



auriga

Spa Menu

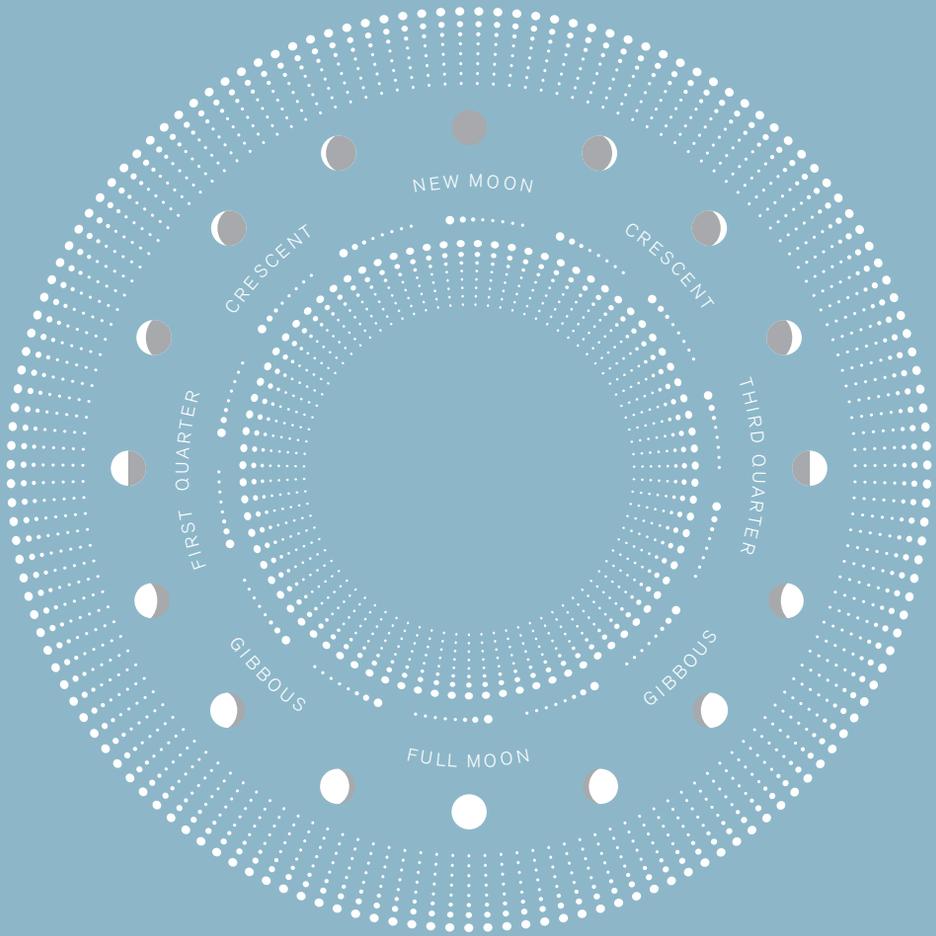


Auriga Spa

Nestled in the lush rainforest of Sentosa Island, Auriga Spa at Capella Singapore is a perfect cocoon to rest, rejuvenate and tap into the celestial rhythms. Auriga, whose namesake is a constellation in the northern hemisphere, has a distinctive approach to wellness and beauty based on the cycles of the moon.

Since time immemorial, it is believed that the different moon phases impact the body in very specific ways. The New Moon is the time for renewal and introspection; the Waxing Moon is a period to refocus your body and embody your visions; the Full Moon is when one's full potential is achieved; and the Waning Moon is the perfect time for detox. Auriga Spa has designed four signature treatments, in accordance to the lunar phases and its varying energies.

Auriga Spa houses nine treatment suites, each featuring a private outdoor garden. We warmly invite you to begin your spa experience at our Vitality Pool, Herbal Steam Room, Experience Shower and Ice Fountain. The Relaxation Lounge is available pre and post-treatment for extra quiet time to relax.



AURIGA SIGNATURE EXPERIENCES



Our signature treatments are uniquely designed to complement the varying energies of the lunar cycle. Each of these rituals is dedicated to a particular phase of the Moon - New Moon, Waxing Moon, Full Moon and Waning Moon. It is recommended to experience the ritual corresponding with the current phase for optimal benefits.

NEW MOON THE BEGINNING

120 MINUTES | \$320

The New Moon is the time for renewal and introspection. Meditate on who you are and who you would like to become. Reflect on your personal goals and establish strategies to gain new strength. New beginnings and freshness are the focus of this awakening experience.

