

The image features three stylized flowers rendered in white line art against a light beige background. The flowers are positioned in the lower half of the frame, with their stems extending upwards and crossing. The central flower is the largest and most prominent, with multiple layers of petals. To its left is a smaller flower, and to its right is another flower, slightly lower and more angled. The overall aesthetic is clean, minimalist, and elegant.

THE FULLERTON SPA

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# WELCOME

Nestled in the 71<sup>st</sup> National Monument – The Fullerton Hotel Singapore, the award-winning Fullerton Spa is an oasis of serenity in a timelessly elegant setting. Committed to providing the finest in luxury, quality and service, The Fullerton Spa offers a comprehensive range of exceptional treatments and products co-curated with world-renowned premium spa brand, ESPA.

We combine traditional holistic therapies with modern day techniques, utilising the purest natural ingredients to create truly unique treatments that deliver wellness and a renewed sense of inner calm.

The commitment to luxury, quality and service is reflected in our choice of products by ESPA. ESPA's products contain unique combinations of plant extracts, marine actives and essential oils to create the most effective natural products.

Select from a range of therapies that focus on delivering visible results and feel the uplifting difference in body and spirit through our treatments.



SIGNATURE TREATMENTS



## The Asian Heritage Signature

90 Minutes

Unwind completely as busy thoughts and tension dissolve with this ultimate stress-relieving treatment. To restore peace and balance to body and mind, a stress-relieving scalp massage allows your body and mind to release any troubles and tension. This is followed by the ultimate deep muscle massage, using powerful, specialised massage techniques which target areas most in need of attention - perfect for relaxing and releasing a stiff neck, aching lower back or tight shoulders. You will emerge supple and re-energised.



## The Fullerton Signature Facial

60 / 90 Minutes

**Rapidly transform the visible health of your skin with this innovative treatment.** Blending the latest facial expertise and skincare know-how with powerful formulas, your skin is intensely purified and prepped with an advanced triple-cleanse treatment, before nutrient-rich formulas are activated to refine, quench and revitalise. Problem areas are rehydrated, balanced and nourished, before a bespoke facial massage smooths and boosts circulation, leaving skin radiantly revived and protected.



## MASSAGE EXPERIENCES

Rediscover inner calm and physical well-being. Here, genuine care is taken to address your individual needs, with natural formulas and holistic techniques specially applied to provide a profoundly effective experience for both mind and body. Muscular tensions are released, your soul feels soothed and you emerge energised with renewed focus and lasting positivity.

## Inner Calm Massage

60 / 90 Minutes

**Quieten your mind, release tension and nourish your skin with this holistic, ultimately restorative experience.** Personalised to your physical and emotional needs, carefully chosen aromatherapy blends relax, cleanse and energise, while advanced massage techniques alleviate muscular pressure, soothe anxiety and invoke profound relaxation. Mind and body feel balanced, energy is renewed and inner calm is beautifully restored.

## Deep Muscle Massage

60 / 90 Minutes

**Restore comfort, suppleness and movement with this intensely effective massage.** Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in the neck, shoulders and back with instant and lasting effect. Muscular pain is diminished, leaving you feeling stronger and more energised.

## Swedish Massage

60 / 90 Minutes

**Energise the body and relieve stress with this therapeutic massage.** Pressure is skillfully applied and released to stimulate nerves and muscles. Aches are soothed and blood flow is increased, leaving you revitalised and fully restored.



## Hot Stone Massage

60 / 90 Minutes

Melt away tension and let the soothing heat of our hot stones stimulate your senses. Placed on key acupuncture spots on your body, the heat from the stones will radiate through your body, increasing lymphatic flow to aid in natural healing.

## Shiatsu (Tui Na)

60 / 90 Minutes

Restore balance and harmony to your body through the use of time-honoured Chinese massage techniques. This invigorating deep tissue massage relaxes the body while restoring the balance of 'qi', a vital life force according to traditional Chinese beliefs. Emerge rejuvenated and refreshed.

