60 MIN | S\$260+ / 90 MIN | S\$350+

An invigorating massage to melt away deep-seated tension.

BODHI PREGNANCY MASSAGE*

60 MIN | S\$260+ / 90 MIN | S\$350+

A deeply nurturing massage to alleviate tension, heaviness and swelling.

REFLEXOLOGY

60 MIN | S\$240+

A complementary therapy that uses gentle pressure on specific points of the feet to enhance wellbeing.

WELLNESS THERAPIES

BODHI SALT SCRUB

60 MIN | S\$280+

Himalayan Salts – strong exfoliant.
Vanilla & Sandalwood* – gentle exfoliant.

CONTOUR + DETOX BODY WRAP

90 MIN | S\$380+

Anti-cellulite and detoxifying, a lymphatic boosting salt scrub is followed by a warm mineral-rich clay mask and soothing scalp massage.



BIO-WELLNESS

RECOVERY RED LIGHT POD

20 MIN | S\$120+

Full-body light therapy for cellular regeneration, workout recovery, improved sleep and stress reduction.

RECOVERY RED LIGHT POD SERIES

3 x 20 MIN | S\$300+

ZEROBODY DRY FLOAT*

20 MIN | S\$120+

Deeply restorative weightless floating, with acoustic meditation, to reduce stress and muscle pain, improve sleep, boost immunity and aid jet lag recovery.

ZEROBODY DRY FLOAT SERIES*

3 x 20 MIN | S\$300+

SPA JOURNEYS

BODHI PREGNANCY RETREAT*

ALLOW 2 HOURS | S\$580+

BODHI Pregnancy Massage + Sodashi Hydrate Renewal Facial + KNESKO Collagen Foot Mask.

BODHI ESCAPE

ALLOW 2 HOURS + 30 MIN | S\$680+

BODHI Relax Massage + Sodashi Hydrate Renewal Facial + Scalp Massage and Hair Treatment.

PRIVATE VIP BATHHOUSE

SPA POOL, SAUNA, PAIL SHOWER

60 MIN | Solo S\$100+ | Additional person S\$50+

Enjoy exclusive use of VIP Bathhouse for contrast therapy, with luxury Spa Pool, Sauna and Pail Shower.

ENHANCEMENTS

Please note, enhancements cannot be booked as stand-alone treatments.

GUA SHA FACIAL MASSAGE* | 20 MIN | S\$110+

SAMADARA AGE-DEFYING FORMULATIONS* | S\$100+

KNESKO COLLAGEN MASKS* | Ask in spa for details.

BACK MASSAGE | 30 MIN | S\$160+

REFLEXOLOGY | 30 MIN | S\$150+

INSTANT GLOW FACIAL* | 30 MIN | S\$180+

SCALP MASSAGE + LEAVE-IN HAIR TREATMENT* | 30 MIN | S\$160+

RECOVERY RED LIGHT POD | 20 MIN | S\$90+

ZEROBODY DRY FLOAT* | 20 MIN | S\$90+

WARM ROCKS | S\$50+

WARM BAMBOO | S\$50+

VIP SUITE | S\$50+ PER PERSON

All prices are in Singapore dollars, subject to 10% service charge.

*Pregnancy safe.

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Bodhispa.com

面部护理 (FACIALS)

水润焕活面部护理*

60分钟 | S\$290+

最佳补水护理 | 使用 Sodashi 面部护理，深层补水滋养肌肤。

热能亮采面部护理*

90分钟 | S\$480+

最佳紧致丰盈护理 | 使用 Sodashi 热膜面部护理提升、紧致、丰润肌肤。

按摩 (MASSAGE)

BODHI 头部按摩*

60分钟 | S\$240+

缓解压力、紧绷与疲劳，放松头部、面部、颈部与肩部。

BODHI 舒缓身心按摩

60分钟 | S\$250+ | 90分钟 S\$330+

奢华的瑞典式按摩，提供中等压力，深度放松身心。

BODHI 深层舒压按摩

60分钟 | S\$260+ | 90分钟 S\$350+

深度放松紧绷肌肉的活力按摩。

BODHI 孕期按摩*

60分钟 | S\$260+ | 90分钟 S\$350+

深层滋养的孕期按摩，有助于缓解紧绷、疲倦与肿胀。

反射疗法

60分钟 | S\$240+

利用特定穴位的专业按压技术，提升全身健康。

身体护理 (WELLNESS THERAPIES)

BODHI 海盐磨砂

60分钟 | S\$280+

喜马拉雅海盐强效去角质。香草与檀香带来温和的肌肤更新。

排毒身体裹敷

90分钟 | S\$380+

抗橘皮与排毒护理。促进淋巴循环的盐磨砂搭配矿物泥身体面膜，与舒缓头皮按摩收尾。



生物光疗 (BIO-WELLNESS)

红光舱修复疗程

20分钟 | S\$120+

全身红光疗法, 促进细胞再生, 运动恢复, 改善睡眠与减压。

红光舱疗程系列

3 x 20分钟 | S\$300+

ZeroBody 零重力漂浮疗法*

20分钟 | S\$120+

深度恢复性漂浮疗法, 搭配冥想声景, 有助缓解压力、肌肉疼痛、改善睡眠, 提升免疫与时差恢复。

ZeroBody 零重力漂浮疗法系列*

3 x 20分钟 | S\$300+

所有价格均以新加坡元计算, 并需另加10%服务费。

*孕期可用的疗程

水疗之旅 (SPA JOURNEYS)

BODHI 孕期休憩之旅*

约2小时 | S\$580+

BODHI 孕期按摩 + Sodashi 水润焕活面部护理 + KNESKO 胶原蛋白足部护理。

BODHI 逃逸之旅

约2小时30分钟 | S\$680+

BODHI 经典按摩 + Sodashi 水润焕活面部护理 + 头皮按摩与头发护理。

私人VIP浴池空间

(PRIVATE VIP BATHHOUSE)

水疗池 | 桑拿 | 冲淋桶浴

60分钟 | 单人: S\$100+ | 增加一位: S\$50+

尽享私人VIP浴池的独家使用权, 体验冷热交替疗法, 配备奢华水疗池、桑拿及传统冲淋桶浴, 放松身心, 焕发能量。

提升疗程 (ENHANCEMENTS)

请注意, 提升疗程不能单独预订为治疗护理。

刮痧面部按摩* | 20分钟 | S\$110+

Samadara 抗老精华* | S\$100+

KNESKO 胶原蛋白面膜* | 详情请咨询店内

背部按摩 | 30分钟 | S\$160+

反射疗法 | 30分钟 | S\$150+

瞬效焕亮面部护理* | 30分钟 | S\$180+

头皮按摩 + 免洗护发护理* | 30分钟 | S\$160+

红光舱疗程 | 20分钟 | S\$90+

ZeroBody 零重力漂浮* | 20分钟 | S\$90+

暖石护理 | S\$50+

温热竹疗 | S\$50+

VIP 套房 | 每人 S\$50+

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ABOUT BODHI SPA

BODHI is the Sanskrit word for awakening. We seek to awaken, inspire, and empower you toward a greater state of health and wellbeing.

Our wellness therapies are deeply holistic and immersive – some inspired by ancient Indigenous healing, to have you looking and feeling your best, naturally.

More than a massage, facial, sauna or steam — we offer multi-sensory journeys that combine meditation, breathing techniques, sound healing, aromatherapy and more.