This ritual begins with pressure points on the feet using detox oil to stimulate flow. The body and mind are then thoroughly revitalized with a seaweed salt scrub followed by a detoxifying seaweed wrap and a honey cleansing facial massage. A deep purifying body massage with rosemary, juniper and fennel infused oil completes this experience. This ritual is enhanced with an immunity boosting tonic for a great start to the month ahead.

30 minutes Body Scrub • 30 minutes Body Wrap • 60 minutes Full Body Massage

WAXING MOON SOWING THE SEEDS

120 MINUTES | \$320

The Waxing Moon is the time to nurture your body in order to grow and flourish. Mood-enhancing Jasmine blossoms help bring about a relaxed state of mind.

This ritual begins with pressure points applied on the feet with a soothing jasmine oil to uplift the senses. A sugar and salt based floral scrub is used to gently exfoliate the skin followed by a rejuvenating mud wrap to nourish and hydrate. During the body wrap the face is treated with a cleansing balm and a nurturing Honey & Jasmine facial mask. The aromatherapy body massage in this ritual is extended to include a scalp massage. This ritual is enhanced with a rejuvenating herbal tincture to ground your energy.

30 minutes Body Scrub • 30 minutes Body Wrap • 60 minutes Full Body Massage

All prices are in SGD, subject to 10% service charge and 7% government taxes.

FULL MOON THE HEIGHT

180 MINUTES | \$450

The Full Moon is the time to release your full potential. With an exquisite scent revered for centuries, the Damask Rose and its remarkable benefits are the basis of this transformative treatment.

This ritual begins with pressure points on the feet with balancing Rose oil. The body is then exfoliated with a rose infused salt scrub. The treatment continues with a warm rose and mineral packed wrap to nourish the skin followed by a relaxing full body massage. Complete this ritual with a soothing Rose crystal lymphatic and acupressure facial to bring out a radiant glow. A calming herbal tea is served along with a tonic and supplements to bring the body systems into balance.

30 minutes Body Scrub • 30 minutes Body Wrap • 45 minutes Body Massage
• 75 minutes Facial

WANING MOON CLEANSING

180 MINUTES | \$450

The Waning Moon is the perfect time for cleansing and recharging. Detox treatments with seaweed and herbs are more effective during this moon phase allowing the body to be cleansed and renewed.

This ritual begins with pressure points on the feet using detox oil that will assist in eliminating the toxins in the system. The body is then gently exfoliated using silk Garshana gloves that creates deep heat within the muscles while soothing the skin. A purifying seaweed wrap is followed by a body massage based on lymphatic drainage techniques and then a facial cleansing massage with serum to flush out any remaining impurities. An herbal tincture and supplements to support the detox process is served to further enhance this ritual.

30 minutes Body Scrub • 30 minutes Body Wrap • 90 minutes Full Body Massage
• 30 minutes Facial



AURIGA SIGNATURE MESSAGES



Stress-relieving massage techniques and 100% natural organic massage oils are combined to curate these unique experiences aligned to each Lunar phase. It is recommended to experience these therapeutic massages during the specific moon cycle for optimal benefits.

NEW MOON

Based on Swedish massage technique

A stimulating full body massage using a detox oil blend to ease muscle tension and restore the balance of the mind and body.

WAXING MOON

Based on Aromatherapy massage technique

A healing massage focusing on the joints, using the uplifting properties of Rose and Jasmine oil to improve flexibility and physical well-being.

FULL MOON

Based on Myofascial massage technique

A sustained pressure is applied into the connective tissue with a floral oil blend to release muscle tension and enhance circulation.

WANING MOON

Based on Lymphatic massage technique

A light and rhythmic massage is applied with a detox oil blend to improve lymphatic circulation and reduce water retention.

60 MINUTES \$190 | 90 MINUTES \$260*

**Every 90 minutes body massage includes a facial cleansing massage and nourishing scalp massage*

All prices are in SGD, subject to 10% service charge and 7% government taxes.



SPECIALITY TREATMENTS



SENJA SUNYI MASSAGE

90 MINUTES | \$260

Combining traditional Asian therapies and massage techniques, this 90-minute treatment uses a combination of warm Moon stones, long flowing strokes, stretches and pressure points with comforting Shea Butter balm to ease any muscle kinks and knots.

