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## press release

### ESPA at Resorts World Sentosa offers Singapore's First Spa Holidays

**SINGAPORE, 16 MAY 2013** – Award winning ESPA at Resorts World Sentosa (ESPA at RWS) has launched holistic lifestyle retreats with customized itineraries to help guests achieve their health and wellness goals.

Ranging from one to three night stays at Resorts World Sentosa's latest hotels, the Equarius Hotel and Beach Villas, the retreats offer guests personal consultations with the ESPA's specialist team that consists of a naturopath, therapists and personal trainers.

Each guest is given a personalised programme consisting **ESPA's signature spa treatments** such as its massages and Hammam, **fitness and wellness activities** such as Tai Chi, aqua aerobics, yoga, cookery and beauty workshops, as well as **spa cuisine** whipped up by celebrity chef couple Sam Leong and his wife Forest. Guests are also given unlimited use of ESPA's facilities, which include an extensive range of hot and cold pools, a cutting-edge gym and a picturesque relaxation lounge.

Besides taking a break from the daily grind, guests to the retreats could choose from four other retreat goals: Fit for Life, Weight Management, Intro to Detox and De-stress.

"Being the largest spa facility in Singapore at 10,000 sqm, these spa holidays hope to let guests enjoy its facilities and tap its expertise to the fullest", said Ms Laura Vallati, General Manager, ESPA at RWS.

"We are located in a lush green setting next to a rainforest, in close proximity to luxurious hotel accommodation, and have celebrity chefs Sam and Forest helming our restaurant Tangerine. For all these reasons, we feel that it will be a shame not to offer our guests the chance to experience a spa-cation right here, in Singapore.

We are the first destination spa in Singapore, so it's our responsibility to bring balance back into the image of Singapore as a frenetic city," Ms Vallati added with a smile. "Visitors and residents know that in the span of a cab or bus ride to RWS, they can press 'pause', reconnect with themselves and leave RWS re-energised."

Susan Harmsworth, MBE, CEO and Founder, ESPA said, "ESPA was born from a deep rooted belief that in order to progress with pace, one needs to stop, recharge and reconsider. This philosophy is central to the holistic lifestyle retreats we have launched at our Asian flagship spa at RWS."

Less than a year since its opening on 6 July 2012, ESPA at RWS has been named 'Best Luxury Emerging Spa – Worldwide', Best Luxury Destination Spa – Singapore' and 'Best Luxury Resort Spa – Singapore' by the prestigious World Luxury Spa Awards, a great recognition in the spa industry.

It also recently relaunched its restaurant Tangerine, with spa cuisine by Sam and Forest Leong working alongside ESPA's in-house nutritionist. Guests can eat, with no guilt, dishes such as the Wild Pepper Leaf Wrap of Mixed Revitalising Herbs and Walnuts which is rich in anti-oxidants to strengthen the immune system; the Oriental Herbal Chicken Soup with Cordycep Flower which promotes blood circulation; and the Barley Porridge with quinoa and seafood, a dish stewed in chicken's essence and an excellent source of dietary fibre.

Prices for ESPA at RWS's Lifestyle Retreats start from S\$718++ for a 1-night retreat for one person, inclusive of room, spa treatments and three meals. For reservations or more information, please contact +65 6577 8899, email [reservations@rwsentosa.com](mailto:reservations@rwsentosa.com) or visit [www.rwsentosa.com/ESPA](http://www.rwsentosa.com/ESPA).

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### **ABOUT RESORTS WORLD SENTOSA**

Resorts World Sentosa (RWS), Singapore's first integrated resort is located on the resort island of Sentosa. Spanning 49 hectares, the resort opened in January 2010 and welcomed over 30 million visitors in its first two years of opening. RWS is home to the region's first-and-only Universal Studios theme park, the world's largest oceanarium – Marine Life Park, the Maritime Experiential Museum, a casino, luxurious accommodation in six unique hotels, the Resorts World Convention Centre, celebrity chef restaurants, a world-class spa as well as specialty retail outlets. The resort also offers entertainment and public attractions such as the Crane Dance and the Lake of Dreams. Resorts World Sentosa is wholly owned by Genting Singapore, a company of the Genting Group.

For more information, please visit [www.rwsentosa.com](http://www.rwsentosa.com).

### **ABOUT ESPA AT RESORTS WORLD SENTOSA**

Opened on 6 July 2012 and located at the tranquil western tip of the integrated resort, ESPA at Resorts World Sentosa (ESPA at RWS) is an oasis for those wishing to escape from the city or taking time out from the resort's attractions.

