



AVANI SPA



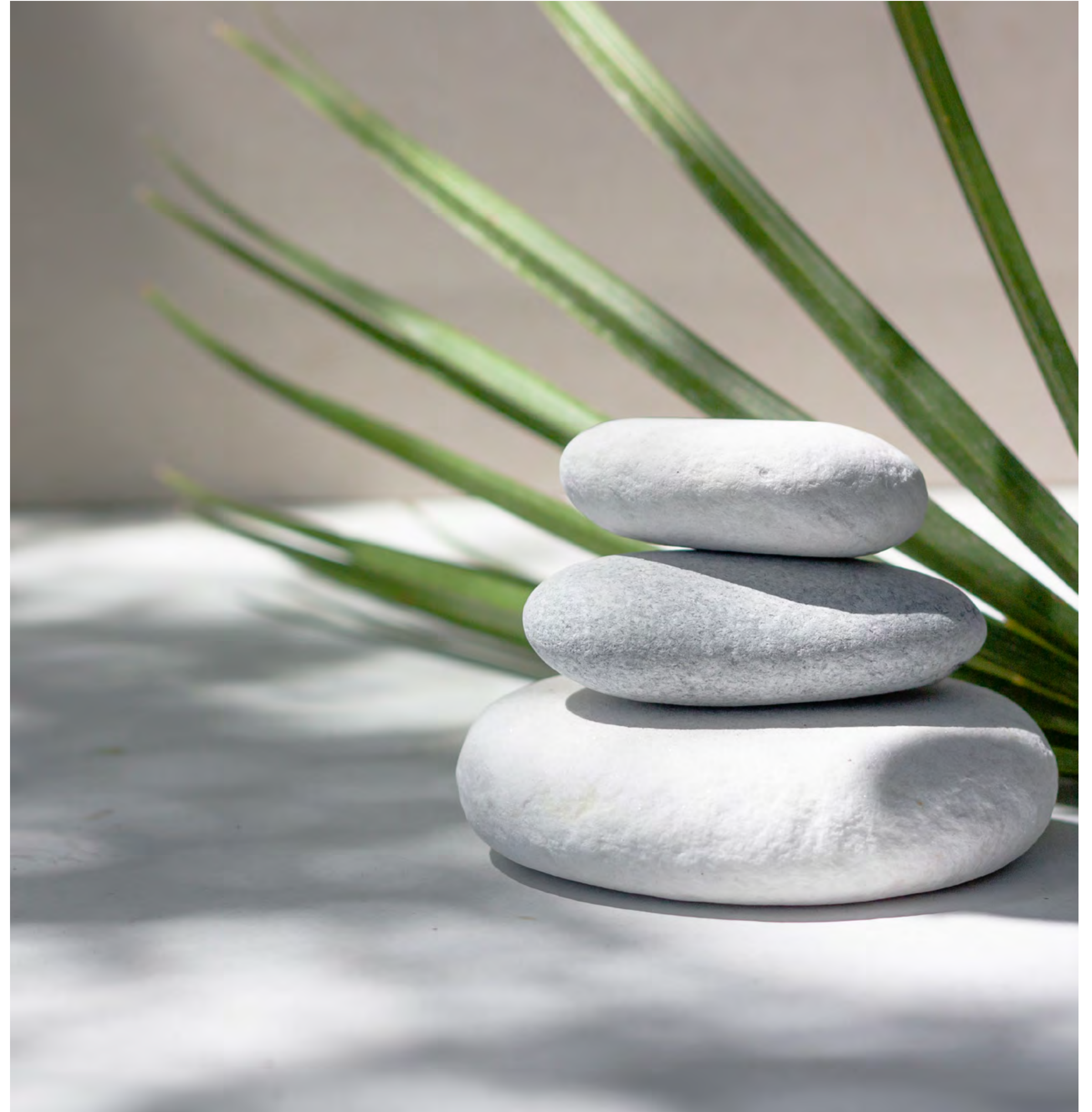
# WAVELENGTHS OF REFRESHED ENERGIES

Refreshed under foliage & palms, AvaniSpa welcomes you to a different Spa world; one that embraces you under warm Haharu, one that's pure, relaxing & contemporary.