KUNDALINI MASSAGE

90 MINUTES | \$260

Drawing inspiration from the spiritual approach associating emotional healing with optimum well-being, this healing aromatherapy ritual harmonies your mind, body and soul. Breathing exercises, sound therapy using a singing bowl and the use of warm Moon stone strokes assist in opening the vital body centers and activate the energy flow. The ritual concludes with a cooling Rose crystal stone massage and a scalp massage with warm nourishing oil to deeply balance the nervous system and enhance energy flow.

STRESS RELIEVER

90 MINUTES | \$260

Whether it is to relieve sports pain or workday stress, this treatment aims to relax your mind and body. The treatment starts with a soothing warm eucalyptus foot soak and an acupressure massage on the legs. The treatment culminates with a deep back massage including the shoulders and neck, followed by a nourishing scalp massage and a cleansing facial ritual with warm chamomile and cooling cucumber eye compresses. A perfect way to unwind, this should leave you fully refreshed and relaxed.

BODY SCULPTING

60 MINUTES | \$190

90 MINUTES | \$260

Designed to reduce swelling, stimulate lymphatic circulation and eliminate body toxins, this treatment incorporates 10 minutes invigorating massage with fat burning green Coffee and heat activating Chilli to target problem areas such as thighs, waist, tummy and bottom. A light menthol lifting and re-sculpting body gel is then applied to reduce the appearance of cellulite and leave the skin smoother.

Included in the 90 minutes experience is an additional seaweed body scrub that gently removes dead skin cells and moisturises the skins.

**All prices are in SGD, subject to 10% service charge and 7% government taxes.*

HOLISTIC MASSAGE THERAPIES



BALINESE MASSAGE

Handed down through generations, this relaxing body massage combines long kneading strokes and stretching to calm and strengthen your body.

GOLFER'S MASSAGE

A deep tissue body massage designed to ease muscle tension, with a focus on arms, shoulders and lower back. This treatment can also be tailored to your specific needs, fitness or strenuous physical activities.

JET LAG REMEDY

A restorative massage with the use of light to medium pressure that aids in improving circulation. Stimulating Elixir of Life with Ginseng or calming Valerian Complex assist in balancing your sleep patterns.

CUSTOMISED MASSAGE

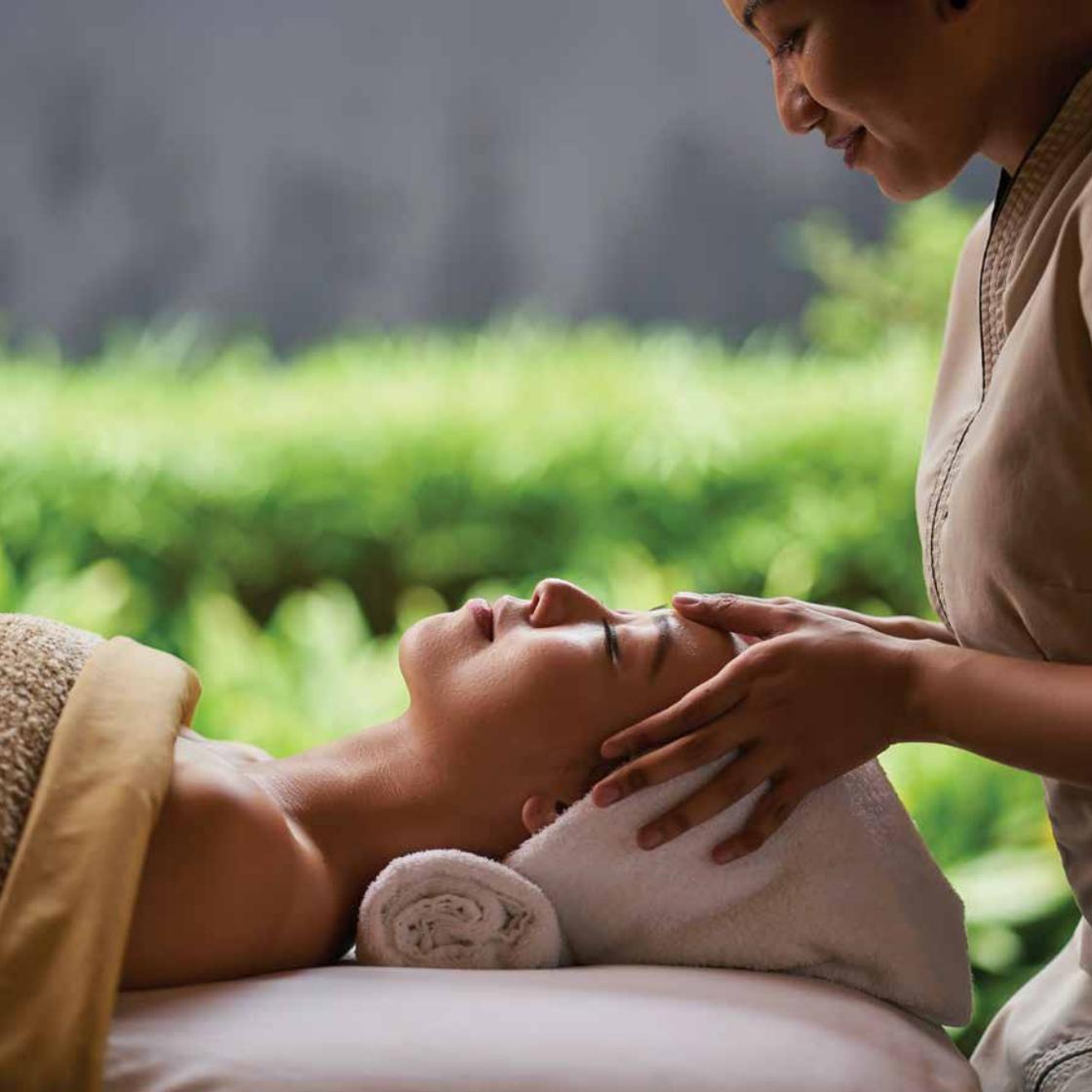
Tailor your own blissful moment with your selected aromatherapy oil and massage technique best suited to your needs and preference.

