



# THE FULLERTON SPA





# WELCOME

Awarded Winner of Luxury Business Spa (Asia) in 2019 by World Luxury Spa Awards, The Fullerton Spa is recognised for our dedication to exceptional treatments provided under the expert hands of our spa therapists. Only products by the award-winning UK-based company, Aromatherapy Associates, are used as they are made with natural ingredients, the purest extracts and essential oils, and are paraben free.

Nestled in the 71st National Monument – The Fullerton Hotel Singapore, The Fullerton Spa is the ideal oasis for relaxation and renewal. Select from a range of therapies that focuses on delivering visible results and feel the uplifting difference in body and spirit through our signature 90-minute treatments. After the pampering treatment, delight your senses further with complimentary wellness amenities which include a sauna, a steam room and The Fullerton Hotel Singapore’s stunning 25-metre outdoor infinity pool.

# OUR TREATMENTS

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## SIGNATURE RITUALS

### THE ASIAN HERITAGE SIGNATURE

90 MINS

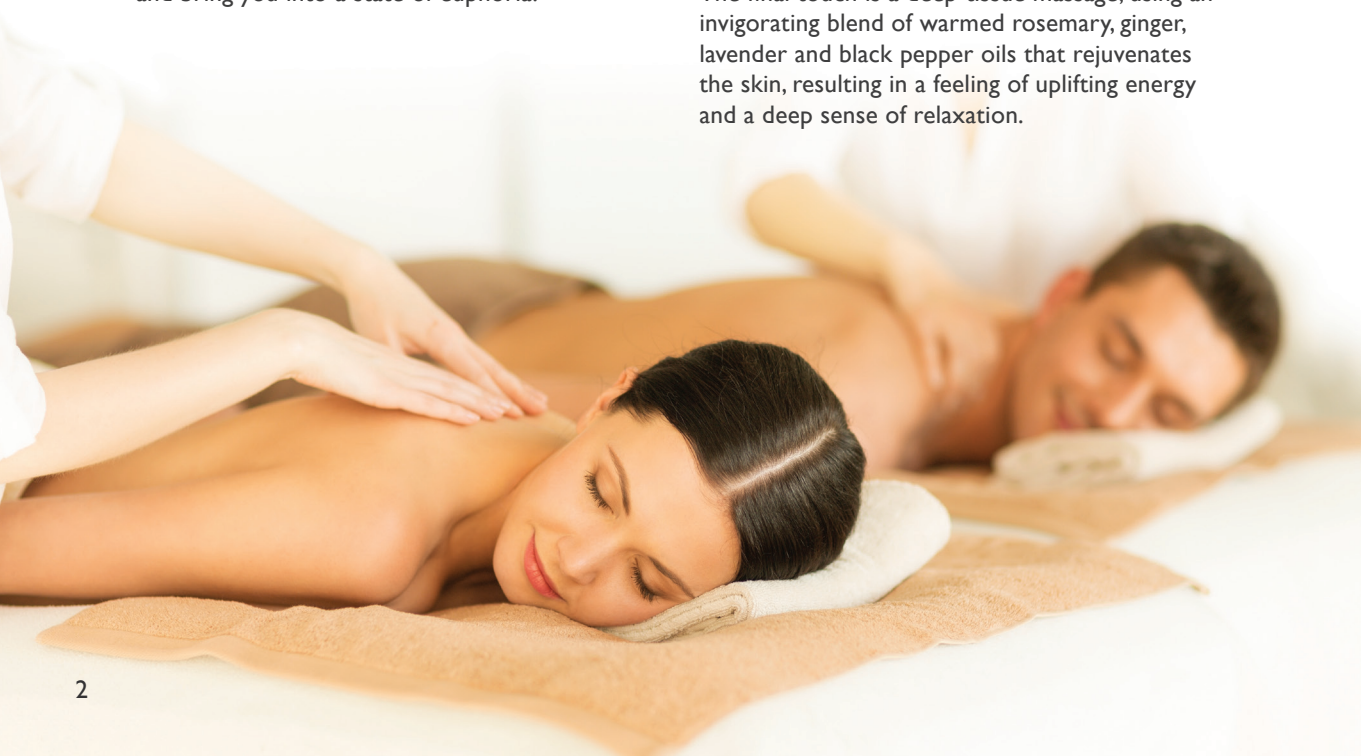
*An intense massage based on the concept of life energy which flows through “meridians” in the body.*

This holistic approach combines Oriental techniques to detoxify and energise the body and spirit.

