



THE RITZ-CARLTON

MILLENNIA SINGAPORE



*Let us make the world
revolve around you.*

ESCAPE

Capture the beauty of Singapore with a visit to The Ritz-Carlton, Millenia Singapore, where unparalleled views of Marina Bay, world-class dining options, an impressive art collection, and the allure of The Ritz-Carlton Spa will leave you spellbound.

EXPERIENCE

Let us immerse you in a timeless journey that will enliven your senses through evoking the true essence of the sea and its healing benefits.

ESPA INDULGENCE

90 MINUTES

Indulge in a unique sensory journey that combines our ESPA Signature Facial for perfect skin regeneration, with a precise foot care massage for an invigorating experience. Emerge from this indulgent treatment ready to face your next adventure.

PERFORMED BY TWO THERAPISTS

CELLO CONCERTO

60 MINUTES

Inspired by the love for classical music, this body massage is harmoniously synchronised with 'live' melodies played by a cellist.

PERFORMED IN THE RITZ-CARLTON SPA SUITE, WITH A COMPLIMENTARY 30 MINUTE BATH EXPERIENCE.

48 HOURS ADVANCE RESERVATION REQUIRED.



MASSAGE

THAI INFLUENCED MASSAGE

90 MINUTES **OR** 60 MINUTES

Allow your mind and body to succumb to complete relaxation, as deep-seated tension is released, tight muscles stretched and the mind soothed in this Thai-inspired, active yet highly relaxing massage.

BALINESE INFLUENCED MASSAGE

90 MINUTES **OR** 60 MINUTES

Restore the flow of energy throughout the body and melt away tension from fatigued muscles. This massage is a blissful de-stressing experience.

DEEP MUSCLE MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern, common discomforts and sports-related tension are relieved.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalisation and relaxation.

HOT LAPIS STONE MASSAGE

90 MINUTES **OR** 60 MINUTES

A therapeutic and rejuvenating massage that uses warm lapis stones and moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

NATURALLY NURTURED MASSAGE

90 MINUTES **OR** 60 MINUTES

Nurture and nourish body and skin when you need it most with this gentle, restorative and tailored massage. Ideal for expectant mothers after the first trimester.

BAMBOO MASSAGE

120 MINUTES **OR** 90 MINUTES

Use of bamboo sticks to massage and assist with stretching, joint mobility and improving joint flexibility. Combining Ayurvedic techniques, this therapeutic massage leaves you reinvigorated.

SIGNATURE MASSAGE

90 MINUTES **OR** 60 MINUTES

Alleviate tension and reinvigorate your body and mind with this customised massage which combines relaxing aromatherapy blends and restorative massage techniques.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.



BODY

NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation that finishes with a deeply nourishing oil application and personalised back massage.

INCLUDES Full body salt and oil exfoliation, back massage, oil application

PERSONALISED WRAP

60 MINUTES

Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment. Using either detoxifying algae or nourishing and re-mineralising marine mud.

INCLUDES Body exfoliation, algae or mud envelopment, scalp massage

ACTIVITY RECOVERY

60 MINUTES

Return tight, aching muscles to peak condition with this focused, tension-relieving treatment.

INCLUDES Exfoliation and massage to back, lower legs and feet

THE LA MER BODY TREATMENT

90 MINUTES

Luxuriate in a superbly restorative service that treats skin to La Mer from head to toe. Skin is polished and refined with pure diamond powder, leaving it soft, smooth and supple. A signature blend of stretching, shiatsu, acupuncture and Swedish massage helps enhance circulation, balance energies and encourage an overall sense of well-being.

INCLUDES Body exfoliation, stretching, energising and relaxing massage, magnet massage, scalp massage

PERFORMED WITH LA MER PRODUCTS



FACIAL

THE LA MER CUSTOM FACIAL

90 MINUTES **OR** 60 MINUTES

Individualised treatment incorporating hand-chosen treatment sequences and custom massage techniques tailored to the unique needs of your skin. A pure infusion of La Mer's coveted Miracle Broth™ gives skin the energy it needs to focus on rejuvenation and renewal.

THE LA MER MIRACLE BROTH™ FACIAL

90 MINUTES

This crème de la crème of facials transforms with bespoke massage techniques and a pure infusion of La Mer's coveted Miracle Broth™. Exclusive to Spa de La Mer, this priceless extract empowers the five facets of renewal – moisture, regeneration, soothing, smoothing and radiance – helping to bring skin back to its center.

A special ice sequence seals its benefits.

THE LA MER EYE FOCUS TREATMENT

30 MINUTES

An oasis for tired, stressed eyes. Softens the appearance of fine lines, wrinkles and dark circles with the potent healing properties of the Miracle Broth™. This calming application soothes, hydrates and renews the delicate eye area delivering an expression of youth.