Time is precious & every moment counts, which is why we've created a tailored experience to focus on just what you need, without any hassle or fuss. At AvaniSpa, you can leave life's complications behind & enjoy the beauty of simplicity.

Through the combination of high-quality products & our expert touch, trust that you're always in safe hands, while a modern Spa environment provides the perfect space for total rejuvenation. Make time for well-deserved pampering & let us take care of you.

Opening hours: 10.00 am – 8.00 pm



# AT OUR AvaniSpa

## SIGNATURE EXPERIENCES

Personalised to a balance with sought-after methods & unique ingredients, our various Signature Experiences are a collection of our finest across treatments & massages.

## MASSAGES

From grapeseed to warm lava pressing on just the right reflex points, our collection of Massages will refresh your inner spirit.

## TREATMENT ADD-ONS

Add a delightful extra to finish off your treatment with a fine last touch, either focusing with monochrome light, a hair pack or a session of physiotherapy.

## BODY TREATMENTS

Mask your delicate body, wrap in a cocoon of aromatic scrub & gently drift away as we soothe & calm your skin gently.

## MEDISPA

With natural amino acids, deep-cleanse, hydrate, tighten & rejuvenate your face & body with our collection of Medical Spa services.

## IV TREATMENT

Vitalise yourself & boost your energy & oxygen levels with a variety of IV treatments that focus on mind, spirit & soul.

## NAILS SERVICES

Give gentle care & a fine groom for your nails with our various nail services.

## BATH COLLECTION

Soak in an aromatic & therapeutic bath with feelings, senses & spirit with choices from chocolate, fine wine & milks.

## MULTI-GENERATIONAL WELLNESS

Designed for the parents or for our junior guests as we host a collection of family's favorite treatments & spa journeys.

## WELLNESS OFFERINGS

Yoga inner journeys to seek from Yogic Sleep, Mindfulness Sessions & Healing Meditations.

## PACKAGES

Select from any theme that speaks to your inner self from Boost, Calm, Purify, Balance or Wellness & design your own journey with packages designed in a way that speaks to your spirit.



# SPA MENU

## SIGNATURE EXPERIENCES

### **Vinotherapy Massage**

(60/90 mins) \$160/210

Grape seed oil based warm candle massage. Select your choice of candles from Champagne, Gin & Wine. A glass of Champagne or tea - based mocktail makes the spa journey memorable.

### **AvaniSpa Signature Massage**

(60/90 mins) \$150/200

Personalisation at its best. Share your preferences from AvaniSpa Massage Map & we customise it for you.

### **Tecar Pain Relief Treatment**

(60/90 mins) \$150/200

Unique physiotherapy modality combines with massage to relieve pain on muscle, joints, nerves & bones. Good for arthrosis, sprains, trauma, sciatica, muscle pull, neck pain & back pain.

### **Gemstone Infrared Detox**

(90 mins) \$210

Get yourself grounded on a gemstone & infrared equipped bed followed by a detox massage & mud wrap.

### **Oxy Glow**

(80 mins) \$210

A smart combination of Diamond Microdermabrasion & Intraceuticals oxygen treatment. The monochromatic light therapy will brighten up your inner beauty to complete the journey.

### **Couples Delight**

(120 mins) \$500

Enjoy with your loved one. Starts with body scrub followed by a choice of 60-minute massage & a bath. Get afloat with a glass of champagne or a tea-based mocktail.

*All prices are in \$ & are subject to 10% service charge & 16% government taxes • Prices are subject to change without prior notice.*



## MASSAGES

### **Relax**

(50/80 mins) \$125/160

Relaxing medium pressure massage with aromatic oil.

### **Deep Tissue Massage**

(50/80 mins) \$130/165

Firm muscle manipulation.

### **Ayurveda Massage**

(50/80 mins) \$135/170

Indian treatment with long massage strokes.

### ADD ON

Enhance your wellbeing with a technology or unique treatment element

### **Monochrome Light Therapy**

(10 mins) \$30

Balance & boost your energy with monochromatic light therapy.

