

RESONATE WELLNESS SPA

SWEDISH

60 Mins (\$40) . 90 Mins (\$60) . 120 Mins (\$70)

Long strokes are used in this Classic Swedish Massage. The massage is known to increase oxygenation in the body, bring a sense of wellbeing and relieve built up body stress

DEEP TISSUE

60 Mins (\$55) . 90 Mins (\$75) . 120 Mins (\$95)

This massage uses sustained pressure using deep slow pressure to target inner layers of muscles. It relieves muscle fatigue and tiredness.

BALINESE

60 Mins (\$55) . 90 Mins (\$75) . 120 Mins (\$95)

The experience begins with body stretches followed by seamless rhythmic massage movements. The technique is helpful in detoxification of the body and to bring in a feeling of calm.

HEAD IN THE CLOUDS

45 Mins (\$35)

A quick fix for your hectic and stressful day to release the stress and muscular tension from your neck, shoulders and back.

ANTI-CELLULITE MASSAGE

60 Mins (\$55) . 120 Mins (\$95)

This massage works by breaking down the underlying fat in the areas affected by cellulite. The therapist uses special techniques of pinching and rolling to break down the fat while also aiming to increase blood circulation in the affected areas to focus on accelerating the recovery process.

TAKE THE PRESSURE OFF ME

60 Mins (\$50)

A complete stress relieve therapy focusing on major areas of the body that store stress - Head, Shoulder & Foot

SWEDISH 4 HAND MASSAGE

60 Mins (\$100) . 120 Mins (\$180)

Two therapists will work on you synchronically in this 4 hand massage. During this massage your therapists will apply long, slow strokes with a combination of other movements which leads to a higher level of relaxation and faster muscle tension relief.

HAPPY FEET

40 Mins (\$35)

Food reflexology using pressure points on the feet.

Spa Timings 0800hrs to 2000hrs

Prices are subjected to 10% Service Charge & 16% TGST