THE GENAISSANCE DE LA MER FACIAL

90 MINUTES

Born from the Genaissance Serum, this divine treatment is enriched with phenomenal renewing qualities and life-generating energies. Rejuvenation and vitality are accelerated with a signature stimulating technique using the Crystal Miracle Broth Stone. A genesis begins, revealing a lustrous, crystal clear complexion that eclipses the signs of age.

THE LA MER PURIFYING FACIAL

60 MINUTES

This detoxifying facial is an ideal introduction to the La Mer facial series. Skin is deeply cleansed, pores steamed, purified and refined. Pure diamond powder gently exfoliates for a pristine new surface. Skin emerges radiant, soft and smooth – polished to perfection. Includes a hand massage.

ALL FACIALS ARE PERFORMED WITH LA MER PRODUCTS



FACIAL

ESPA CUSTOM FACIAL

90 MINUTES **OR** 60 MINUTES

Purify, hydrate, brighten and smoothen your complexion with this radiance-restoring facial that is tailored to your skin's individual needs.

ESPA ULTIMATE RADIANCE FACIAL

90 MINUTES

Restore your skin's vitality to reveal a smooth and luminous complexion. The recommended treatment for immediate results prior to a special event or night out.

ESPA SIGNATURE FACIAL

90 MINUTES

A customised facial that is designed to cater to your skin's individual needs. This holistic facial recharges and transforms skin, and finishes with a restorative eye and neck treatment.

ESPA EYE TREATMENT

30 MINUTES

Tones, firms and smoothen fine lines around the eye area. Helps release tension headaches and eye strain.

**ALL FACIALS ARE PERFORMED WITH
ESPA PRODUCTS**

ESPA AGE-DEFYING FACIAL

90 MINUTES

Instantly combat the most visible signs of aging. Fine lines are smoothed, while a combination of lifting and firming massage techniques are used to revive youthful radiance.



MEN

THE MEN'S LA MER CUSTOM FACIAL

90 MINUTES **OR** 60 MINUTES

Individualised treatment incorporating hand-chosen treatment sequences and custom massage techniques tailored to the unique needs of your skin. A pure infusion of La Mer's coveted Miracle Broth™ gives skin the energy it needs to focus on rejuvenation and renewal.

PERFORMED WITH LA MER PRODUCTS

THE MEN'S MASSAGE

90 MINUTES

The ultimate male escape. Unwind in style with this rebalancing and intensely relaxing treatment that includes a full body massage using heated stones, facial massage and a soothing scalp massage.

STRESS RELIEF MASSAGE

90 MINUTES **OR** 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave you feeling relaxed and revitalised.

MUSCLE RECOVERY MASSAGE

90 MINUTES **OR** 60 MINUTES

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern, common discomforts and sports-related tension are relieved.

POWER HOUR

60 MINUTES

Intensely invigorating, this clarifying and smoothing treatment powerfully reawakens the senses, leaving you ready for anything.

RELAXATION MASSAGE

90 MINUTES **OR** 60 MINUTES

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.



ENHANCEMENTS

Enhancements are available as incorporated additions to body and massage services without adding additional time to the treatment. Enhancements must be booked and received with a treatment.

HOT LAPIS STONE

Smooth lapis stones radiate heat deep into the muscles to relieve tension and stress.

TIME ENHANCEMENTS

Supplement your treatments with these time enhancements.

THE RITZ-CARLTON SPA SUITE

60 MINUTES

Book our Ritz-Carlton Spa Suite in which to enjoy your spa treatment, and delight in an additional 60-minute post-treatment relaxation time to enjoy the private hydrotherapy bath.

SMOOTH & FIRM BODY BUTTER

15 MINUTES

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

HAND OR FOOT REVITALISER

15 MINUTES

This exfoliating and nourishing treatment will leave hands or feet soft and bright.

BODY REVIVER

15 MINUTES

Reveal smoother skin during any massage with this exfoliating and refreshing treatment that will leave your back smooth, soft and hydrated.

SCALP MASSAGE

15 MINUTES

Combining the strengthening properties of red and white clay with a deeply relaxing scalp massage, tension is reduced and the scalp conditioned to leave you with beautifully healthy hair.

ESPA CUSTOM QUICK FIX FACIAL

30 MINUTES

An express facial that includes a meridian massage and a facial mask to help revive dull skin.

ESPA DRY BODY BRUSH

30 MINUTES

This exfoliating gentle dry body brush stimulates circulation and enhances lymphatic drainage, eliminating toxins from the body.

FACE ENERGY

20 MINUTES

Using a meridian energy stick, tense facial muscles are soothed and blood circulation improved.



GUIDELINES

RESERVATIONS

To schedule your preferred time and treatment, please contact the Spa Reception for availability. Your credit card information and contact details are required in order to secure your reservation. In-house guests may dial extension 13 on the guest room telephone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your spa reservation. Heat and water facilities are not recommended for pregnant women. Guests who appear to be under the influence of alcohol will be declined access to treatments and the spa facilities.

