



DEVARANA



# Achieve Optimal wellbeing

Our 21st century society exists in a fragmented state, the fast pace of life has changed enormously over the last 20 years. We complex beings have found a way to overcomplicate much of life, as a result we are overstimulated which creates an *inner "unrest"*



# A Wellness Solution

We approach these aspirations by way of a deceleration method, one that supports purposeful restoration, while creating intentional habits and rituals that pave the way for sustained emotional and physical resilience.

A primary focus is placed on Destressing, Detoxing and your deep restorative sleep.

"The experience of making a pause, you start connecting within yourself.

*You Pause. You focus. You Grow"*



# Holistic Wellness Programme

## **Destination Rejuvenation (2.5 hours)**

*SGD 300/session*

Say goodbye to stiffness, aches and pains and bring your travel-weary body back down to earth with a Body Scrub, followed by a Therapeutic Massage and a 30-minute Relaxing Facial.

## **Sleep Antidote (3.0 hours)**

*SGD 340/session*

Sleep deprivation strikes all of us at some point in our lives. Treat yourself to a well-earned rest with a relaxing therapy designed to help you drift into a restful nap. Includes a Lavender Body Scrub, a Hot Milk Bath, and a Body Balancing Massage.

## **Balance (3.0 hours)**

*SGD 340/session*

Fast-track your way to a peaceful state of mind with a 90-min facial treatment followed by our signature massage therapy that blends three techniques for maximum relaxation.



# Massage

## **Stress Relief Massage (45mins)**

*SGD 135/session*

Excellent for those who are high on stress but short on time, this massage focuses on back, neck and shoulders, where most stress accumulates.

## **Thai Foot Massage (45mins)**

*SGD 155/session*

After feet are cleansed with a refreshing salt scrub, pressure is applied to stimulate the essential points. These points correspond to all major body parts and organs, restoring balance and harmony to the body.

## **Body Balancing Massage (60/90mins)**

*SGD 165/200/session*

This ultimate relaxing massage uses long, soothing strokes to induce relief from stress and tension while stimulating blood circulation. Pressure can vary from soft to medium, in accordance to your personal preference.

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).



# Massage

## Traditional Thai Massage (60/90mins)

*SGD 165/200/session*

This traditional Thai treatment is practiced with grace, mindfulness and a spirit of generosity. Blissfully nurturing nuad-pan-boran is a rhythmic oil-free massage. A blend of passive stretching and acupressure in meditative surroundings.

## Therapeutic Massage (60/90mins)

*SGD 175/220/session*

Therapeutic and energising, this strong-pressure massage enhances muscle recovery by targeting the areas that are sore from exercise or just tension of daily life. Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system.

## Golf Performance Massage (90mins)

*SGD 220/session*

This traditional Thai treatment is practiced with grace, mindfulness and a spirit of generosity. Blissfully nurturing nuad-pan-boran is a rhythmic oil-free massage. A blend of passive stretching and acupressure in meditative surroundings.



# Massage

## Devarana Signature Massage (90 min)

*SGD 220/session*

Exclusive to Devarana Spa, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing and pampering experience.

## Side-by-side Massage (60/90mins)

*SGD 175/220/session*

A luxurious necessity relaxes together and enjoy a side-by-side massage within your own private spa suite.



## Signature Package

### **The Harmony of Tad Si-the Traditional Thai Medicine (2.0 hours)**

Ancient Thai therapy is based on the Buddhist teaching that the human body is composed of Tad Si or four elements of earth, water, wind and fire. Traditional Thai medicine also believes that diseases are caused due to two main reasons: first, an imbalance of the four elements in the body, and second that the mind is governed by 'ego' and ego leads to unhealthy emotions of attachment, aggression and obscuration that can disturb the body harmony.

The Harmony of Tad Si combines a Thai herbal compress dipped into aromatic oil tailored to each guest's body element, with Thai Massage, incorporating pressure point and stretching techniques to relax muscles, relieve soreness, promote circulation and stimulate the nerve meridians of the body.

