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HEIWA
WELLNESS & SPA



Spa Menu

PREMIUM BENTO AND SPA



AROMATHERAPY MASSAGE

This gentle massage technique using natural premium essential oils, brings balance and harmony to the body and mind.

60 mins	\$178
90 mins	\$218
120 mins	\$258

SWEDISH MASSAGE

Swedish Massage is a manual therapy that emphasizes long strokes, kneading and friction motions to encourage proper circulation. This improves circulation, relieve muscle tension, stretch tight ligaments and reduce emotional stress.

60 mins	\$178
90 mins	\$218
120 mins	\$258

DETOX MASSAGE

Detox massage is designed to help rid the body of toxins and promote an overall physical and mental well-being. This is a form of deep tissue massage therapy that focuses on the body's muscle tissues, lymphatic system, and mental stimulation.

60 mins	\$208
90 mins	\$248
120 mins	\$288

DEEP TISSUE INTENSE RELIEF MASSAGE

Deep tissue massage is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues.

60 mins	\$208
90 mins	\$248
120 mins	\$288

FOOT REFLEXOLOGY

Foot reflexology is the natural approach to addressing common health problems, by applying pressure to specific points on the feet that are linked to different organs.

60 mins	\$168
90 mins	\$203
120 mins	\$238

SPA PASS

\$68

BENTO + SPA PASS

\$88

*Prices inclusive of gourmet **Japanese Bento Set** and use of spa facilities.
Opening Hours: 10:00 am to 10:00 pm Contact: 8907 5412 / 6970 2640



AROMATHERAPY MASSAGE

This gentle massage technique using natural premium essential oils, brings balance and harmony to the body and mind.

60 mins	\$268
90 mins	\$308
120 mins	\$348

SWEDISH MASSAGE

Swedish Massage is a manual therapy that emphasizes long strokes, kneading and friction motions to encourage proper circulation. This improves circulation, relieve muscle tension, stretch tight ligaments and reduce emotional stress.

60 mins	\$268
90 mins	\$308
120 mins	\$348

DETOX MASSAGE

Detox massage is designed to help rid the body of toxins and promote an overall physical and mental well-being. This is a form of deep tissue massage therapy that focuses on the body's muscle tissues, lymphatic system, and mental stimulation.

60 mins	\$298
90 mins	\$338
120 mins	\$378

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60 mins	\$298
90 mins	\$338
120 mins	\$378

FOOT REFLEXOLOGY

Foot reflexology is the natural approach to addressing common health problems, by applying pressure to specific points on the feet that are linked to different organs.

60 mins	\$258
90 mins	\$293
120 mins	\$328

SPA PASS

\$68

OMAKASE + SPA PASS

\$188

*Prices inclusive of gourmet **Japanese Omakase Set** and use of spa facilities.
Opening Hours: 10:00 am to 10:00 pm Contact: 8907 5412 / 6970 2640



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60 mins	\$168
90 mins	\$208
120 mins	\$248

FOOT REFLEXOLOGY

Foot reflexology is the natural approach to addressing common health problems, by applying pressure to specific points on the feet that are linked to different organs.

60 mins	\$128
90 mins	\$163
120 mins	\$198

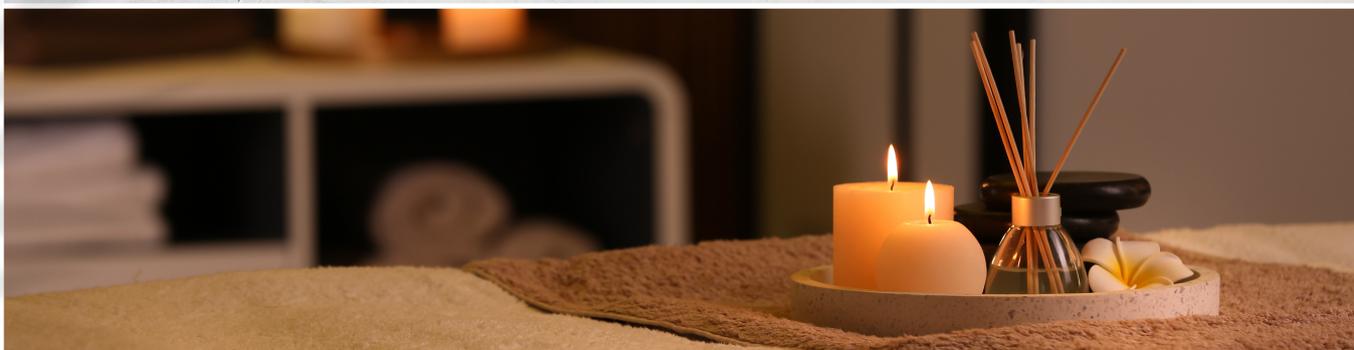
SPA PASS

\$48

BENTO + SPA PASS

\$68

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AROMATHERAPY MASSAGE

This gentle massage technique using natural premium essential oils, brings balance and harmony to the body and mind.

