

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/strength and conditioning) with a 30-minute upper body massage or foot massage, offering a simple way to recharge during your stay.

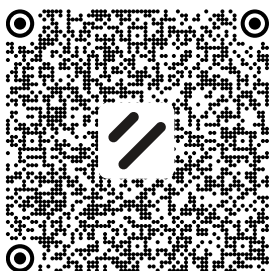
Choice of 1 movement class *and* 1 spa therapy.

Movement classes ⌚ 50 - 60 mins

- | Yoga and sound
- | Pilates
- | Strength and conditioning

Spa therapies ⌚ 30 mins

- | Aching feet
- | Neck and 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/business/collections/6589829000). A member of our team will reach out to you to confirm your booking.

Business hours : 7AM - 9PM

Getting to MORROW : Access via Grand Park Hotel Level 3, look for the sign to MORROW Medical and enter. Please take the escalator down and our team will be happy to assist you.