60 MINUTES \$190

90 MINUTES \$260 (includes oil scalp massage)

120 MINUTES \$320 (includes facial cleansing & massage)

(All body massages include a dry scalp massage.)



HOLISTIC FACIALS by THE ORGANIC PHARMACY



Auriga Spa's facial rituals offer personalised organic nourishment for the skin. Natural and effective products uncover your skin's full potential.

ROSE CRYSTAL LYMPHATIC FACIAL

60 MINUTES | \$190

90 MINUTES | \$260

The Signature Experience is a luxurious treatment that brings out the radiance in you. Awaken the lymphatic system with Rose Crystals and acupressure massage. This facial includes deep cleansing, AHA exfoliation and steaming with the application of Vitamin C & Seaweed, Honey & Jasmine and/or lifting Collagen intense masks while receiving a scalp massage using our nourishing hair serum. The extended 90-minute version includes a soothing massage of your hands, arms and feet.

60 minutes 2 facial masks

90 minutes 3 facial masks

COLLAGEN BOOST ANTI AGEING FACIAL

75 MINUTES | \$220

Super anti-ageing ingredients are used in this facial to rejuvenate and boost Collagen production. Rich cleansing, AHA exfoliation, acupressure facial massage with Honey & Jasmine, followed by a miracle Collagen boost mask. A powerful combination of antioxidants, Rose Hip seed serum and Marine Collagen complex instantly lift, tighten and brighten the complexion. A scalp massage is included to make it a complete relaxing treatment.

GENTLEMAN'S FACIAL

60 MINUTES | \$190

This deep cleansing treatment is specifically designed for gentlemen using powerful organic plant extracts to give immediate visible results. Tired skin is revitalised with skin-protecting Aloe Vera extracts and Green Tea antioxidants. Cleansing, exfoliation, steaming and a purifying seaweed mask are further complemented by a blissful massage on the shoulders, neck and head. Tensions are melted away, leaving both skin and body energised and refreshed.

All prices are in SGD, subject to 10% service charge and 7% government taxes.

LUXURY FACIALS by CAROL JOY LONDON



Personalised results driven luxury skin care rituals that offer transformational results.

SIGNATURE FACIAL BY CAROL JOY LONDON

60 MINUTES | \$200

A hydrating, lifting and detoxifying facial. Its youth promoting properties rejuvenate and instantly brighten even the dulllest complexion with the clinically-proven refined golden millet oil. Pure anti-ageing and hydrating caviar algae melts into the skin with a unique blend of lymphatic drainage and myofascial face, neck and shoulder massage to define facial contours. Enjoy a soothing scalp massage as you relax with a glow-inducing lifting mask

PURE COLLAGEN YOUTHFUL LIFT

90 MINUTES | \$300

Using a combination of triple action clinically-proven Pure Collagen mask, Myofascial and acupressure facial massage to boost a radiant complexion. The treatment ends with a spritz of pure collagen spray to give a youthful glow. This facial provides instant results in increasing the skin tone and reducing the appearance of fine lines.