### **Gemstone Infrared**

\$20

Gemstone & Infrared based bed to balance energy level.

### **Physiotherapy**

(15/30 mins) \$30/50

Use of Tecar- machine to get rid of muscle & joint pains on specific areas.

### **Hot Stone Treatment**

(50/80 mins) \$145/175

Warm lava stone massage for muscle tension & stress.

### **Stress Release**

(30 mins) \$70

Quick back & head massage.

### **Foot Reflexology**

(30/45 mins) \$ 70/100

Application of pressure on reflex points on feet to release energy.

### **Hair Pack**

\$5

Nourishing hair pack strengthens the hair root & stimulate circulation in scalp.

### **Mobile Massage Services**

\$50

Get massage at your preferred location - In-villa or outdoor.

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## FACE TREATMENTS

### **Diamond Micro Dermabrasion**

(30 mins) \$90

Gently removes uneven outer layer of the skin for a refreshed glow up.

### **Express Facial**

(30 mins) \$70

Quick clean up to remove impurities.

### **After Sun Face Treatment**

(45 mins) \$130

Non-exfoliative Intraceuticals soothing treatment to calm down the skin after sun exposure.

### **Detox Facial**

(60 mins) \$130

Deep cleansing treatment with exfoliation, massage & hydrating mask.

## ADD ON

### **Oxygen Inhalation**

(15 mins) \$10

Medical grade aroma oxygen inhalation to nurture life force.

### **Monochrome Light Therapy**

(10 mins) \$30

Balance & boost your energy with monochromatic light therapy.

### **Lip & Eye Treatment**

(10 mins) \$25

Takes care of under eye dark circles & hydrate lips.

### **Skin Rejuvenation**

(60 mins) \$150

Hydrate & tone up your skin through Intraceuticals oxygen treatment. Good for sun-damaged & sensitised skin.

### **Skin Brightening**

(60 mins) \$160

Concentrated Vitamin C & botanical brighteners minimise pigmentation, brightens & balances uneven skin tone.

### **Age Reversing**

(60 mins) \$160

Natural amino acids in this treatment makes skin instantly firm, lift & plump.

### **Face Mask**

\$25

Enhance your beauty with a bespoke face mask.

### **Nail Grooming**

(10 mins) \$15

Groom it up with cut & file.

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## BODY TREATMENTS

### **Body Detox**

(60 mins) \$140

Skin polishing & detox treatment combining with Gemstone & Infrared to ensure the maximum penetration of ingredients to the skin.

### **Vetiver Scrub**

(30 mins) \$70

Get rid of your sun tan & remove dead cells from your skin.

### **Mineral Glow Scrub**

(30 mins) \$70

Rich minerals polish your skin smoothly & provide extra glow.

### **Organic Mud Mask**

(30 mins) \$70

Detox the body & nourishes the skin.

### **After Sun Cooling Wrap**

(30 mins) \$70

Perfect cooling treatment after sun exposure.

## BATH COLLECTION

### **Wine Bath**

(30 mins) \$50

Antioxidant, eliminate impurities & dead cells.

### **Chocolate Bath**

(30 mins) \$50

Nourishes & moisturises the skin while boosting energy.

### **Coconut & Milk**

(30 mins) \$50

Reduce inflammations & hydrates the skin.

## MULTIGENERATIONAL WELLNESS

### **Kids Bespoke Massage**

(30 mins) \$60

Customise the massage as kids wish.

### **Me & Mom or Dad**

(60 mins) \$200

Get a relaxing massage with your child in the same treatment room.

### **Pretty Nails**

(30 mins) \$40

Kids nail shaping & polishes.