## Hand and Feet Reflexology Massage

60 / 90 Minutes

Personalised to fit your needs, this curated massage targets acupressure points that correspond to your body's pain points. This deeply relaxing massage involves the manipulation of an intricate system of nerves and pressure points in one's hands and feet for far-reaching and immediate relief.

## Balinese Massage

90 Minutes

Balinese therapy focuses on creating a deep sense of wellbeing, by removing stress and rejuvenating body and mind. Using the elements of reflexology, this massage focuses on the legs, back, neck, feet, and hands. Techniques include acupressure, deep tissue therapy, and skin rolling to enhance blood flow, energy ('qi'), and relaxation.

## Back, Neck and Shoulder

45 Minutes

Ease tension and alleviate stress with this massage, paired with a curated aromatherapy oil blend. Be transported to a state of serenity, as our therapist releases the tightness in your back, neck, and shoulders. Experience an energy boost and a sense of deep calm post-treatment, as body and mind become blissfully balanced.



## FACIAL INDULGENCES

Reveal skin that glows with natural health and beauty. By assessing your skin, lifestyle and well-being needs, our therapists create a truly personalised, results-focused facial using the latest innovative techniques with our powerful Tri-Active™ blends. Results are both instant and long-lasting – skin looks clear, radiant and inner calm is blissfully restored.

## Inner Beauty Facial

60 Minutes

**Deeply cleanse, hydrate and renew with this stimulating facial.** Tailored to your skin's precise needs, Tri-Active™ formulas work immediately to transform your complexion while pure aroma therapeutic oils relaxes your mind. Skin looks clear, quenched, naturally beautiful, and inner calm is blissfully restored.

## Intense Regenerating Facial

60 Minutes

**Visibly diminish wrinkles and fine lines with this age-defying facial.** Instantly effective, naturally renewing formulas combine with restorative massage to noticeably tone, plump and intensely hydrate mature skin. Youthful radiance is awakened, and your skin is left feeling beautifully refined, soft and supple.

## Natural Face Lift

90 Minutes

**Reveal visibly resilient, healthy-looking, youthful skin.** This specialised facial is the complete approach to improving skin health using cutting-edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulating Jade rollers, leave the skin firm, lifted and beautifully radiant.

## Men's Deep Cleansing Facial

60 Minutes

**Deeply cleanse, hydrate and renew with this intensive facial.** Tailored to your exact needs, Tri-Active™ formulas work immediately to purify and reawaken your skin while aroma therapeutic oils relax your mind. Skin looks clear, smooth and energised, while inner calm is restored.

## Opulence Brightening Oxygen Facial

60 / 90 Minutes

Unveil a luminous complexion with a concentrated combination of botanical brighteners, Vitamin C and pure oxygen. This radiance-revealing treatment will restore and renew your skin tone, with results shining through in the days after.

## Rejuvenating Oxygen Facial

60 / 90 Minutes

An enriching mix of highly concentrated oxygen and molecular hyaluronic acid is delivered to your skin through the Intraceuticals System, for an effortlessly youthful appearance. Skin is hydrated and nourished, and the appearance of fine lines and wrinkles is reduced, with a subtle lift and natural glow to your face.

## ADD ON ...

### Eye Lift

15 Minutes

**Smooth, firm and hydrate with this instantly revitalising eye treatment.** Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.



## BODY PAMPERING TREATMENTS

Guided entirely by your personal needs, expect instant and long-lasting results from these profoundly renewing rituals. Unique in every sense, they make use of nature's most powerful and effective active ingredients and oils, coupled with innovative techniques from our expert therapists. Your body feels rebalanced and skin's natural beauty is restored.

## Body Ritual

120 Minutes

**Purify and revive body and mind with this deeply cleansing ritual.** Body exfoliation combines with a nourishing wrap, personalised aromatherapy massage and reviving scalp massage. Skin feels refreshed, smooth and intensely nourished. Toxins are eliminated, tension alleviated and your body and mind re-energised.