60 mins	\$228
90 mins	\$268
120 mins	\$308

SWEDISH MASSAGE

Swedish Massage is a manual therapy that emphasizes long strokes, kneading and friction motions to encourage proper circulation. This improves circulation, relieve muscle tension, stretch tight ligaments and reduce emotional stress.

60 mins	\$228
90 mins	\$268
120 mins	\$308

DETOX MASSAGE

Detox massage is designed to help rid the body of toxins and promote an overall physical and mental well-being. This is a form of deep tissue massage therapy that focuses on the body's muscle tissues, lymphatic system, and mental stimulation.

60 mins	\$258
90 mins	\$298
120 mins	\$338

DEEP TISSUE INTENSE RELIEF MASSAGE

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60 mins	\$258
90 mins	\$298
120 mins	\$338

FOOT REFLEXOLOGY

Foot reflexology is the natural approach to addressing common health problems, by applying pressure to specific points on the feet that are linked to different organs.

60 mins	\$218
90 mins	\$253
120 mins	\$288

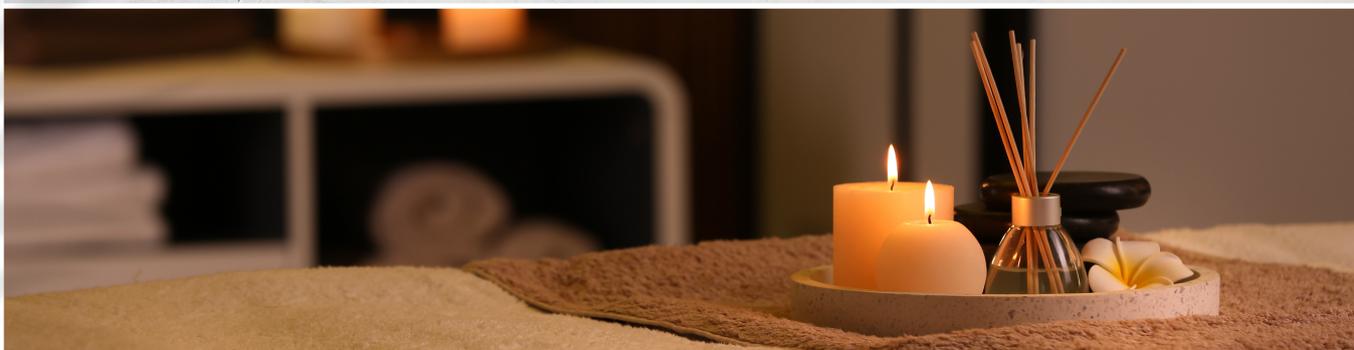
SPA PASS

\$48

OMAKASE + SPA PASS

\$158

*Prices inclusive of gourmet **Japanese Omakase Set** and use of spa facilities.
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Heiwa Club



Spa Package

GOLD

\$1000



PLATINUM

\$3000

(Extra 5% Credit)

Omakase Spa Pass x2 (Worth \$376)

DIAMOND

\$5000

(Extra 10% Credit)

Omakase Spa Pass x4 (Worth \$752)



Opening Hours: 10:00 am to 10:00 pm

Contact: 8907 5412 / 6970 2640



Heiwa Club



Spa Facilities

ONSEN

45 mins | \$38

Our Onsen Pool / Jacuzzi is filled with minerals that are useful for skin moisturizing and rejuvenation. It can also help increase blood flow and loosen muscles, leading to relaxation of body and mind.

FULL SPECTRUM INFRA SAUNA

45 mins | \$38

Our Infrared Sauna provides a series of health benefits and is very effective in drawing out toxins from deep tissues as compared to traditional saunas. The benefits for Infrared Saunas are; **Weight Loss, Detoxification, Relaxation, reduce Blood Pressure, Pain Relief, Skin Rejuvenation and Wound Healing.**

STEAM ROOM

45 mins | \$38

Steam opens your pores and cleanses your skin. It is hydrating for your skin, helps loosen any buildup, which can improve the appearance of your skin. It improves blood circulation also, and can improve your respiratory system.

Opening Hours: 10:00 am to 10:00 pm

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