



Inspiring Refaxed Minds

SPA ETIQUETTE

Please arrive 15 minutes prior to your appointment in order to complete the consultation form and skin analysis.

Arriving late will automatically reduce treatment time.

While the spa provides all disposable clothing, gowns, towels and slippers for treatments, we recommend that you bring a swimming costume for hydrotherapy treatments.

Please note that the spa is unsuitable for babies and children under 14 years of age unless they are booked in for treatments and are supervised by an adult.

Kindly please remember to switch off all gadgets prior to treatments.

All group bookings must be paid in advance.

We recommend that you do not sunbathe before and after waxing, advanced electric facials, microneedling, dermaplaning and peels.

Please call ahead if you wish to have wine or champagne with your treatment so that we can prepare it accordingly.

Smoking is not permitted in the spa.

Please note - there is a restaurant onsite to serve you before or after your treatment.



Inspiring Refaxed Minds

TERMS & CONDITIONS

We have a Strict No Refunds policy.

Terms of Gift vouchers:

- Amount is not transferable to either products / cash or the Restaurant.
- Expire after 3 months.
- Reactivation fee is \$10 on Expired Gift vouchers.
- \$5 for Hard copy gift vouchers.
- A grace period of 5 days on expired gift vouchers.

Prices & Services

are subject to change at anytime.

Please give 24 hours' notice for cancellation of individual treatments and 48 hours' notice on packages.

A 50% Cancellation Fee will be applied for failure to cancel in time.

Right to Refuse service

We reserve the right to Refuse or Discontinue services to anyone demonstrating behaviour that is Inappropriate or Disruptive to the spa's atmosphere





MASSAGES

Full Body	60mins	90mins
Swedish Aromatherapy Deep Tissue Hot Stone	\$40 \$50 \$50 \$50	\$70 \$80 \$80 \$80 \$120
Traditional Thai		•

60mins

Synchronised Massage

\$100

Enjoy the pure indulgence of slipping into an extremely deep state of relaxation while two therapists perform a synchronized massage.

Amara's Signature Blended	90mins
Ritual Massage	\$90

This is a massage that combines three therapies to rebalance and refresh your energy: Hot Stones for deep tension relief, Swedish to relax your muscles, and Thai postures to stretch, realign and centre your body.

Head, Neck, Back, Legs	20	
	30mins	60mins
Indian Head Massage	\$30	
Back & Neck	\$30	\$60
Back & Neck Hot Stone	\$35	\$70
Thai Foot Reflexology	\$30	\$50
Foot & Leg	\$30	
Foot & Leg Hot Stone	\$35	
Pre Natal	\$50 - 45	mins
Cellulite	\$30	





SCRUBS

Signature Scrub - Full Body	\$40	30mins
Signature Scrub - Back & Neck	\$20	15mins

Coffee & Coconut Scrub

Full Body	\$45	30mins
Back & Neck	\$25	15mins

A superior exfoliating scrub containing coffee and coconut extracts and additives to ensure that the skin is properly cleansed.

Rooibos & Chai Scrub

Full Body	\$45	30mins
Back & Neck	\$25	15mins

This scrub contains the super charged antioxidant properties of Rooibos that limits free radical skin damage and cleanses without stripping the skin of its natural oils.

Avocado, Honey & Sugar Scrub

Full Body	\$45	30mins
Back & Neck	\$25	15mins

Soothing and hydrating scrub to restore your skin's natural glow with gentle exfoliation with softened sugar.

Exotic Lime & Ginger Salt Scrub

Full Body	\$45	30mins
Back & Neck	\$25	15mins

A Lime and Ginger Salt scrub contains revitalising ginger that boosts the metabolism and tones your body. The Lime extract cleanses and detoxifies the skin.

Chocolate & Chia Seed Scrub

Full Body	\$45	30mins
Back & Neck	\$25	15mins

Both Chocolate and Chia are rich in antioxidants which stimulates the circulation of the blood flow to the skin. This scrub also contains natural Vitamin E which nourishes the skin and gives it a healthy glow.