24 CARAT GOLD AND COLLAGEN FACIAL

60 MINUTES | \$250

The ultimate skin brightening treatment using the powerful properties of 24 Carat Gold and Pure Collagen. The facial begins with a pure collagen mask combined with a lifting and toning massage. Precious 24 Carat Gold Leaf is applied and massaged into the skin to plump, revive and restore a glowing complexion.

ENHANCERS: PURE COLLAGEN SCULPTING EYE LIFT

30 MINUTES | \$120

This eye lifting treatment delivers instant results by harnessing the power of Pure Collagen and combined with a massage with jade rollers and golden millet oil. Fine lines and dark circles are reduced and brightening the skin.

All prices are in SGD, subject to 10% service charge and 7% government taxes.



WELLNESS JOURNEYS



Designed to bring out the best in you, these curated journeys will guide you into a world of healing and relaxation.

DETOX DAY 4 HOURS | \$558

Dry Body Brushing
Sicilian Lemon, Seaweed and Eucalyptus Body Scrub
Fucus Body Wrap and Scalp Massage
Lymphatic Drainage Massage with Juniper and Fennel Oil
Rose Crystal Lymphatic Facial
Healthy Meal at The Knolls

BEAUTY INSIDE AND OUT 4 HOURS | \$558

Honey and Rose Body Scrub
Revitalising Body Massage with Rose and Jasmine Oil
Collagen Boost Facial
Express Manicure and Pedicure
Healthy Meal at The Knolls

STRESS RECOVERY 4 HOURS | \$558

Choice of wellness class: Yoga, Meditation or Personal Training
Sicilian Lemon, Seaweed and Eucalyptus Body Scrub
Deep and Relaxing Body Massage
Soothing Scalp Massage
Sea Salt Bath
Healthy Meal at The Knolls

All prices are in SGD, subject to 10% service charge and 7% government taxes.

EXPERIENCES FOR COUPLES



Enjoy a quiet respite away from the city's hustle and bustle, and spend quality spa time with your loved one.

HONEY MOON SPA

4 HOURS | \$999

An ultimate pampering experience as you embark on a new chapter together

- Honey and Rose Body Scrub
- Body Wrap with Scalp Massage
- Head to Toe Body Massage with Rose and Jasmine Oil
- Honey and Jasmine facial cleansing massage
- Candlelit Rose Petals and Citrus Mandi Safar Bath
- Cocktails and light bites at Bob's Bar

P.S. I LOVE YOU

2 HOURS 45 MINUTES
\$718

A simple reminder that warms the heart of your beloved

- Foot Ritual with Rose Scrub
- Head to Toe Body Massage with Rose and Jasmine Oil
- Honey and Jasmine Facial Cleansing Massage
- Candlelit Rose Petals and Citrus Mandi Safar Bath
- Cocktails and light bites at Bob's Bar

SENJA SUNYI RITUAL

2 HOURS 30 MINUTES
\$718

Meaning 'silent dusk', peaceful moments together

- Signature Senja Sunyi Ritual with Warm Moon Stones
- Rose Crystal Lymphatic Facial Massage
- Afternoon Tea at The Knoll's from 3pm to 5pm.

*Experiences available Monday to Friday only. Excluding PH and Eve of PH.
All prices are in SGD, subject to 10% service charge and 7% government taxes.*



MOTHER WELLNESS EXPERIENCES



Our Auriga Spa's pregnancy experiences are indulgent moments to support expectant and new mothers, giving them a much needed pampering during this period.

Our pre- and post-natal treatments are designed to meet the needs of expectant mothers (that are 14 weeks pregnant) or more and new mothers. Nurturing and restorative massage techniques, performed by our skilled therapists to help alleviate muscle tension. Specially formulated organic products made with pure nourishing oil blends of calendula, chamomile and lavender help keep the skin nourished.

PRE OR POST NATAL CARE

60 MINUTES | \$190

90 MINUTES | \$260

This massage promises to be a blissful session. A massage tailored to your body's needs with focus on specific areas such as aching back and heavy legs to alleviate the muscle tension.