CANCELLATION POLICY

For cancellations or changes in appointments, a minimum 24 hours advance notice is required in order to avoid being charged in full.

ATTIRE

Disposable underwear is available upon request. Swimwear is required if you wish to use the water facilities.

AGE REQUIREMENT

Spa guests must be at least 18 years of age.

ARRIVAL TIME

We encourage you to arrive 30 minutes prior to your scheduled appointment. This will allow you to enjoy our water facilities. Please understand that late arrivals will not receive an extension of scheduled treatments.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. Use of mobile phones and cameras are not permitted within the spa. Externally purchased food and beverages cannot be brought in and consumed in the spa.

SPA RETAIL

We retail a complete range of skincare and body products for you to recreate the spa regime at home.

GIFT CERTIFICATES

Gift certificates are available for purchase. Please contact the Spa Reception for details.

A Certificate of Insurance by AVA Insurance Brokers Pte Ltd will immediately be issued upon purchase of The Ritz-Carlton, Millenia Singapore's spa/gym membership and/or gift certificates.

REFUND POLICY

Products sold are not refundable or exchangeable.

LOSS OR DAMAGE

We will not be held liable for any loss or damages to personal belongings during your visit.

ACCIDENTS OR INJURIES

We will not be held liable for any accidents or injuries sustained during your visit.

PRICES

All prices are in Singapore Dollars, subject to prevailing service charge, goods and services tax.

OPENING HOURS

Spa Treatments: 9 am to 9 pm
Swimming Pool: 6 am to 10 pm
Fitness Centre: 24 hours

PRICING

EXPERIENCE

ESPA INDULGENCE
90M / \$590

CELLO CONCERTO
60M / FOR ONE \$550
60M / FOR TWO \$880

BODY

NOURISHED GLOW
60M / \$250

PERSONALISED WRAP
60M / \$250

ACTIVITY RECOVERY
60M / \$280

THE LA MER BODY TREATMENT
90M / \$390

MASSAGE

**HOT LAPIS STONE
MASSAGE**
90M / \$350
60M / \$260

SIGNATURE MASSAGE
90M / \$350
60M / \$260

DEEP MUSCLE MASSAGE
90M / \$330
60M / \$240

STRESS RELIEF MASSAGE
90M / \$320
60M / \$230

RELAXATION MASSAGE
90M / \$320
60M / \$230

**BALINESE INFLUENCED
MASSAGE**
90M / \$330
60M / \$240

THAI INFLUENCED MASSAGE
90M / \$330
60M / \$240

BAMBOO MASSAGE
120M / \$420
90M / \$330

**NATURALLY NURTURED
MASSAGE**
90M / \$340
60M / \$250

FACIAL

**THE LA MER
CUSTOM FACIAL**
90M / \$390
60M / \$320

**THE LA MER MIRACLE™
BROTH FACIAL**
90M / \$490

**THE GENAISSANCE
DE LA MER FACIAL**
90M / \$490

**THE LA MER
PURIFYING FACIAL**
60M / \$300

**THE LA MER EYE
FOCUS TREATMENT**
30M / \$190

ESPA CUSTOM FACIAL
90M / \$290
60M / \$260

**ESPA ULTIMATE RADIANCE
FACIAL**
90M / \$320

ESPA AGE-DEFYING FACIAL
90M / \$380

ESPA SIGNATURE FACIAL
90M / \$380

ESPA EYE TREATMENT
30M / \$160

MEN

THE MEN'S MASSAGE
90M / \$350

**MUSCLE RECOVERY
MASSAGE**
90M / \$330
60M / \$240

**THE MEN'S LA MER
CUSTOM FACIAL**
90M / \$390
60M / \$320

STRESS RELIEF MASSAGE
90M / \$320
60M / \$230

RELAXATION MASSAGE
90M / \$320
60M / \$230

POWER HOUR
60M / \$280

ENHANCEMENTS

HOT LAPIS STONE
15M / \$80

TIME ENHANCEMENTS

THE RITZ-CARLTON SPA SUITE
60M / \$200

SCALP MASSAGE
15M / \$50

BODY REVIVER
15M / \$80

**SMOOTH & FIRM BODY
BUTTER**
15M / \$80

HAND OR FOOT REVITALISER
15M / \$50

ESPA CUSTOM QUICK FIX FACIAL
30M / \$150

ESPA DRY BODY BRUSH
30M / \$150

FACE ENERGY
20M / \$60

All prices are subject to service charge, and goods and services tax.

A Certificate of Insurance by AVA Insurance Brokers Pte Ltd will immediately be issued upon purchase of The Ritz-Carlton, Millenia Singapore's spa/gym membership and/or gift certificates.



THE RITZ-CARLTON

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