



SPA
RETREAT

SPA LIFESTYLE
ENVIRONMENT

SPA RETREAT CARD

Purchase the Spa Retreat Card at \$888 nett. Credits are redeemable against personal training at 25% discount and spa treatments at 30% discount.

Terms & Conditions apply

TOTAL LIFESTYLE ENVIRONMENT

In conjunction with any treatment or personal training at our 24/7 Workout, we welcome you to explore and enjoy the Total Lifestyle Environment of our Lifestyle Podium at Level 6.

Here you will find our private Male and Female Onsen Relaxation Gardens with Jacuzzi loungers and warm relaxing magnesium mineral pools.

In the midst of our Palm Garden, experience our Reflexology Walk, Olympic-sized swimming pool and in-pool Jacuzzi Loungers.

EYES

DE-STRESS EYE WRINKLE 30 MINUTES

Premature aging, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent treatment containing Collagen Cryo, smoothes away crepiness and wrinkles, while tightening your eye contour for youthful, vibrant eyes.

LUMAFIRM® EYE LIFT & GLOW 45 MINUTES

Lift, glow, and go! Formulated with an amazing lift-action complex, this phenomenal treatment instantly repairs your delicate eye zone as it reduces puffiness and dark circles. Additionally, an anti-aging powerful trio of actives takes your eyes back in time with an immediate reduction in lines and wrinkles and a visibly brighter, smoother eye contour. This is definitely not for your eyes only as everyone around you is sure to notice the youthful difference.

AWARD WINNING FIRMING AND LIFTING FACIAL

LUMAFIRM® LIFT & GLOW (GLOGAU 2-4; PIGMENTED & SAGGING SKIN) 75 MINS

Redefining radiance and facial contouring, this exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best. Proven to perform, the Pevonia lumafirm® Lift & Glow facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

FACIALS

AROMATHERAPY FACIAL (SENSITIVE) 60 MINUTES

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing, gentle exfoliation and extraction; an aromatic massage, and the ideal mask best suited for your skin type.

ORGANIC CUSTOMISED FACIAL (COMBINATION) 60 MINUTES

This purifying treatment consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged and mask is applied.

LUMINOUS & OXYGENATED SKIN TREATMENT 75 MINUTES

This treatment features a potent blend of stabilized vitamin C combined with the latest high-tech formulation of freeze-dried seaweed. It reduces fine lines, strengthens elasticity, and provides relief for dull, sun-damaged skin.

BODY SCRUBS

SILKY SOFT 30 MINUTES

Safe for even the most sensitive skin, this fabulous body polish gently exfoliate dead skin cells and improves circulation; rendering your skin smoother, revitalized and silky-soft.

TROPICAL SALTMousse 30 MINUTES

Finally, a breakthrough in spa exfoliating products that captures the holistic approach for the recovery of dull and tired skin with the powerful release of negative ions. The distinctive formula infuses the skin with mineralized sea water and rich anti-oxidant extracted from fruits to combat the signs of aging and reveal healthy and radiant skin with Papaya-Pineapple to brightening and anti-aging for the skin.

BODY WRAPS

PAPAYA-PINEAPPLE CRÈME FRAÎCHE WRAP 75 MINUTES

Nourishing & repairing, this exquisite tropical body wrap counteracts premature aging and sun damage by delivering wrinkle-smoothing & rejuvenating benefits. Drenched with Papaya, enriched with Crème Fraîche natural butter, calcium, a high content of Vitamin A, Pomegranate extract and other anti-aging ingredients such as Collagen polypeptides (soothing) and Elastin polypeptides (firming).

GREEN COFFEE WRAP 75 MINUTES

For detoxification and cellulite reduction. Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fats, increase metabolism and eliminate water retention. Pure 100% Micronized Green Coffee naturally rich in Chlorogenic Acid, Polysaccharides, Proteins and Essential Oils; smoothes and enhances skin texture, while visibly reducing spongy, dimply and cellulitic areas.

BODY MESSAGES

BACK MASSAGE 30 MINUTES 45 MINUTES

A relaxing back massage for the very busy people on the move, relieves backaches, tension and soothes the back.

AROMATHERAPY MASSAGE 60 MINUTES 90 MINUTES

This aromatherapy treatment delivers a real anti-stress therapy relieving stress, muscle tension and cramps. Calming, soothing and relaxing, it acts as a natural diuretic, helping to release water and toxic retention within the skin.

STRESS RELIEF MASSAGE 60 MINUTES 90 MINUTES

Combining Eastern and Western massage techniques, this treatment targets stress points and relieves tensions; leaving you in an optimum state of well-being.

SWEDISH MASSAGE 60 MINUTES 90 MINUTES

Utilising the five classic Swedish massage techniques, this invigorating treatment detoxifies the body and melts away tensions in the muscles for a quick pick me up.