## Hero Treatment - Back, Face and Scalp

90 Minutes

**Release tension, instantly boost your complexion and restore inner calm with our hero treatment.** Targeted massage techniques combine with the purest aromatherapy oils and a highly personalised facial to help you look and feel your very best – restored, de-stressed and beautifully radiant.

## Body Wrap

60 Minutes

**Purify your body and deeply replenish your skin with this personalised body wrap.** Reveal effective results from naturally detoxifying Algae or nourishing Marine Mud. Skin looks refined, toned and beautifully radiant, while a soothing scalp massage restores inner calm.

## Soothing Leg Treatment

60 Minutes

**A targeted treatment that promotes lymphatic circulation.** Soothe and banish soreness after a long day and restore vitality for a good night's sleep.



EXPRESS TREATMENTS



## Eye Lift

30 Minutes

**Smooth, firm and hydrate with this revitalising eye treatment.** Targeted massage with proven Tri-Active™ formulas relaxes the mind while smoothing fine lines, quenching delicate skin and diminishing puffiness and dark shadows.

## Salt and Oil Scrub

25 / 45 Minutes

**Revive skin's natural softness and glow with this intensely exfoliating treatment.** An ideal way to prepare skin for other treatments, a natural blend of sea salt and the purest oils polishes away dullness, dry cells and infuses skin with rich nourishment. Skin feels smooth, supple and looks radiantly healthy.

## Back, Neck and Shoulder Massage

25 Minutes

**Ease tension where you need it most with this fast-acting de-stressing treatment.** Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

## Foot Reflex Remedy

30 Minutes

A personalised treatment involving pressure application to the feet for an invigorating result. Experience full-body relief as our therapist works on a combination of pressure points and nerves, in accordance with a form of reflexology practised in traditional Chinese medicine.

## Hand Reflex Remedy

30 Minutes

This deeply relaxing massage involves pressure application to the palms with specific thumb, finger and hand techniques. Experience full-body relief as our therapist works on a combination of pressure points and nerves, in accordance with a form of reflexology practised in traditional Chinese medicine.

## Express Facial

45 Minutes

A fast-acting and effective treatment to purify and hydrate your skin. Escape the city rush with this deeply hydrating and nourishing facial that creates a natural glow and promotes healthy skin renewal.



LUXE PACKAGES

## Fullerton Ritual

150 Minutes

**90 minutes** *Asian Heritage Signature*

**60 minutes** *The Fullerton Signature Facial*

An indulgent, head-to-toe experience for total rejuvenation. Restore peace and balance to body and mind with the **Asian Heritage Signature** massage, composed of a stress-relieving scalp massage and a full-body, deep muscle massage. End off with the **Fullerton Signature Facial**, comprising an advanced triple-cleanse system and a bespoke massage using nutrient-rich formulas to refine and revitalise skin.

## Tension Tamer

120 Minutes

**30 minutes** *Hot Stone Therapy*

**90 minutes** *Inner Calm or Deep Muscle Massage*

Melt away tension and revitalise your body with this soothing treatment. Be transported to a state of serenity and let the soothing heat of our hot stones stimulate your senses and boost lymphatic flow. This is followed by an invigorating massage for complete relaxation.

## Spa Opulence

60 Minutes

***60 minutes Inner Calm or Deep Muscle Massage***

***Afternoon Tea for One***

Awaken your senses with a therapeutic massage, tailored to your needs. Complete your trip to the spa with an afternoon tea indulgence. Indulge in freshly handcrafted creations by our Pastry Chefs, served in the quiet privacy of our spa lounge for a healing respite.

## Spa Opulence Deluxe

90 Minutes

***90 minutes Inner Calm or Deep Muscle Massage***

***Afternoon Tea for One***

The perfect afternoon indulgence awaits. Release tension with an extended full-body massage and a refreshing afternoon tea indulgence. Indulge in freshly handcrafted creations by our Pastry Chefs, served in the quiet privacy of our spa lounge for a healing respite.



