

## Spa & Wellbeing Menu

Open Hours: 10:00a.m.- 09:00p.m.



We take a holistic approach to wellness,  
combining ancient traditions with fresh,  
organic ingredients designed to  
nurture your body,  
and take your mind and spirit into  
a place of calm and tranquility.



# AMATARA WELLEISURE™ A LA CARTE MENU

Amatara's Signature Thai Hammam	TIME	PRICE	Alternative Therapies	TIME	PRICE	Basic Blood Test Program	TIME	PRICE
The Complete Thai Hammam Experience	105 Mins	6,900	Chi Nei Tsang	60 Mins	4,000	Basic Blood Test Program	Female	16,251.42
The Complete Thai Hammam Experience (Including Massage)	165 Mins	8,900	Fire Cupping Therapy (Pain Management System)	30/60 Mins	1,900/3,500	Basic Blood Test Program	Male	18,373.55
Mud Therapy	60 Mins	3,200	Crystal/Chakra Healing (Purification Of Chakras)	60 Mins	3,500	<b>Holistic Vitality Program</b>		
<b>Spa Journeys</b>			Energy Healing (Reiki)	60 Mins	3,500	Holistic Vitality Program	Female	32,670.57
Amatara Pampering Package	195 Mins	6,800	Acupressure with moxibustion	30/60 Mins	1,900/3,500	Basic Blood Test program	Male	33,945.26
Amatara Delight Package	135 Mins	6,500	(Alternative Medicine – Energy Flow)			<b>Physical Therapy</b>		
<b>Massage Treatment</b>			<b>Detox Treatments</b>			Body Composition Analysis	15 Mins	800
The Signature of Amatara Massage	60/90 Mins	3,100/3,900	Colon Hydrotherapy	60 Mins	4,800	Essential Physiotherapy 3 x 60 Mins	60 Mins	3,200 8,160
Deep Muscles Massage	60/90 Mins	3,100/3,900	Coffee or Chlorophyll enema	60 Mins	12,300	Physiotherapy Deep Tissue Massage	90 Mins	4,200
Individually Focused & Intuitive Massage	60/90 Mins	3,100/3,900	Colon Hydrotherapy 2 x 60 minutes + 1 colonic with coffee enema			<b>One X One Sessions</b>		
Relaxing Lavender Therapy Massage	90 Mins	3,900	Manual Lymphatic Drainage	60/90 Mins	3,100/4,200	All One X One Sessions	50 Mins	1,500
Candle Massage (for clients that are 16 weeks pregnant or more)	90 Mins	4,200/4,700	Jala Neti Shatkriya	30 Mins	1,500	Muay Thai		
Warm Stone Massage	90/120 Mins	3,900	Detoxifying & Draining Slimming Treatment	90 Mins	4,800	Pilates on the Mat		
Pregnancy Massage	60 Mins	3,200	Ultimate Detoxifying Slimming Treatment	120 Mins	5,900	Pilates Reformer		
Traditional Thai Massage	60/90 Mins	2,500/3,000	<b>Amatara Body Treatment (a selection to pamper the skin with your preferred choice)</b>			TRX		
Traditional Thai Massage with Herbal Compress with Herbal Compress	90/120 Mins	3,500/4,000	Body Scrub (or) Body Wrap	45 Mins	1,800	Personal Training		
Signature of Amatara Massage	90/120 Mins	4,400/4,900	<b>Amatara Facial Treatment (a selection to pamper the skin with your preferred choice)</b>			Assisted Stretch		
<b>Specialty Massage Treatments</b>			Amatara Signature organic Facials 100% natural, organic products. Guinot facial treatments – The exclusive treatments at Guinot are tailored to every skin type			Core Bag and Kettle Bell training		
Ingham Foot Reflexology	60 Mins	4,000	Facial Reflexology	60 Mins	4,000	Aqua Fitness		
Thai Salt Pot Therapy	90 Mins	4,200	Oriental anti-aging facial massage	60 Mins	4,500	Aqua Yoga (Yoga In The Water)	60 Mins	2,200
Migraine Therapy	60/90 Mins	3,500/4,200	Therapy - Facial Gua Sha			Swimming Lesson for Adults	60 Mins	2,200
<b>Ayurvedic Treatments</b>			Hydradermie Youth	60 Mins	4,500	<b>Art of Healing</b>		
Shirodhara Treatment	60 Mins	5,900	Hydraderme Lift	60 Mins	4,600	Yoga Nidra – (Psychic Sleep)	60 Mins	2,200
Abhyanga Massage	90 Mins	4,200	Hydradermie Eye Lift	45 Mins	3,600	Ajapa Japa Meditation (Breathing Awareness Meditation)	60 Mins	2,200
Kati Vasti Massage	60 Mins	3,500				CHIDAKASHA Meditation (Empty Space Meditation)	60 Mins	2,200
						Trataka Meditation (Awakening Third Eye Meditation)	60 Mins	2,200
						Learn to Massage Another	90 Mins	3,500

All rates are subject to 10% service charge and 7% applicable government tax.