Spread across 10,000 square metres of manicured landscaped gardens, pools and ponds set against a backdrop of picturesque sea views and jungle covered hillsides, ESPA at RWS boasts Singapore's first authentic Hammam and other state-of-the-art facilities in a tranquil and natural environment. Spa-goers can choose to have their treatments in 24 multi-functional treatment rooms with beautiful views, 2 Private Spa Suites overlooking the reflection pool and 2 Beach Villas with dramatic sea views.

Spa grounds are dotted with spacious pre- and post-treatment relaxation areas for guests to contemplate and meditate. These include the sleep zone and relaxation lounge with views of the reflection pool, vitality pools, Forest Onsen-Style pool and pavilions set in tropical gardens.

#### **Awards & Accolades:**

Best Luxury Emerging Spa - World Luxury Spa Awards 2013

Best Luxury Destination Spa - World Luxury Spa Awards 2013

Best Luxury Resort Spa - World Luxury Spa Awards 2013

Best Casino Hotel Spa - SpaFinder Wellness Readers' Choice Awards 2012

New Spa of the Year - AsiaSpa Awards 2012

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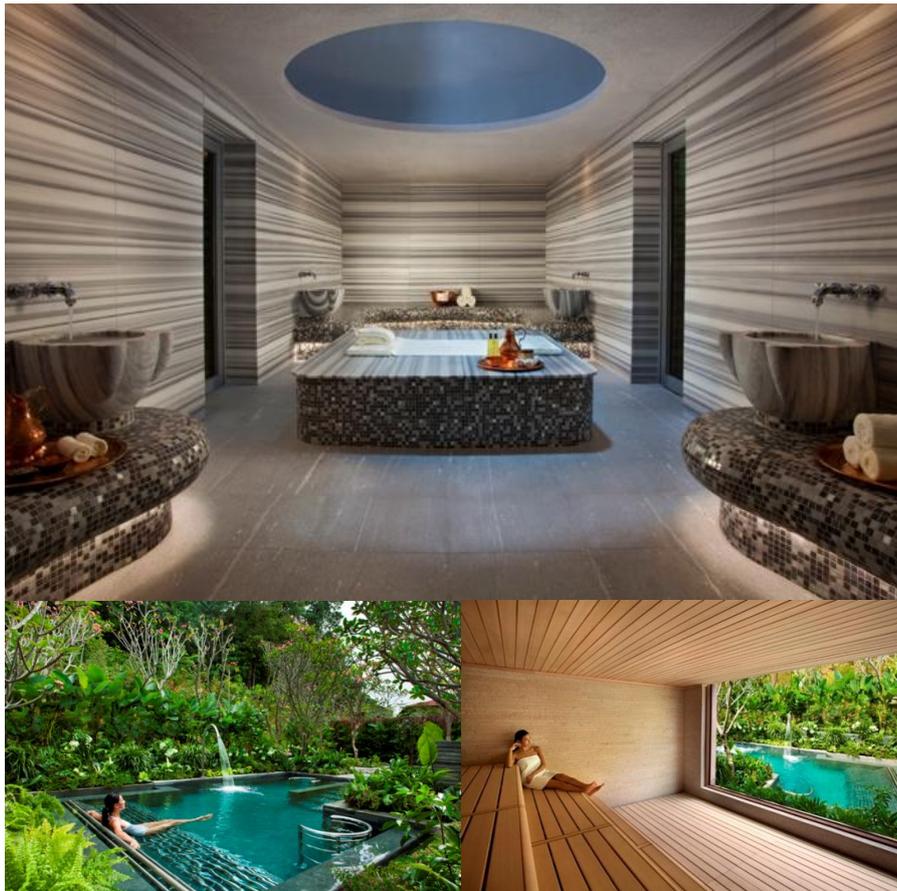
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***ESPA at RWS has put together 4 holistic lifestyle retreats to inspire and educate guests in starting a journey towards optimal well-being at its sublime surroundings. 1 to 3-night retreats include accommodation at Equarius Hotel or Beach Villa, signature treatments, spa cuisine, fitness and leisure activities and access to spa facilities, all tailored to individual needs.***

***Check-in to a stay that will leave you feeling great again.***



*The spectacular spa environment at ESPA at RWS boasts of Singapore's first authentic Hammam and other state-of-the-art facilities in a tranquil and natural environment. Designed for total relaxation and rejuvenation, the spa grounds are dotted with spacious pre- and post-treatment relaxation areas for guests to contemplate and meditate, like the vitality pools and the rock sauna. From their first step through the door, spa-goers will immerse in a tranquil environment that extends their spa experience beyond the treatments.*



*ESPA's has collaborated with Celebrity chef Sam Leong and Forest to create a unique and inspiring menu of innovative spa cuisine with light, healthy and nutritious dishes. Guided by the ethos of reinvigorating the body and relaxing the mind, Tangerine's menu aims to introduce a wide scale of whole, natural foods to guests, along with consultation with ESPA's in-house nutritionist.*