Physical pressure is applied to pressure points with the aim of clearing blockages in these meridians. The pampering begins with a mesmerising scalp massage to take stress away and bring you into a state of euphoria.

Drawing from the Orient's most soothing practices, you will enjoy a unique intensive full body massage that combines stretching, chi balancing and Chinese pressure point technique, relieving stored tension, stimulating body circulation and promoting a healthy energy flow along the body's meridians.

The final touch is a deep-tissue massage, using an invigorating blend of warmed rosemary, ginger, lavender and black pepper oils that rejuvenates the skin, resulting in a feeling of uplifting energy and a deep sense of relaxation.



### THE ULTIMATE AROMATHERAPY EXPERIENCE

60 MINS or 90 MINS

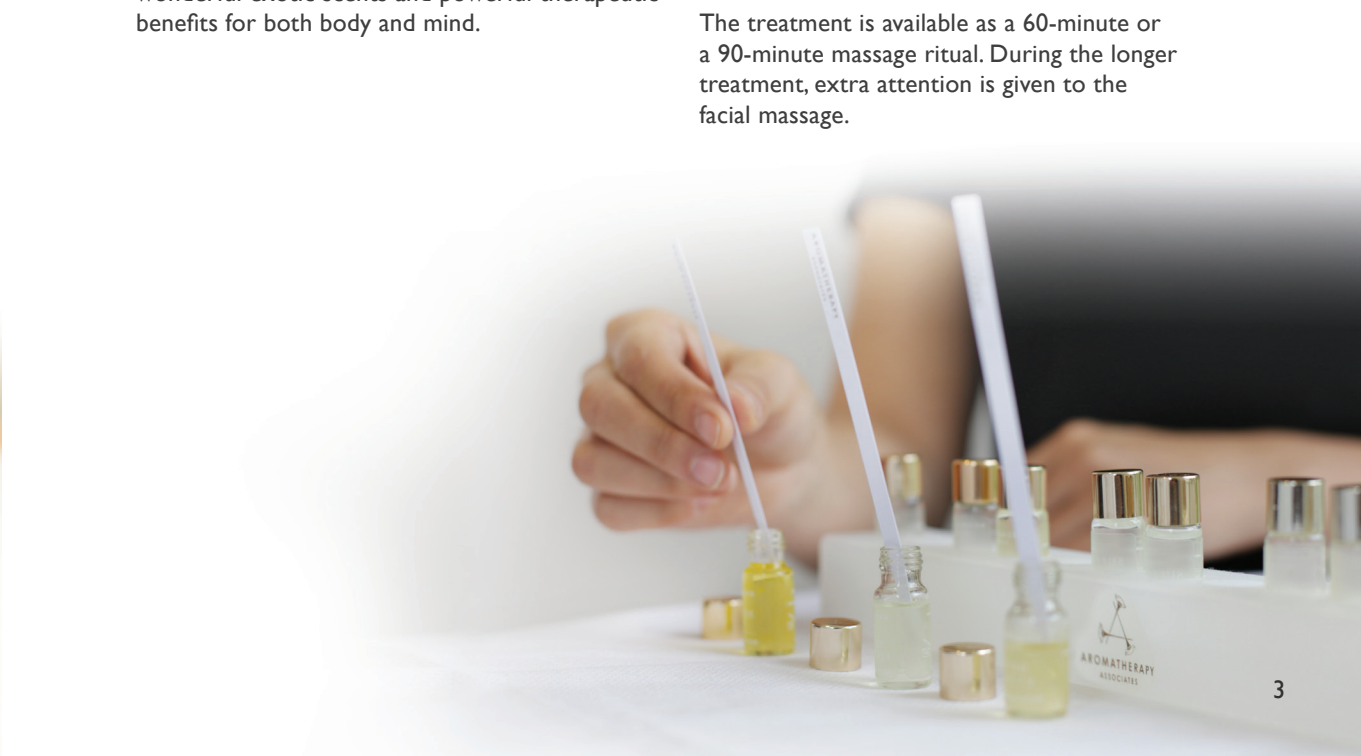
*This treatment releases tension held in every part of your body from your head to your toes, leaving you feeling deeply relaxed and recharged.*

This hero treatment starts with a consultation to find out what your emotional and physical needs are.

