

Body Restoration Stay

Take time to reset your body and restore your energy with a curated MORROW experience.

This package combines your choice of movement class (Pilates / Yoga & Soundbath / Strength & Conditioning) with a 30-minute upper body massage or foot massage, offering a simple way to recharge during your stay.

Choice of 1 movement class *and* 1 spa therapy (per adult guest).

Movement classes ⌚ 50 - 60 mins

- | Yoga & Sound
- | Mat / Reformer / Tower Pilates
- | Strength & Conditioning

Spa therapies ⌚ 30 mins

- | Aching Feet
- | Neck & Shoulder Relief



Schedule your session with us

Scan the QR code, or leave us a message on WhatsApp at [+65 8982 9000](https://www.whatsapp.com/channel/00251300000000000000)
A member of our team will reach out to you to confirm your booking.

Business hours : 7AM - 9PM

Getting here : Access via Grand Park City Hotel lobby on Level 3.
Look for the sign to MORROW Medical to enter and take the escalator down to Level 2, where our team will welcome you.