HAPPY MUM-TO-BE

2 HOURS 30 MINUTES

\$368

Prepare for your new arrival with this pampering indulgence customised to your needs.

- Pre-natal Massage (90 minutes)
- Rose Crystal Lymphatic Facial with nourishing hair and scalp massage
- Afternoon Tea at The Knoll's from 3pm to 5pm.

Available Monday to Friday only. Excluding PH and Eve of PH.

MUM & DAD BABYMOON

2 HOURS 30 MINUTES

\$718 (per couple)

A perfect romantic and relaxing escape for both Mom & Dad before the arrival of your bundle of joy.

- Pre-natal Massage for Mummy / New Moon Swedish Massage for Daddy
- Rose Crystal Lymphatic Facial for Mummy / Gentlemen's Facial for Daddy
- Nourishing Hair and Scalp Treatment
- Afternoon Tea at The Knoll's from 3pm to 5pm.

Available Monday to Friday only. Excluding PH and Eve of PH.

All prices are in SGD, subject to 10% service charge and 7% government taxes.

ENHANCE YOUR TREATMENT

Top off your spa indulgence with your preferred add-ons.



NEW MOON: AN INVIGORATING EXFOLIATION

A totally invigorating experience with detoxifying Seaweed and refreshing Lemon and Eucalyptus scrub to remove dead skins, leaving your skin soft and smooth.

FULL MOON: A BALANCING EXFOLIATION

A luxurious experience with Rose petals and floral scent of Ylang Ylang essential oil and Rose sugar and Salt scrub that will remove dead skin and moisturise.

HAIR AND SCALP TREATMENT

Infused with Jojoba, Neem, Chamomile and Cedarwood, this intensive hair and scalp warm oil treatment is ideal for intense hydration. It is applied onto scalp, followed by a nourishing Honey and Rose conditioner and wrapped in a warm towel to infuse the nutrients for healthy, strong and lustrous hair.

MANDI SAFAR BATH

This lavish and relaxing bath is inspired by Mandi Safar – a river bathing ritual to cleanse the spirit and nourish the skin. Healing Epsom Salt, Keffir Lime rings and Rose petals are combined to bring forth a relaxing bath experience.

EXPRESS MANICURE OR PEDICURE

Treat your nails with a complete grooming session that includes a soothing Ylang Ylang milk soak for your hands or feet. Finish off with polish in a colour of your choice.

ADDITIONAL 30 MINUTES AVAILABLE FOR AN EXTRA \$100

**All prices are in SGD, subject to 10% service charge and 7% government taxes.*



SPA FOR TEENS



A relaxing and pampering spa moment to release stress and tension.

GENTLE CLEANSING ORGANIC FACIAL

45 MINUTES | \$120

This facial includes the essential steps to help keep a smooth skin complexion. Gentle cleansing using organic cotton muslin cloth and a Peppermint face wash, followed by a purifying Seaweed clay mask and light Manuka cream. The therapist will recommend a skin care routine to apply at home to maintain and care for the skin.

CUSTOMIZED MASSAGE

45 MINUTES | \$120

Using natural organic calming aromatherapy oils of Lavender and Chamomile, this massage is gentle on young skin, soothes the nervous system and alleviates tensions.

MINI MANICURE / MINI PEDICURE

30 MINUTES | \$95

45 MINUTES | \$100

Treat your nails with cool coloured polish to show off!

Add 15 minutes for a complete grooming session that includes soothing Ylang Ylang milk soak for your hands or feet.

AGE REQUIREMENT

Guests must be at least 16 years of age to have a private treatment. Spa services for those 16 and younger are provided at our discretion and a parent or guardian must be present. Our spa suites are ideal for family massages and may be set up for 2 to 3 people.



HEALTH AND FITNESS



PERSONAL TRAINING 60 MINUTES | \$210

With state-of-the-art Technogym™ equipment, your personal trainer will guide you in a private session that includes a variety of cardio workouts, circuit training and guided stretching, tailored to your fitness level and needs.

YOGA PRIVATE AND CUSTOMISED SESSION | \$190

Yoga is a practice that involves physical, mental and spiritual alignment. It is designed to balance and harmonise your mind and body in order to lead you to a state of equanimity. Regular yoga encourages holistic wellness, such as increased energy, boost immunity and enhanced vitality for a higher quality of well being.