*SGD 280/session*



## Signature Package

### **Singaporean Delightful Journey (2.0 hours)**

This unique spa program starts with a body scrub inspired by Singapore famous dessert called "Cendol, blending sugar, coconut milk, the leaves and juice of fragrant pandan with a hidden jackfruit scent. The freshly made scrub moisturises your skin with its pleasingly delicious smell, followed by deep tissue massage techniques performed mostly with the elbows for the ultimate body and mind reviver.

*SGD 280/session*



# Signature Package

## **The Heavenly Nantha Garden Experience (2.5 hours)**

In the work of ancient Thai literature called Tribhumpharuang, Nantha was described as a garden situated at Heaven's gate, with magical flowers and herbs. Devarana Spa's signature treatment brings the divine Nantha Garden to life by mixing fresh tropical leaves and flowers grown in Singapore with aromatic blends of ylang ylang to create a truly heavenly experience.

With the essence of flowers and herbs, this soothing treatment comforts your skin and uplifts your mind through the Devarana Bath and Devarana Body Scrub. Complete the unforgettable rejuvenation with the Devarana Massage that combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate in relaxation and pampering.

*SGD 320/session*



# Body Treatment

## **Body Exfoliation (60min)**

These healing treatments includes a full exfoliation and lotion massage. Our body scrubs combine natural ingredients, rich in minerals and trace elements that deeply cleanse, detox the skin and promote radiantly healthy skin.

### Pandan and Jasmine Aloe Scrub

Renowned for its sweet aroma and anti-inflammatory properties, refine and smooth the skin.

### Rose Petal Scrub

Legendary for its unsurpassed beauty with uplifting aroma, for anti-ageing and skin healing.

### Heated Clay & Salt Scrub

Heated clay back mask treatment followed by a salt body exfoliation is a great way to exfoliate, detox and treat the back.

*SGD 155/session*



# Skin Health Facials

## **Replenishing Marine Facial (60mins)**

*SGD 160/session*

A mineral-rich facial designed to rehydrate and replenish the skin, leaving it gloriously renewed. Using several different kinds of seaweeds with aromatic oil and plant extracts, this wonderful maritime face rejuvenation is very gentle even for those who have sensitive skin condition

## **Detox Ritual (60mins)**

*SGD 165/session*

Nourishing & Soothing essential oils and almond oils are combined to gently eliminate impurities and dead cells, soothe away redness, and restore hydration for a flawless complexion. Perfect for dry and sensitive skin.



# Skin Health Facials

## **Men Skin health (60mins)**

*SGD 160/session*

Designed for men's unique skin care needs, a facial dedicated to eliminating signs of fatigue and aging. A healthy and handsome look, this treatment deeply cleanses, tightens skin pores, and removes impurities.

## **Lifting & Firming - Anti-aging (90mins)**

*SGD 220/session*

Combat signs of ageing and maintain a youthful complexion with our therapeutic blend of seaweed and carefully selected minerals.



# Incremental Wellness

30min session that specialise on both body & mind with a focused approach. Can be added to any other treatment or program or enjoyed on their own.

## **Luxury Milk & Roses Bath (30 mins)**

*SGD 80/session*

For all skin types, this romantic milk bath, filled with fresh rose petals, creates harmony and an unforgettably relaxing sensation. It soothes the emotions whilst softening and nourishing your skin, leaving it feeling silky smooth and lightly scented with a classic floral fragrance.

## **Ayurvedic Head Massage (30mins)**

*SGD 90/session*

A traditional Ayurvedic oil massage for the head, neck and shoulders. Some of its many benefits include strengthening the hair roots, nourishing the scalp and releasing the flow of prana or energy through the entire body. Ideal for relieving stress and promoting a restful sleep.

## **Ginger Compress & Back Massage (30mins)**

*SGD 90/session*

Focusing on the neck, shoulders and upper back, this massage places lightly steamed gingers on the back and lets their heating effect to relieve aches and pains as well as stimulating blood circulation. After the compress, soothing hand movements work into the muscle and soft tissue to relieve stress and tension.

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