For more info, visit us at amarashealthspa.com





WRAPS

Thalaspa Algae Wrap

Full Body \$60 45mins

Thalaspa Algae Gel has detoxifying properties and aids the elimination of fatty tissues by activating the blood circulation. Enriched with minerals and trace elements, it also helps to firm the body.

Mud/Clay Wrap

Full Body \$75 45mins

An invigorating and hydrating mask - our mud clay wrap gives an invigorating boost for the body, giving your skin a healthier look. It removes toxins and cellular debris from the body, rehydrating and stimulating cell renewal leaving you with a silky smooth glow.

Mixed Oil Wrap

Full Body \$75 45mins

These body wraps are formulated to deeply moisturise dry and dehydrated skin. A mix of aromatic essential oils are warmed and sandwiched between your skin and the body wrap.

BODY THERAPY

Infrared Sauna - per person	\$40	30mins
Steam Room - per person	\$70	30mins
Jacuzzi – per person	\$50	60mins

VelaShape® \$60 30mins

A non-invasive body contouring treatment for temporary cellulite reduction, as well as circumferential redution of abdomen and thighs.

For more info, visit us at amarashealthspa.com





FACIALS

Classic Facials

Amara's Signature Hydrating Facial

\$100 60mins

It uses a combination of advanced technologies in one system designed to exfoliate, deep cleanse, extract and infuse the skin through needle-free mesotherapy to deliver intense hydration to the skin.

Express30 Facial

\$40 30mins

This facial is a blend of cleansing, exfoliation, masking and moisturising. Ideal for giving your skin an instant boost when time is of the essence.

ClearSTART Facial

\$40 30mins

Designed for targeting breakouts, blackheads and shine to help you achieve healthy, nurtured skin. Ideally suited for teens and young adults.

Targeted Facials

Ultra Calming Facial

\$70 60mins

Helps to calm and cool reactive, sensitive or overly processed skin. This is a facial to repair, restore and fortify the skin's natural protective barrier.

PowerBright Facial

\$70

60mins

Targeted treatment for uneven skin tone, hyperpigmentation and dark spots. It will help you rediscover your skin's natural glow.

Active Clearing Facial

\$70

60mins

A facial designed to regulate oil production, helps to minimise pores, and clear and prevent adult acne.

AgeSMART Facial

\$95

60mins

Concentrated treatment to accelerate skin renewal and reduce the appearance of skin ageing.

Hydra Anti Aging Facial

\$120

60mins

A treatment to accelerate skin renewal and reduce the appearance of skin ageing combined with advanced technologies in a system designed to exfoliate, deep cleanse, extract and infuse the skin through needle-free mesotherapy to deliver intense hydration to the skin.

Amara's Health Spa uses the Dermalogica range of skin care products.











SPECIALISED SKIN SERVICES

ProPower Peels

ProPower Peel30®

30mins

This express 30-minute treatment features our highly-active Pro Power Peel, tailored to your skin's needs. It smoothes skin while targeting signs of fine lines, wrinkles, uneven pigmentation or breakouts for a completely customised experience.

ProPower Peel60®

\$70

60mins

This comprehensive 60-minute treatment pairs our most powerful peel yet with advanced techniques to thoroughly address your skin's ever changing needs.

ProPower Eye Peel®

\$30

Powerful treatment that helps tone, smooth and brighten the eye contour through intense stimulation and infusion of botanical actives

Skin Services

Bacial Treatment

\$50

45mins

Bacials are designed to target imperfections like back acne, rashy flare ups, or skin concerns related to sweat and clogged pores.

Vajacial Treatment

\$60

30mins

Vajacials are designed to treat in-grown hairs, and smooth bumps around the bikini line, and outer labia to help prevent acne. Keeping the most delicate skin hydrated and smooth.

Skin Tag Removal

\$35 - \$95

This quick and relatively painless procedure removes skin tags comfortably and with almost no scarring.

Microneedling

Initial Session \$125 60mins

Follow Up \$95 60mins

This is a procedure to give you smoother, firmer and younger looking skin. It reduces wrinkles and fine lines, and improves the appearance of acne scars and stretch marks.