ESPA

NATURAL BEAUTY  
INNER CALM

TRI-ACTIVE<sup>®</sup>  
RESILIENCE  
DETOX & PURIFY  
CLEANSER

Cleansing cleanser to melt away  
impurities and pollution  
Hydrating & comforting for skin  
Après le nettoyage hydrater et protéger

ESPA

NATURAL BEAUTY  
INNER CALM

TRI-ACTIVE<sup>®</sup>  
RESILIENCE  
PRO-BIOME SERUM

Intensive age-defying serum  
for evening resilience with  
natural anti-age treatment  
sérum anti-âge naturel  
pour une peau résistante

ESPA

TRI-ACTIVE<sup>®</sup> RESILIENCE  
REST & RECOVERY NIGHT BALM

Soins de nuit pour une peau résistante et hydratée

ESPA

TRI-ACTIVE<sup>®</sup> RESILIENCE  
PRO-BIOME MOISTURIZER

Soins hydratants avec protecteur solaire

ESPA

TRI-ACTIVE<sup>®</sup> RESILIENCE  
HYDRATING EYE TREATMENT

Soins hydratants pour les yeux et contour des yeux

# PRICE LIST

## SIGNATURE TREATMENTS

The Asian Heritage Signature .....	90 MINS	S\$280
The Fullerton Signature Facial .....	60 MINS	S\$240   90 MINS S\$340

## MASSAGE EXPERIENCES

Inner Calm Massage .....	60 MINS	S\$185   90 MINS S\$270
Deep Muscle Massage .....	60 MINS	S\$185   90 MINS S\$270
Swedish Massage .....	60 MINS	S\$185   90 MINS S\$270
Hot Stone Massage .....	60 MINS	S\$190   90 MINS S\$280
Shiatsu (Tui Na) .....	60 MINS	S\$200   90 MINS S\$280
Hand and Feet Reflexology Massage .....	60 MINS	S\$160   90 MINS S\$250
Balinese Massage .....	90 MINS	S\$270
Back, Neck and Shoulder .....	45 MINS	S\$140

## FACIAL INDULGENCES

Inner Beauty Facial .....	60 MINS	S\$200
Intense Regenerating Facial .....	60 MINS	S\$240
Natural Face Lift .....	90 MINS	S\$340
Men's Deep Cleansing Facial .....	60 MINS	S\$200
Opulence Brightening Oxygen Facial .....	60 MINS	S\$230   90 MINS S\$320
Rejuvenating Oxygen Facial .....	60 MINS	S\$230   90 MINS S\$320
Express Facial .....	45 MINS	S\$140
<b>ADD ON</b> Eye Lift .....	15 MINS	S\$50

# PRICE LIST

## BODY PAMPERING TREATMENTS

Body Ritual - <i>Exfoliation and Aromatherapy Massage</i> .....	120 MINS	S\$360
Hero Treatment - <i>Back, Face and Scalp</i> .....	90 MINS	S\$320
Body Wrap .....	60 MINS	S\$220
Soothing Leg Treatment .....	60 MINS	S\$168

## EXPRESS *(add on service to the above treatments)*

Eye Lift .....	15 MINS	S\$58		30 MINS	S\$98
Salt and Oil Scrub .....	25 MINS	S\$98		45 MINS	S\$128
Back, Neck and Shoulder Massage .....	25 MINS	S\$98			
Foot Reflex Remedy .....	30 MINS	S\$98			
Hand Reflex Remedy .....	30 MINS	S\$98			

## LUXE PACKAGES

Fullerton Ritual .....	150 MINS	S\$480
Tension Tamer .....	120 MINS	S\$360
Spa Opulence .....	60 MINS	S\$228
Spa Opulence Deluxe .....	90 MINS	S\$308



## TERMS AND CONDITIONS

### OPERATING HOURS

The Fullerton Spa's operating hours are from 10.00 a.m. to 10.00 p.m. daily.

The Fullerton Spa is a GST-registered company. Prices are in Singapore Dollars and are subject to 10 percent service charge and 9 percent GST. Gratuities are not included and are welcome at your discretion.

Please note that availability and pricing are subject to change and discontinuation at any time without prior notice. Cash and major credit cards are accepted. We do not accept cheques.