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## PACKAGES

### **Boost**

(90 mins) \$180

*Select any 3 services from the list:*

Foot Reflexology  
Stress Release Massage  
Express Facial  
Express Manicure  
Express Pedicure  
Mineral Glow Scrub

### **Calm**

(120 mins) \$250

Deep Tissue Massage (90 mins)  
Mineral Glow Scrub or Express Facial

### **Purify**

(150 mins) \$300

Signature Massage, Vetiver Scrub  
or Organic Mud Mask & Detox Facial

### **Wine it Up**

(210 mins) \$400

Vinotherapy Massage, Vinotherapy Scrub, Vinotherapy Wrap, Skin Brightening Facial, Choice of Bath, Spa Cuisine, Champagne or Mocktail

### **Balance**

(3 days) \$750

Revive yourself with 3 days of wellness routine.

Day 1 - Yoga, Mineral Glow Scrub & Signature Massage

Day 2 - Sound Healing Meditation, Gemstone Infrared Detox

Day 3 - Yogic Sleep, Foot Reflexology, Skin Brightening Facial, Monochromatic Light Therapy

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## IV TREATMENTS

### **Beautiful Skin**

(45 mins) \$90

Brightens, increases collagen production & prevents premature ageing.

### **Energy Booster**

(45 mins) \$100

Boost up your energy through Vitamin B based IV.

### **Immunity Booster**

(45 mins) \$90

Reduce tiredness, fatigue & help immune system to fight infections.

### **No More Hangover**

(45 mins) \$90

Get rid of your hangover symptoms, hydrate & detox your body.

### **Hydra Booster**

(45 mins) \$90

Increases hydration level in your body.

### **Slim Beauty**

(45 mins) \$90

Help reduce fat tissues.

## NAIL SERVICES

### **Spa Manicure**

(45 mins) \$60

Nail cut, file, scrub & nail polish application.

### **Gel Manicure**

(45 mins) \$70

Nail cut, file, scrub & gel polish application.

### **Spa Pedicure**

(60 mins) \$70

Nail cut, file, scrub, massage & nail polish application.

### **Gel Pedicure**

(60 mins) \$80

Nail cut, file, scrub, massage & gel polish application.

### **Nail Cut & Shaping**

(15 mins) \$20

Cut & file to your desired shape.

### **Nail Polish Change**

(15 mins) \$20

Nail polish removal & application.

### **Gel Polish Change**

(25 mins) \$30

Gel polish removal, buffing & application.

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## WELLNESS OFFERINGS

### **PEMF Stretch Therapy**

(30 mins) \$50

Pulse Electro Magnetic Field Therapy combines with passive stretching & Thai massage strokes. Ideal after workout.

### **Yoga & Meditation**

(60 mins) \$50

Private session includes postures, breathwork & meditation.

### **PEMF Sound Healing Meditation**

(30 mins) \$50

Sound healing meditation with Tibetan singing bowl under Pulse Electro Magnetic Field zone.

### **Detox Yoga**

(45 mins) \$50

Cleansing process combines with detox techniques; performed only in the morning.

### **Yogic Sleep**

(45 mins) \$50

Traditional tratak practise on Pulse Electro Magnetic Mat.

### **Personal Training**

(60 mins) \$60

Customise your workout session with our expert.

### **Mindfulness Session**

(45 mins) \$50

Skills & techniques to improve mindfulness with sound healing.

### **Tennis Session**

(60 mins) \$80

Play with tennis partner or get a private tennis lesson.

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# PREPARING YOU FOR AVANISPA

- + Your spa journey at AvaniSpa begins with a simple ritual to ensure a smooth experience. Please arrive 15 minutes prior to your booking, sit & relax & fall into the spirit of AvaniSpa as you enjoy a refreshing beverage. Fill a quick & easy consultation form.
- + So you don't lose your jewellery, we recommend you leave them in your room.
- + No need to bring cash or a credit card. All treatments can be charged to your room & are payable at check-out.
- + Let us know if something comes up & you can't make your treatment. 4 hours' notice is required for single treatment & 24 hours for packages. Otherwise we need to charge 50% of the total price.
- + For your health & comfort, please don't sunbathe after face treatments.
- + Looking for best results? Men are requested to shave before any facial treatment.
- + Let's keep the Spa a quiet space. Please ensure your mobile phones are on silent mode.
- + Our Spa's aroma is fresh & exotic, so kindly refrain from smoking.
- + Please remember to arrive on time to enjoy every blissful moment of your treatment.



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