

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	Holistic Vitality Program		
Spa Journeys			Energy Healing (Reiki)	60 Mins	3,500	Holistic Vitality Program	Female	32,670.57
Amatara Pampering Package	195 Mins	6,800	Acupressure with moxibustion (Alternative Medicine – Energy Flow)	30/60 Mins	1,900/3,500	Basic Blood Test program	Male	33,945.26
Amatara Delight Package	135 Mins	6,500	Detox Treatments			Physical Therapy		
Massage Treatment			Colon Hydrotherapy	60 Mins	4,800	Body Composition Analysis	15 Mins	800
The Signature of Amatara Massage	60/90 Mins	3,100/3,900	Coffee enema or Chlorophyll	60 Mins	5,600	Essential Physiotherapy 3 x 60 Mins	60 Mins	3,200 8,160
Deep Muscles Massage	60/90 Mins	3,100/3,900	Colon Hydrotherapy 2 x 60 minutes + 1 colonic with coffee enema or Chlorophyll	3x60 mins	12,300	Physiotherapy Deep Tissue Massage	90 Mins	4,200
Individually Focused & Intuitive Massage	60/90 Mins	3,100/3,900	Manual Lymphatic Drainage	60/90 Mins	3,100/4,200	One X One Sessions		
Relaxing Lavender Therapy Massage	90 Mins	3,900	Jala Neti Shatkriya	30 Mins	1,500	All One X One Sessions	50 Mins	1,500
Candle Massage	90 Mins	3,900	Detoxifying & Draining Slimming Treatment	90 Mins	4,800	Muay Thai		
Warm Stone Massage	90/120 Mins	4,200/4,700	Ultimate Detoxifying Slimming Treatment	120 Mins	5,900	Pilates on the Mat		
Pregnancy Massage (for clients that are 16 weeks pregnant or more)	60 Mins	3,200	Body Scrub (or) Body Wrap	45 Mins	1,800	Pilates Reformer		
Traditional Thai Massage	60/90 Mins	2,500/3,000	Amatara Facial Treatment (a selection to pamper the skin with your preferred choice)			TRX		
Traditional Thai Massage with Herbal Compress with Herbal Compress	90/120 Mins	3,500/4,000	Amatara Signature organic Facials 100% natural,	60 Mins	4,600	Personal Training		
Signature of Amatara Massage	90/120 Mins	4,400/4,900	Facial Reflexology	60 Mins	4,000	Assisted Stretch		
Specialty Massage Treatments			Oriental anti-aging facial massage Therapy - Facial Gua Sha	60 Mins	4,500	Core Bag and Kettle Bell training		
Ingham Foot Reflexology	60 Mins	4,000	Guinot Hydradermie Youth	60 Mins	4,200	Aqua Fitness		
Thai Salt Pot Therapy	90 Mins	4,200	Guinot Hydraderme Lift	60 Mins	4,600	Aqua Yoga (Yoga In The Water)	60 Mins	2,200
Migraine Therapy	60/90 Mins	3,500/4,200	Guinot Hydraderme Lift Deluxe	90 Mins	5,200	Swimming Lesson for Adults	60 Mins	2,200
Ayurvedic Treatments			Guinot Hydradermie Eye Lift	45 Mins	3,600	Art of Healing		
Shirodhara Treatment	60 Mins	5,900				Yoga Nidra – (Psychic Sleep)	60 Mins	2,200
Indian Head Massage	60 Mins	3,500				Ajapa Japa Meditation (Breathing Awareness Meditation)	60 Mins	2,200
Abhyanga Massage	90 Mins	4,200				CHIDAKASHA Meditation (Empty Space Meditation)	60 Mins	2,200
Kati Vasti Massage	60 Mins	3,500				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.