STONE THERAPY 60 MINUTES 90 MINUTES

Hailing from ancient times, this aroma stone massage combines the application of deep penetrating warmth with heated smooth basalt stones and calming aromatherapy delivering ultimate relaxation from the stones' healing energies.

POWER TREE CONTOURING MASSAGE 75 MINUTES 90 MINUTES

Using specialized techniques and Japanese expertise to breakdown subcutaneous fats and eliminate water retention to achieve the perfect silhouette.

TRADITIONAL CHINESE TREATMENTS

TRADITIONAL TUI NA MASSAGE 60 MINS | 90 MINS

Effective therapy for arthritis and muscular pain. Alleviates insomnia, constipation and headaches.

FOOT REFLEXOLOGY 30 MINS | 60 MINS

Reflexology uses pressure to activate points and organs throughout the body to relieve pain, stimulate circulation and bring balance to the bodily systems.

BA GUAN 30 MINUTES

Ba Guan can relieve tension in the muscles, encourage blood flow and help relax the nervous system which makes it an excellent treatment for high blood pressure

GUA SHA 15 MINUTES

Gua Sha promotes blood circulation, aids with detoxification and helps stimulate metabolism rate for better cell nourishment and rejuvenation

ACUPRESSURE FACIAL 75 MINUTES

Acupressure facial techniques improve metabolism and blood circulation of the skin, rendering the complexion healthy, toned and glowing

TRADITIONAL TREATMENTS

BALINESE MASSAGE 60 MINS | 90 MINS

Balinese massage techniques work to soothe damaged tissue, and relieve strained muscles and joint pain using aroma essential oils. The boost to the circulation will help reduce stress and rebalance your body, and the aromatic oils can also boost your mood.

JAVANESE MASSAGE 30 MINS | 60 MINS

Javanese massage use pushing and stroking techniques, working to ease muscle and joint pain. It relies upon deep thumb pressures pushing, pressing and circling along and around the body's energy meridians to break down tensely knotted muscles and to stimulate the body's lymphatic system into releasing its self regenerative power. The deep thumb pressure is accompanied with simultaneous stroking palm movements, squeezing and pushing against the skin and veins to improve blood circulation.

MEN'S RITUAL

STRESS EASE BACK CLEANSE 45 MINUTES

A back cleanse treatment helps to cleanse, exfoliate the skin, while treating any congestion and reveal a brighter and smoother skin. A customized mask is applied to clarify and soften the skin while providing a deep moisturizing treatment.

ORGANIC FACIAL 45 MINUTES

This purifying treatment consists of steaming, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged and mask is applied.

DETOX COCOON 60 MINUTES

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. A warm aromatic Moor Mud rich in natural vitamins, minerals, and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and musculo-skeletal stress vanishes. Ideal for athletes and those prone to chronic pain, rheumatism/arthritis, muscular fatigue and post sports injuries.

ENHANCING YOUR SPA EXPERIENCE

CANCELLATION POLICY

Guests who wish to reschedule or cancel their Spa appointments are requested to inform at least 24 hours' in advance. Last minute cancellations are subjected to 50% of the requested service fees.

Missed appointments are subjected to full charges for reserved services.

SPA ARRIVAL

We highly recommend that you arrive early for your first scheduled appointment as this will allow you to familiarize yourself with the facilities and relax before your treatments. All treatments will end on schedule, regardless of start time.

LATE ARRIVAL

If you arrive late for a scheduled appointment, you will receive the best experience possible within the remaining appointment time. It may be necessary to decrease your time with respect for the next reservation. Full costs will apply.

SPA ETIQUETTE

Spa Retreat at One Farrer Hotel is an adult sanctuary, as well as a non-smoking environment. For your peace and privacy, cell phones and other electronic devices are not encouraged. If you wish to receive messages during your time with us, your Spa Coordinator will be happy to assist.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your Spa reservation. Consumption of alcohol before, during or directly after Spa treatments is not recommended.

VALUABLES

All guests are reminded that they are responsible for their own property and belongings.

Spa Retreat at One Farrer Hotel, shall not be responsible for and shall not assume any liability for any damage or loss to the property and/or belongings of any guest, however caused or otherwise.

ACCIDENT & INJURIES

Spa Retreat at One Farrer Hotel shall not be responsible for and shall not assume any liability for any accident or injuries however caused or otherwise.

AGE REQUIREMENT

Access to the Spa for treatments and to the facilities including the changing facilities, Spa and heat experiences and 24/7 Workout are restricted to guests over 18 years of age.

SPA ATTIRE

You will receive a robe and sandals to wear before treatments, and a locker for your belongings.

Our therapists are trained in draping procedures to ensure your complete privacy; however if desired, undergarments may be worn during treatments.

PREVAILING GOVERNMENT TAXES

All prices are in Singapore Dollars and are subjected to prevailing Government taxes.

GRATUITIES

Additional gratuities can be added to your bill upon check-out, for provision of exceptional service.

For more information, please contact Spa Retreat at

6705 7850 or email SPA@ONEFARRER.COM

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