### COMMITMENT TO PROVIDE QUALITY GOODS AND SERVICES

The Fullerton Spa offers a selection of facial and massage therapies focused on delivering visible results. The products used are imported from an award-winning UK-based company, created with only natural ingredients.

The Fullerton Spa ensures that all its products and services are of satisfactory quality in accordance with the Sales of Goods Act, Consumer Protection (Fair Trading) Act and Lemon Law.

The Fullerton Spa ensures effective massages that soothe body tensions are based on these approaches.

### CANCELLATION / RESCHEDULING POLICY

To cancel or reschedule your Spa appointment, please do so at least 12 hours prior to your scheduled treatment time. Rescheduled appointments are subject to availability. Cancellations within 12 hours would incur 50 percent charge. Cancellations less than 6 hours' notice would incur 100 percent charge. A credit card is required at the time of booking.

However, in the event that the booking is cancelled by The Fullerton Spa, no charges will be levied.

### EXCHANGE & REFUND POLICY (PRODUCTS)

Products are refundable within 6 months if found defective, and if less than 1 / 3 of the product has been consumed. The customer must present evidence of defects, receipt and the original packaging.

Pre-payment and payment for products sold are non-refundable for cash after the "5-day cooling period", which excludes Saturdays, Sundays and Public Holidays. However, they can be exchanged for other spa services or products.

### HEALTH CONDITIONS

Prior to your treatment, you will be asked to complete a confidential questionnaire to assess your suitability for any treatment carrying contraindications. Please inform your Spa therapist if you are using contact lenses before a facial treatment.

### LOSS & DAMAGE

We regret that we cannot be responsible for any loss and damage of personal articles. Please keep all valuables locked during your visit. For the protection of your clothing, we also ask that you wear the robe provided.

## ACCIDENTS OR INJURIES

We shall not be liable for any accidents or injuries suffered by any member or guest.

## RESTRICTIONS ON THE USE OF FACILITIES

The use of alcohol and tobacco is strictly prohibited.

## SPA ETIQUETTE

The Spa welcomes guests of both genders from age 18 and above to experience the range of treatments. Guests from ages 16 to 18 are welcome to use the Spa with their parents' written consent. For guests below age 16, we require a parent to be present during the treatment.

Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone-, pager- and camera-free zone.

Please arrive 20 minutes prior to the scheduled appointment time, to allow us to have a brief discussion about your treatment expectations. Late arrivals will result in a reduction of treatment time.

## GIFT CERTIFICATES

All gift certificates purchased are covered by Certificate of Insurance, and are valid for 12 months from date of purchase.

Prepayment for Spa Gift Certificates is non-refundable for cash after the "5-day cooling period", which excludes Saturdays, Sundays and Public Holidays. However, they can be exchanged for other services or products.

Validity of the gift certificates sold will be as specified and may not be extended. Expired gift certificates are not refundable.

The Hotel will not be responsible for the loss or damage of the gift certificates.

## SPA PREMIUM PACKAGES

The Fullerton Spa's Premium Packages sold are covered by Certificate of Insurance. All packages are valid for 12 months from the date of purchase and are strictly non-transferrable.

Prepayment made for Spa Premium Packages is non-refundable for cash after the "5-day cooling period", which excludes Saturdays, Sundays and Public Holidays. However, they can be exchanged for other spa treatments.

When a refund is granted, the refund amount is calculated by deducting charges and / or fees already utilised by the customer and any charges imposed by the credit card company.

Additionally, if the customer has already utilised some of the treatments or credits purchased, those consumed treatments and / or credits would also be deducted from the final initial amount paid by the customer:

Services sold are not refundable.

## CERTIFICATE OF INSURANCE

A Certificate of Insurance will be issued to you upon receipt of payment. Packages, gift vouchers, and membership fee will be covered by the approved insurance.

FOR RESERVATIONS AND ENQUIRIES

Please call (65) 6877 8182 / 8183 or email [thefullertonspa@fullertonhotels.com](mailto:thefullertonspa@fullertonhotels.com)



THE FULLERTON HOTEL  
SINGAPORE

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