**Group session bookings are available, please contact our spa receptionist at +65 6591 5023 or email spa.singapore@capellahotels.com*



YOUR GUIDE TO AURIGA SPA



HOURS OF OPERATION

The spa is open daily from 9:00am to 9:00pm or by prior appointment. First treatment is at 10:00am and last treatment starts at 7:30pm.

RESERVATIONS

For our hotel guests, dial 5075 from your room phone.

For guests from outside the hotel, please dial +65 6591 5075 to book your appointment. For guests who are not staying at the hotel, a credit card is required to secure a booking.

To ensure your preferred time and services are available, advanced booking is advised. Auriga accommodates walk-in bookings based on availability.

We welcome both hotel and non-hotel guests aged 18 and older to visit Auriga Spa. For our teen spa offerings, an adult is required to be present in the same treatment room.

LATENESS AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next spa guest. We kindly ask for your cooperation to give a minimum of eight hours notice for changes or cancellations. With fewer than eight hours notice, you will incur the full cost of the original treatment. If spa appointments are reserved before arrival at our resort, the spa cancellation policy follows that of your resort reservation.

HEALTH CONCERNS

When making your spa reservation, please advise our Auriga team of any health conditions, allergies, or injuries that could affect your service. You will need to complete a Health Assessment prior to your treatment to ensure your utmost comfort and safety, as well as to provide a service customised to your needs.

SPA ETIQUETTE

Our spa environment is one of peace, tranquillity and relaxation. Please contribute to this environment by speaking in soft volumes. Please respect all spa guests' right to privacy and refrain from using your mobile phones and cameras during your time with us. Auriga is a smoke-free zone.

We encourage you to arrive 45 minutes prior to your appointment to enjoy the spa's facilities, including separate gender Steam Rooms, Experience Showers and Vitality Pools.

During your time at Auriga Spa you will be provided with a locker, robe, towels and slippers. We provide disposable undergarments at your request. Should you be staying in our hotel, we recommend that you leave your jewellery and other valuables in the safety deposit box in the guest room as we will not assume liability for personal property.

After your spa treatment, we invite you to complete your spa journey at our Relaxation Lounge. Rest and relax, sipping on a cup of warm tea and take the time to reflect on your experience.

HOME CARE

To continue your Auriga Spa experience at home, all The Organic Pharmacy and Carol Joy London products used in our treatments are available for sale at the reception. Our team will be most happy to assist you with your selections.

GIFT CERTIFICATES

Our gift certificates make a wonderful present for any special occasion. All Auriga Spa gift certificates are covered under the appointed insurance agency by Capella Singapore and are CaseTrust-certified.

CASETRUST POLICIES



Auriga Spa offers goods and services of satisfactory quality as defined in the Sales of Goods Act S14 (2), Consumer Protection (Fair Trading) Act and Lemon Law.

Auriga Spa has policies on warranties and service guarantees, and accords a cooling-off period of at least 5 days (exclusive of Saturdays, Sundays, and Public Holidays) to allow guests to seek full refund of payment made if guests do not wish to proceed or are dissatisfied with the services offered.

Auriga Spa has a no return policy for products or services once sold or delivered. Additional terms and conditions apply for any exchanges.

Auriga Spa has a policy stating terms and conditions for redemption of gift voucher as stated on the back of the gift voucher.

Auriga Spa is not engaging in selling activities or any form of selling tactics during treatments and in treatment room.

Auriga Spa has a policy to inform and protect guest with approved insurance upon sale of gift voucher. All pre-payments including, but are not limited to packages, gift vouchers, and membership fee will be covered by approved insurance.

Auriga Spa honours the prices quoted at the time of booking for services.

Auriga Spa has a policy on the security of guest particulars. Personal information collected by Auriga Spa will solely be used for the purposes of effectively rendering the services as requested by the guests. Sales and marketing and promotional communications will only be received with guest consent.

Types of payment accepted: DEBIT CARD, CREDIT CARD (VISA/MASTERCARD/AMEX/UNON PAY) and ROOM CHARGE (for hotel guests and club residence only). Auriga Spa does not accept any foreign currency.

The cancellation policy is 8 hours for any changes or cancellations to a single treatment to avoid full charge. A 24 hour notice is required for any cancellation or changes to bookings for Wellness Experiences, Day Spa Experiences or Group bookings of four (4) people or more.

For full version of casetrust policies, please contact Auriga Spa.