From that, we carry out an aroma test to allow you to select the oil most suitable for you. There are thirteen signature oils to choose from, each formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for both body and mind.

With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system and neuromuscular tension, and lymphatic drainage to encourage healthy circulation. This intense massage ritual draws from a fusion of Eastern and Western techniques, enabling the therapist to work on your body, mind and spirit.

The treatment is available as a 60-minute or a 90-minute massage ritual. During the longer treatment, extra attention is given to the facial massage.





# RELAX AND REJUVENATE

## INTENSIVE MUSCLE RELEASE 60 MINS

*An intensive massage that works deep into stiff, tight and aching muscles to instantly release pain and tension.*

This deeply restorative treatment is specially designed for tight, stressed and aching muscles. Whether it is a heavy exercise schedule or too many hours spent sitting at your desk, your body can easily become stiff and painful when you push yourself to the limit.

Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulatory system. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and has an anti-inflammatory effect.

## SLEEP DEEPLY 120 MINS

*This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.*

A powerful body and mind switch-off to induce a state of relaxation for a comforting, peaceful night's sleep.

The treatment begins with a warming foot ritual followed by a head-to-toe massage using carefully applied pressures as well as neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This soothing full body massage harnesses rich and earthy essential oil of vetivert, camomile and grounding effects. A recommended treatment for those who suffer from insomnia or are longing for a deep sense of tranquillity.







# MIND AND BODY TREATMENTS

## W.E. RELAX

60 MINS OR 90 MINS

*A treatment to promote deep calm, better sleep, and less anxiety using products from the Relax Collection.*

With its centering and grounding techniques, this treatment will bring a sense of calm and serenity. Perfect for the day or evening, depending on which Relax blend you choose: Deep or Light Relax. Massage movements are focused on the back, scalp, face, neck and shoulders, and your therapist will share practices to help you truly and mindfully relax.

Choose the 90-minute ritual to enjoy a full body massage beyond the targeted treatment available for the 60-minute option.

## W.E. REVIVE

60 MINS OR 90 MINS

*A treatment to restore vitality to a weary body and spirit, using products from the Revive Collection.*

Feel your physical and emotional energy returning with this revitalising treatment, choosing from Revive Morning or Evening blends. Back, legs, neck and shoulders benefit from an energising massage, while gentle, nurturing face and abdomen techniques will regulate digestive and hormonal fluctuations. Your therapist will guide you in building your daily vitality.

Choose the 90-minute ritual to enjoy a full body massage beyond the targeted treatment available for the 60-minute option.







## SCRUBS AND WRAPS

### BESPOKE SKIN POLISH

30 MINS

A relaxing full body exfoliation that layers richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

### DETOX AND REVIVE

60 MINS

Feel fresh and alive with this detoxifying treatment.

The perfect pick-me-up for when you are feeling sluggish or lethargic with dull skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect.

Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin. While you are enveloped in layers of gels and oils, a stimulating foot reflexology encourages the release and elimination of toxins.

### ROSE HYDRATOR

60 MINS

Bring back your radiance with this comforting and restorative treatment.

The precious essential oil of damask rose works on capillary circulation to renew the skin, whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart.

The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to the cuticles and heels, and the body is layered in a hydrating and regenerating rose gel.

A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is soothed on before being left to penetrate the skin using the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.



## FACIAL CARE



### AGE REPAIR FACIAL 90 MINS

*A natural, highly effective skincare treatment that reduces signs of ageing without the use of harsh chemicals.*

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract, which stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with an enzyme peel for further penetration of ingredients. It is then massaged with apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied - a rose gel to hydrate, and a strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For the ultimate luxury, your scalp is massaged to release stress and tension.

For a firm, plumped and more youthful-looking complexion.

