



SENSORIUM SPA TREATMENT MENU

Subject to availability. Contact your concierge prior to arrival (at least 72 hours in advance)

TRADITIONAL FULL BODY MASSAGE

Expect a full body experience with a flow of Swedish style movements. Both muscle and lymphatic system will be treated during the massage using aromatherapy infused oils. Great for overall relaxation.

HOT STONE AND HEALING CRYSTALS MASSAGE

A full body massage that includes the use of heated stones to assist the release of tight muscles. Healing Crystals are incorporated into the treatment to balance the Chakras. Treats stress and imbalance.

DEEP TISSUE MASSAGE

A blend of deep tissue and sports massage, this treatment will target the body's main muscle groups using advanced pressure techniques. The combination of massage and assisted stretching movements are designed to unwind tight muscles. Excellent for tension release.

SIGNATURE WHOLEBEING ENERGY THERAPY MASSAGE (90 mins)

A signature fusion of ancient techniques such as breathwork, traditional massage, the art of facial Gua Sha, Reflexology, Acu Pressure and gentle Thai Yoga stretching. This massage therapy treatment has been designed to stimulate and balance the body's Chi or life force energy while relaxing the muscles and joints, working on lymphatic drainage and fascia release.

MIDDLE EASTERN MUD RITUAL

Based on the traditional Turkish Hammam, this self-treatment therapy starts with an invigorating salt scrub. As the warm steam fills the chamber, a mud pack is applied to the skin to enhance detoxification and moisturization. Languish on the heated slabs as you drift off into a state of total relaxation. The session ends with a tropical rain shower that washes away the mud leaving your skin feeling soft and smooth.

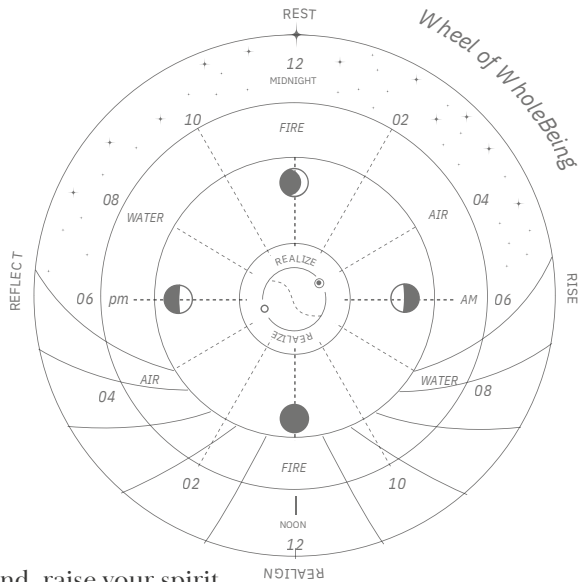
FACIAL TREATMENTS

- ~ 60 minute hydrating facial including hands, neck and décolleté.
- ~ Express 30 minute illuminating facial including hands.

ABOUT WHOLEBEING

At the heart of the Sanctuary experience is our Wheel of WholeBeing that represents the dimensions of nature, life and WellBeing. There are four cycles to the wheel which reflect the four seasons in a day, week, lunar year or lifetime: rise, realign, reflect and rest. There is a fifth state—realize—which represents self-actualisation and achievement of WholeBeing.

Our WholeBeing massages are immersive and holistic, engaging all five senses to align your being with the rhythms of nature. We mimic the energy flow of the sun and the moon by offering unique rituals that incorporate our signature fragrances (smell), a mantra to focus the mind's eye (sight), soothing and activating sounds (hearing), and healing teas (taste) in addition to your treatment (touch). You can choose which experience you would like—rise, realign, reflect, or rest—based on your needs and intention or you can let your senses guide you upon arrival at the spa.



RISE: AWAKEN

Clear and sharpen your mind, raise your spirit

REALIGN: CREATE HARMONY

Calm and refresh, integrate your body and psyche

REFLECT: CONNECT AND ENLIGHTEN

Connect with universal energies, communicate with ancient healing powers

REST: RESTORE AND TRANSITION

Alleviate anxiety, relax and attain a more soothing sleep