Dermaplaning + Targeted Facial

Initial Session \$155 60mins

Follow Up \$95 60mins

This procedure is a form of mechanical and superficial exfoliation using a surgical blade. It helps to remove stubborn dead skin cells and prepares the skin for increased absorption of the active ingredients to follow in a targeted facial treatment.





WAXING

Eyebrow	\$10	10mins
Upper Lip	\$10	10mins
Chin - Half	\$10	10mins
Chin - Full	\$15	10mins
Facial Wax	\$30	20mins
Underarm	\$15	15mins
Half Arm	\$20	15mins
Full Arm	\$25	20mins
3/4 Leg	\$25	20mins
Half Leg	\$20	20mins
Full Leg	\$30	30mins
Chest	\$30	20mins
Stomach - Ladies	\$20	20mins
Back	\$30	30mins
Bikini	\$30	20mins
Brazilian	\$35	30mins
Hollywood	\$45	45mins
Full Body excl. Hollywood	\$130	1hr 30min
Full Body incl. Hollywood	\$165	2hrs
Vajacial + Hollywood	\$90	60mins
Marscaping		
Clean Sides	\$35	20mins
Brazilian	\$50	30mins
Hollywood	\$60	60mins
Full Body excl. Hollywood	\$140	1hr 30min
	\$180	2hrs

THREADING

Eyebrow		
,	\$15	15mins
Upper Lip	\$10	15mins
Chin - Half	\$10	15mins
Chin - Full	\$15	15mins
Cheeks	\$10	15mins
Facial threading	\$60	45mins

For more info, visit us at amarashealthspa.com





NAIL BAR

Manicures

Standard Manicure

\$15 45mins

A hand exfoliation, cuticle care, nail shaping, a hand massage and polish application, will result in youthful looking hands that are hydrated, replenished and protected.

Spa Manicure

\$25 60mins

Designed to give your hands the deep nourishment they need. This manicure includes a wax softening treatment and polish application.

Signature Manicure

\$60 1hr 30mins

Transform your hands with our all-new Signature Manicure, using the exceptionally silky, non-drying Ximenia oil and a wax-softening treatment that will soften, hydrate and nourish your cuticles and dry skin. A gel polish application ensures you have lovely hands for at least two weeks.

LA Stone Manicure

\$50

1hr 30mins

Indulge in our most luxurious manicure with a journey that includes a Peppermint Infused Soak, Coffee Scrub, moisturizer, and massage with warm stones, ending with gel polish.



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NAIL BAR



Standard Pedicure

\$30

1hr 15mins

A foot exfoliation, rasping, cuticle care, nail shaping, a foot and leg massage and normal polish application, to give your feet a smooth and soft feel.

Spa Pedicure

\$40

1hr 15mins

Designed to give your feet the deep nourishment they need. This pedicure includes a wax softening treatment and polish application.

Signature Pedicure

\$60

1hr 30mins

Transform your feet with our all-new Signature Pedicure, using the exceptionally silky, non-drying Ximenia oil with a wax-softening treatment that will soften, hydrate and nourish your cuticles and dry skin. A gel polish application ensures you have lovely feet for at least two weeks.

La stone Pedicure

\$75

1hr 45mins

Indulge in our most luxurious pedicure with a journey that includes a Peppermint Rose Infused Soak, Coffee Scrub, moisturiser and massage with warm stones, ending with gel polish.



NAIL BAR

Noil Treats

Acrylic Nails (Short-Medium)	\$40	60mins
Stick On Nails	\$25	60mins
Silk Wraps	\$35	70mins
Fibreglass	\$35	60mins
Overlays	\$20	60mins
Reverse French Manicure	\$45	70mins
Ombre Nails	\$50	1hr 30min
Gel Polish only	\$30	30mins
Normal Polish only	\$10	20mins
Nail Fillers	\$25	20mins
Nail Art (Single Nail)	\$1	
Nail Art (Full Set)	\$10	
Nail Fix (Single Nail)	\$5	20mins
Soak Off	\$10	20mins
Shape, Buff & Shine (Natural Nails)	\$10	20mins
Foot Soak	\$20	15mins
Foot Scrub & Rasp	\$25	30mins
FOR HIM	•	
Standard Manicure	\$15	30mins
Spa Manicure	\$25	45mins
Standard Pedicure	\$30	40mins
Spa Pedicure	\$40	60mins

