

ESPA
AT
RWS

DAY RETREAT
PACKAGES



DISCOVER PERFECTION
IN NATURE

Abundantly luxurious yet totally committed to the simplicity of nature, every encounter with ESPA brings with it a sense of pleasure and discovery.

Uncover your ESPA voyage with the best of our signature treatments, selected and customised to individual requirements.

DAY RETREATS ARE AVAILABLE FROM 10:00 AM TO 4:00 PM.



FIT FOR LIFE

Understand how exercise, diet and making the right choice can benefit you.

*Mon-Thu
\$380⁺⁺

**Fri-Sun
\$450⁺⁺

Pre-treatment

Enjoy full use of our facilities including ESPA's signature heat experiences and therapy pools as well as unlimited access to the fitness and leisure activities available.

Treatment

Your retreat includes your choice of one 60-minute and one 45-minute ESPA Treatment:

60 minutes

- ESPA Personalised Massage
- Indulgence Hammam Ritual
- Muscle Relaxer Body Cocoon with Oshadi Wrap

45 minutes

- Invigorating Salt & Oil Scrub
- Skin Softening Foot Treatment
- Back, Head & Shoulders Hot Stone Massage

Post-treatment

Round off your retreat with a delicious low-fat, high protein two-course meal at Tangerine.



WEIGHT MANAGEMENT

Make positive changes to your lifestyle, diet and mindset through our signature treatments and weight management techniques.

*Mon-Thu
\$380⁺⁺

**Fri-Sun
\$450⁺⁺

Pre-treatment

Enjoy full use of our facilities including ESPA's signature heat experiences and therapy pools as well as unlimited access to the fitness and leisure activities available.

Treatment

Your retreat includes one 60-minute and one 45-minute ESPA Treatment:

60 minutes

- ESPA Personalised Massage
- Cleansing Hammam Ritual
- Detoxifying Algae Body Cocoon
- Anti-Cellulite Hip & Thigh Treatment

45 minutes

- Detoxifying Salt & Oil Scrub
- Reflex Zone Foot Massage
- Facial Deep Cleanse and Acupressure Massage

Post-treatment

Round off your retreat with a light and nutritious two-course meal at Tangerine.



INTRO TO DETOX

Cleanse and invigorate your body with Hammam algae treatments, spa cuisine and workshops.

**Mon-Thu*
\$380⁺⁺

***Fri-Sun*
\$450⁺⁺

Pre-treatment

Enjoy full use of our facilities including ESPA's signature heat experiences and therapy pools as well as unlimited access to the fitness and leisure activities available.

Treatment

Your retreat includes one 60-minute and one 45-minute ESPA Treatment:

60 minutes

- ESPA Personalised Massage
- Detox Hammam Ritual
- Detoxifying Marine Body Ritual

45 minutes

- Detoxifying Salt & Oil Scrub
- Reflex Zone Foot Massage
- Facial Deep Cleanse and Acupressure Massage

Post-treatment

Complete your visit with a cleansing & detoxifying two-course meal at Tangerine.



DE-STRESS

Relax your mind and body through therapeutic treatments, nourishing food and soothing meditation techniques.

**Mon-Thu*
\$380⁺⁺

***Fri-Sun*
\$450⁺⁺

Pre-treatment

Enjoy full use of our facilities including ESPA's signature heat experiences and therapy pools as well as unlimited access to the fitness and leisure activities available.

Treatment

Your retreat includes one 60-minute and one 45-minute ESPA Treatment:

60 minutes

- ESPA Personalised Massage
- Indulgence Hammam Ritual
- Revitalising Back, Shoulder, Neck & Foot Massage

45 minutes

- Relaxing Salt & Oil Scrub
- Reflex Zone Foot Massage
- Stress Reliever Scalp & Shoulder Massage

Post-treatment

Round off your retreat with a delicious light and nutritious two-course meal at Tangerine.



SOCIAL SPA FOR TWO (3 hours)

Luxuriate together in the opulence of our Beach Villas™

Private Spa Suite, with its own steam shower and swimming pool for an ultimate indulgence.

Pre-treatment

Enjoy full use of our facilities including the ESPA signature heat experiences and therapy pools.

Treatment

ESPA Time - An all-time ESPA favourite. This 120-minute treatment package is customisable to suit individual preferences.

Post-treatment

Complete this magical experience with an indulgent two-course champagne meal at Tangerine.

Mon-Sun
\$950⁺⁺



Our customised day retreats feature wellness, fitness, spa and beauty programmess that will leave you feeling great again!

Fitness and Leisure Activities

With a variety of activities such as Yoga, Qigong, TaiChi & HIIT, you'll be spoilt for choice with our wide range of classes that are all offered as part of your day retreat program.

Holistic Wellness Experts

You will be in the caring hands of our highly-skilled naturopath, nutritionist, yoga master, personal trainer, therapist and celebrity chef. Experience the award-winning treatments that we are famous for.

Healthy Pleasures

Work up a sweat in our Crystal Steam Room, regain your balance in the Zen Studio or unwind in our Forest Onsen-style Pool. At ESPA, there is something for everyone.

Payment - Prices are in Singapore Dollars and subject to 10% service charge and prevailing government taxes. We accept Cash and major Credit Card / NETS / CUP. We do not accept personal cheque and for foreign currency. Gratuities are not included and are welcomed at your discretion. Prices are correct at the time of printing and subject to change without prior notice.

Refund Policy - All purchases are non-refundable.

** Price stated is valid for Monday to Thursday, excluding public holidays and eve of public holidays*

*** Price stated is valid for Friday to Sunday, as well as public holidays and eve of public holidays*

OPENING HOURS

Treatments 10am – 10pm
Daily

Spa Facilities 9am – 10pm
Daily

Gymnasium 6am – 10pm
Daily

For appointments and enquiries, please call
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