

Where  
I Nurture  
Self &  
Nature

# 8LEMENTS

Pronounce as '8-lements'  
or simply as 'Elements'

'8' is inspired from our 8 pillars of wellbeing. It also resembles the infinity symbol and speaks of our belief that the wellbeing of self is interconnected the wellbeing of others and nature.

'Elements' reflect our commitment to provide essential and accessible wellbeing products and services.

Together 8LEMENTS is a salutogenic space where one can experience authentic and impactful therapies and practices - where I nurture self and Nature.

# Treatments

## Body Massage

- Full Body
- On The Spot

## Body Care

- Scrub
- Conditioner
- Bath

## Beauty

- Facial
- Hand & Foot Care



# Body Massage

## Signatures

### Tension Relief

Focus therapy on the neck, back  
and shoulder.

🕒 90 / 60 Minute | USD 200 / USD 170

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### Deep Stretch

Extended stretch to bring flexibility and  
mobility.

🕒 90 / 60 Minute | USD 200 / USD 170





# Body Massage

## Full Body

### Energy Flow

Soothing massage that calms the mind and relaxes body.

🕒 90 / 60 Minute | USD 185 / USD 155

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### Deep Bodyworks

Strong massage that works deep into the muscles.

🕒 90 / 60 Minute | USD 185 / USD 155

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### Soothing Touch

Light and comforting massage designed for expectant mothers, children and elderly

🕒 90 / 60 Minute | USD 185 / USD 155

# On The Spot

## Head Point

Pressure points to ease headaches and tension.

🕒 30 Minute | USD 105

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## Back Ease

Focus massage that eases back muscle tension.

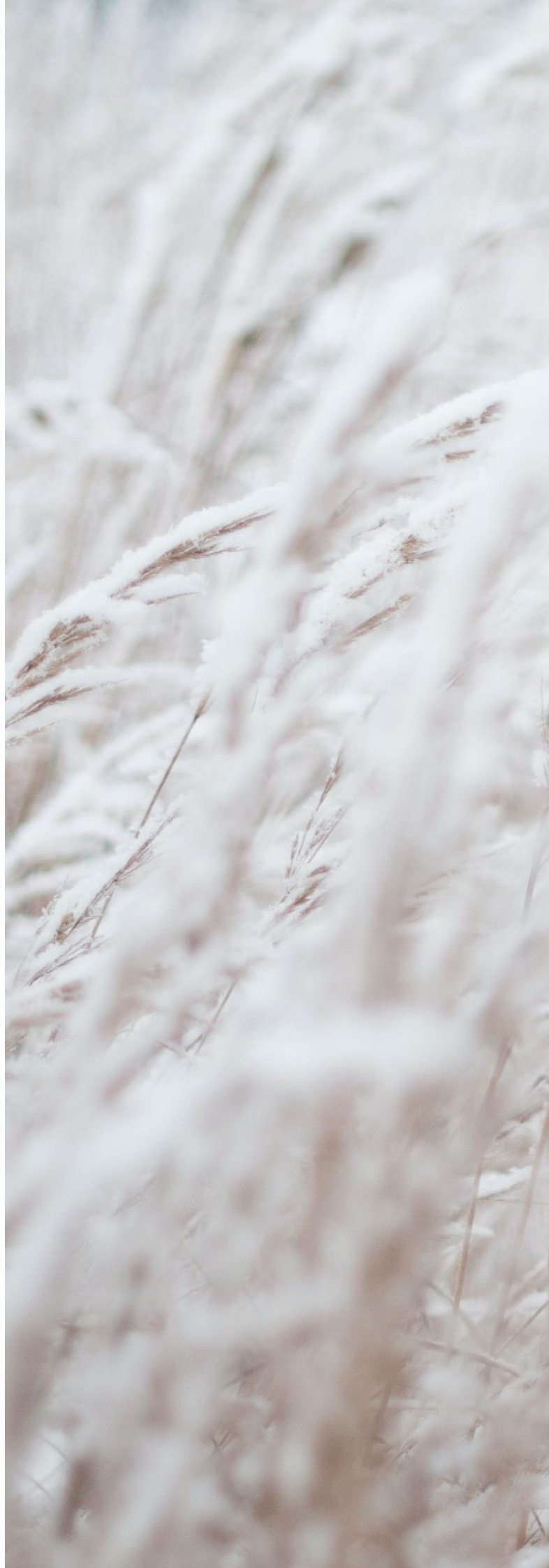
🕒 30 Minute | USD 105

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## Sole Focus

Foot massage to relieve tired sole.

🕒 30 Minute | USD 105





# Body Care

# Scrub

## Radiant Glow

Invigorating body scrub that tighten the skin.

🕒 30 Minute | USD 105

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## Hydrating Polish

A moisturising scrub for dry skin.

🕒 30 Minute | USD 105

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## Gentle Cleanse

Light body cleanse that soothes and soften the skin.


🕒 30 Minute | USD 105



# Conditioner

## Nourishing Treat

Anti-bacterial treatment for skin conditions.

 30 Minute | USD 105

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## Moisturising Balm


A softening and antiseptic treatment  
for the skin.

 30 Minute | USD 105

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## Calming Toner

Cooling treatment for inflamed  
or sensitive skin.

 30 Minute | USD 105

# Bath

## Relaxing Bath

 30 Minute | USD 105

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# Beauty

## Facial

### Soft Nourish

A treatment to rejuvenate dry and tired skin.

🕒 60 Minute | USD 165

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### Light Care

Soothing treatment for sensitive skin.

🕒 60 Minute | USD 165

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### Face Basic

An express facial that focus on the essentials.


Cleansing + Scrub + Massage OR  
Mask + Care Cream

🕒 30 Minute | USD 145

# Hand & Foot Care

## Express Manicure

Nail maintenance + Nail color

 45 Minute | USD 75

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## Express Pedicure


Nail maintenance + Nail color

 45 Minute | USD 75

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## Spa Manicure


Soak + Scrub + Nail maintenance  
+ Nail color

 60 Minute | USD 95

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## Spa Pedicure

Soak + Scrub + Nail maintenance  
+ Nail color

 60 Minute | USD 95



# Please Take Care To Read This

## Etiquette

For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Please switch your cellular phones and electronic devices off or to silent mode.

## Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment time. A late arrival will result in a shortened treatment to accommodate other guests fairly.

## Valuables

We recommend that no jewellery be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

## Smoking and Alcohol

Smoking and the consumption of alcohol within the spa are prohibited.

## Price and Tax

All prices are nett. Please note that prices are subject to change without prior notice.

## Cancellation Policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

## Refund Policy

Treatment packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable for another time.

## Gift Certificates

Treat a friend or loved one to an indulgent experience. Gift certificates are available for purchase. Please contact our spa receptionist for more details.

## Disclaimer

The spa treatments, services and/or facilities received or utilised at Spa are intended for general purposes only and are not intended to be a substitute for professional medical treatment for any condition, medical or otherwise, that guests may have. Guests will fully indemnify and hold harmless Spa, its holding company(ies), affiliates, subsidiaries, representatives, agents, staff and suppliers, from and against all liabilities, claims, expenses, damages and losses, including legal fees (on an indemnity basis), arising out of or in connection with the spa treatments, services and/or facilities.



We Have 2 Homes  
Earth & Body  
Let's Take Care  
of Them

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