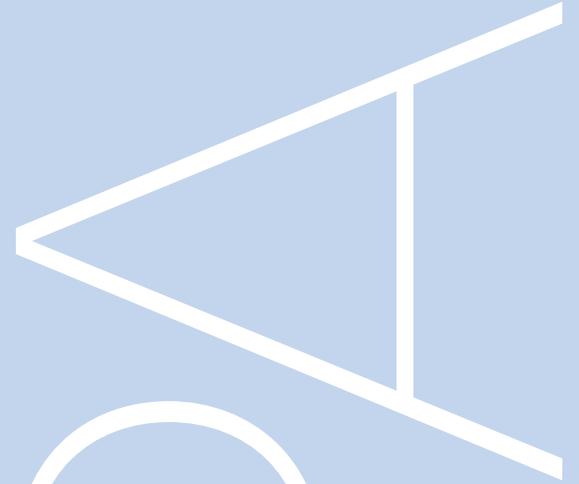




THE RITZ-CARLTON

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.

A COUPLE'S SPA JOURNEY

90 MINUTES OR 60 MINUTES

Designed as a serene escape for you and a loved one, this treatment encompasses a rhythmic massage that will leave you feeling relaxed and renewed. The experience completes with a glass of bubbles and a sweet indulgence.

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.



WELLNESS

Embark on tailor-made Meaningful Wellness Journeys that are centred around the mind, body and skin. Each treatment is carefully designed to offer revitalising experiences that aim to nurture you from the inside out.

THE ART OF WELLNESS

90 MINUTES

Accompanied with guided breathing exercises, this transformative treatment includes a full body massage and the healing properties of Himalayan salt stones and rose quartz crystals to remove tension in the body.

FORTITUDE MASSAGE

90 MINUTES

This massage eases deep muscular pain and restores comfort in the body with heated basalt stones, and a fortifying body oil that will deeply nourish skin.

BODY DETOX

90 MINUTES

Warm herbal poultices gently exfoliate skin and relieve fatigued muscles while boosting overall circulation, leaving the body re-energised. The treatment concludes with a relaxing scalp massage.



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.

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.

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.

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.

CLASSIC FOOT MASSAGE

60 MINUTES **OR** 30 MINUTES

A classic treatment for the lower legs and feet to relieve tension and pain. Improves blood circulation, and eliminates fatigue so you can put your best foot forward.



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, acupressure 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 HYDRATING FACIAL

75 MINUTES

An individualised treatment for luminous glowing skin, this treatment incorporates massage techniques to re-energise and rehydrate skin while combating early signs of ageing.

THE LA MER LIFT AND SCULPT FACIAL

75 MINUTES

This facial deeply hydrates and combines customised massage techniques to activate microcirculation, while lifting and shaping facial contours for a refined and youthful appearance.

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 centre.

A special ice sequence seals its benefits.

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 PRETOX DETOX FACIAL

60 MINUTES

This treatment is designed to cleanse, balance and revitalise combination skin. The Deep Purifying Mask takes centre stage, followed by a gentle massage that will further brighten and clarify skin.

THE LA MER SOOTHING FACIAL

75 MINUTES

The perfect facial for your skin when it needs extra care. A relaxing face massage sequence is performed to boost circulation, reduce redness, and cocoon skin to seal hydration.

ALL FACIALS ARE PERFORMED WITH LA MER PRODUCTS



FACIAL

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 AGE-DEFYING FACIAL

90 MINUTES

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

ESPA SIGNATURE FACIAL

90 MINUTES OR 60 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 treatment.

ALL FACIALS ARE PERFORMED WITH
ESPA PRODUCTS



MEN

THE MEN'S LA MER FACIAL

75 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

ESPA MEN'S DEEP CLEANSING FACIAL

60 MINUTES

Reharmonise sensitised skin with this high-performance treatment which delivers instant results.

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

15 MINUTES

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.

ESPA EYE TREATMENT

30 MINUTES

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

THE LA MER EYE FOCUS TREATMENT

30 MINUTES

An oasis for tired, stressed eyes. Softens the appearance of fine lines, wrinkles and dark circles. This calming eye massage soothes, hydrates and renews the delicate eye area delivering an expression of youth.



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 tranquillity. 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 Bolttech 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 a.m. to 9 p.m.
Swimming Pool: 6 a.m. to 10 p.m.
Fitness Centre: 24 hours

PRICING

EXPERIENCE

A COUPLE'S SPA JOURNEY

90M / \$700
60M / \$520

ESPA INDULGENCE

90M / \$590

CELLO CONCERTO

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

WELLNESS

THE ART OF WELLNESS

90M / \$450

FORTITUDE MASSAGE

90M / \$450

BODY DETOX

90M / \$450

BODY

NOURISHED GLOW

60M / \$250

PERSONALISED WRAP

60M / \$250

ACTIVITY RECOVERY

60M / \$280

THE LA MER BODY TREATMENT

90M / \$390

MASSAGE

THAI INFLUENCED MASSAGE

90M / \$330
60M / \$240

BALINESE INFLUENCED MASSAGE

90M / \$330
60M / \$240

DEEP MUSCLE MASSAGE

90M / \$330
60M / \$240

STRESS RELIEF MASSAGE

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

NATURALLY NURTURED MASSAGE

90M / \$340
60M / \$250

HOT LAPIS STONE MASSAGE

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

BAMBOO MASSAGE

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

SIGNATURE MASSAGE

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

RELAXATION MASSAGE

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

CLASSIC FOOT MASSAGE

60M / \$240
30M / \$120

FACIAL

THE LA MER HYDRATING FACIAL

75M / \$380

THE LA MER LIFT AND SCULPT FACIAL

75M / \$380

THE LA MER MIRACLE BROTH™ FACIAL

90M / \$490

THE GENAISSANCE DE LA MER FACIAL

90M / \$490

THE LA MER PRETOX DETOX FACIAL

60M / \$330

THE LA MER SOOTHING FACIAL

75M / \$380

ESPA ULTIMATE RADIANCE FACIAL

90M / \$380

ESPA AGE-DEFYING FACIAL

90M / \$380

ESPA SIGNATURE FACIAL

90M / \$380
60M / \$280

MEN

THE MEN'S MASSAGE

90M / \$350

STRESS RELIEF MASSAGE

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

MUSCLE RECOVERY MASSAGE

90M / \$330
60M / \$240

RELAXATION MASSAGE

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

POWER HOUR

60M / \$280

THE MEN'S LA MER FACIAL

75M / \$380

ESPA MEN'S DEEP CLEANSING FACIAL

60M / \$280

ENHANCEMENTS

HOT LAPIS STONE

15M / \$80

TIME ENHANCEMENTS

THE RITZ-CARLTON SPA SUITE

60M / \$200

SMOOTH & FIRM BODY BUTTER

15M / \$80

HAND OR FOOT REVITALISER

15M / \$80

BODY REVIVER

15M / \$80

SCALP MASSAGE

15M / \$80

ESPA CUSTOM QUICK FIX FACIAL

30M / \$150

ESPA DRY BODY BRUSH

30M / \$150

ESPA EYE TREATMENT

30M / \$160

THE LA MER EYE FOCUS TREATMENT

30M / \$190

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

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

For more information, please contact
the spa at 65.6434.5203 or visit us at:
www.ritzcarlton.com/singapore



THE RITZ - CARLTON

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