### ESSENTIAL ROSE FACIAL 60 MINS OR 90 MINS

*A luxurious facial that harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types.*

A calming frankincense inhalation helps you let go of the day's stresses, turning your focus inward as your treatment begins. A scalp massage releases muscular tension and prepares you for your facial. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil.

A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. While a hydrating facial mask goes to work, your arms and hands are massaged and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

The result is a smooth, radiant complexion and a relaxed state of mind.

Enjoy a relaxing back massage with the 90-minute treatment.

### DEEP CLEANSE FACIAL 60 MINS OR 90 MINS

*A purifying treatment for oily and combination skin. This treatment refreshes and balances, leaving the complexion clean and fresh.*

Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

Cleansing and exfoliation are followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows, using drainage techniques to improve circulation and help eliminate toxins, whilst special pressure points ease tension and stress. A fresh water mud mask is applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage.

Enjoy a relaxing back massage with the 90-minute treatment.





## MEN'S CARE

### THE REFINERY ESSENTIAL FACIAL 60 MINS

A treatment suitable for all skin types, particularly dull skin. This is a deep cleansing and brightening facial that leaves skin looking luminous and deeply hydrated with invigorating essential oils and botanical extracts. Complementing the relaxing properties of this treatment is a relaxing scalp massage that leaves you with a calm and comforted state of mind.



## EXPRESS CARE

### BACK RELIEF MASSAGE 30 MINS

For those short of time, this back massage will target areas of tension and release pressure around the back, neck and shoulders.

### INSTANT EYE REPAIR 30 MINS

Refresh and brighten your eyes with this revitalising treatment that is the perfect addition to any facial. The delicate eye area is the first place to show signs of fatigue and ageing, and benefits from special care and attention. The treatment uses specialised massage techniques to reduce puffiness by improving micro-circulation and drainage.

Herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while reducing dark circles and fine lines. Rich in powerful antioxidants, they protect against free radicals and environmental damage. Protective rose wax and shea butter nourish the skin and help it stay hydrated and soft. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes.

### ACHING FOOT RELAXER 30 MINS

Reinvigorate tired and aching feet with a specially selected combination of essential oils. Spicy and rich black pepper and fresh rosemary stimulate circulation, while warming ginger lends an energising effect. The feet and lower legs are brushed, soaked, exfoliated and refreshed with hot towels before gel and oil are massaged into the skin.

Cuticles and heels are deeply nourished with natural plant oils.

### EXPRESS AND GLOW FACIAL 30 MINS

An innovative add-on to any treatment menu, this experiential facial helps to hydrate the skin leaving your face feeling firm and looking plump after the treatment. Recommended for the time-pressed individuals who want to look their best and those wanting to increase the benefits of their body treatment with a skin-boosting facial.



## SPA JOURNEY

### TOTAL REJUVENATION

90 MINS

Enjoy a relaxing full body exfoliation that layers nourishing products, leaving the skin looking radiant and wonderfully smooth. This is followed by a choice of The Ultimate Aromatherapy Experience or Intensive Muscle Release.

### THE ULTIMATE INDULGENCE

120 MINS

Two hours of perfect bliss for a full head-to-toe pampering. The perfect combination of a choice of a 60-minute full body massage: The Ultimate Aromatherapy Experience or Intensive Muscle Release followed by a choice of a 60-minute facial: Essential Rose Facial or Deep Cleanse Facial.

### COMPLETE WELLBEING PACKAGE

150 MINS

A complete head-to-toe package commencing with a full body exfoliation that will leave your skin feeling polished and smooth while supporting the absorption of the body oil that follows. A full body massage which ensues will ease tension and release discomfort from your tight muscles and boost circulation to warm aching joints. Finish with a facial to brighten and balance the complexion. The extensive massage techniques will help to lift and contour your face, leaving the skin feeling radiant and hydrated.



## 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% service charge and 7% 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% charge. Cancellations less than 6 hours' notice would incur 100% 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.

### 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.

# TERMS AND CONDITIONS

## 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 made for Spa Gift Certificates is not refundable for cash after the "5-day cooling period". 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 not refundable for cash after the "5-day cooling period". 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.



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



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