FOR KIDS Ages 5 - 12

Miss Manicure (Age 5 - 9)	\$10	20mins
- Normal polish (Age 10+)	\$25	35mins
Miss Pedicure (Age 5 - 9)	\$20	20mins
- Normal Polish (Age 10+)	\$25	40mins
Nail Art (Single Nail)	\$0.50	
Nail Art (Full Set)	\$5-\$10	

For more info, visit us at amarashealthspa.com





BEAUTY ENHANCEMENTS

Eyelash Extensions Eyelash Extensions (Individual) Eyelash Fill-In (Individual) Eyelash Removal	\$40 \$20 \$10	60mins 30mins 20mins
Tinting		
Eyelash Tinting Eyebrow Tinting	\$15 \$15	15mins 15mins
PIERCINGS		
Septum (CBR/Horseshoe)	\$20	
Tongue	\$35	
Tongue - Pair	\$40	
Cartilage	\$20	
Daith	\$25	
Earlobe - Single	\$10	
Earlobe - Pair	\$20	
Eyebrow	\$15	
Labret/Monroe/Philtrum	\$25 \$35	
Nipple - Single Nipple - Pair	\$35 \$50	
Nose	\$35 \$35	
NOSE	ΨΟΟ	
MICROBLADING		
Combination	\$120	2hrs
Ombre shading	\$100	2hrs
Microblading	\$80	2hrs
Touch up (microblading)	\$40	1hr 30mins
Touch up (ombre)	\$50	1hr 30mins
Touch up (combination)	\$60	1hr 30mins

For more info, visit us at amarashealthspa.com





\$225

\$225

\$485

\$380

6hrs

4hrs 15mins

3hrs 45mins

5hrs 30mins

We provide a variety of spa treatment packages so there's something to suit everyone. Revive and rejuvenate your body, mind and spirit, from head to toe.

PAMPER DAY JUST FOR YOU

Return To Sanity

- Amara's Signature Massage
- Express30 Facial
- Standard Manicure
- Standard Pedicure
- Sparkling Wine with Fruit Platter

Detox Package

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- Full Body Rooibos Chai Scrub
- Full Bodý Mud/Clay Wrap
- Full Body Aromatherapy Massage
- Foot Soak + Spa Pedicure

Spalebration

- Scented Infrared Sauna Session
- Full Body Coconut Scrub
- Full Body Mixed Oil Wrap
- Thai Reflexology
- Swedish Massage
- Amara's Signature Hydrating Facial
- Signature Manicure
- Signature Pedicure
 Fruit Platter with Cre
- Fruit Platter with Sparkling Wine

Bridal Grooming Package

Full Body Exotic lime & Ginger salt Scrub

- Waxing (underarm, face, full leg)
- Eyebrow Shaping
- Back and neck hot Stone Massage
- Spa Manicure
- Vajacial + Hollywood
- · Amara's Signature Hydrating facial
- · Complimentary glass of sparkling wine

Melt Your Tension

For more info, visit us at amarashealthspa.com

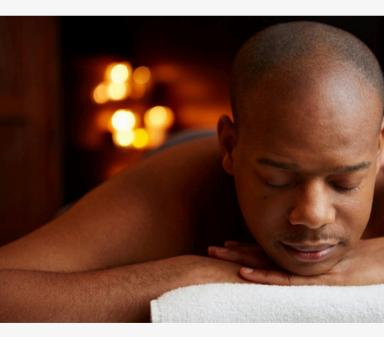


KING FOR THE DAY

Man's World!

\$255 4hrs

- Steam Room Session
- Full Body Avocado, Honey and Sugar Scrub
- Deep Tissue or Hot Stone Massage
 Standard Manicure
 Spa Pedicure
 Fruit platter & Glass of Whiskey



Rediscover Peace

For more info, visit us at amarashealthspa.com



BUNDLE OF JOY

Mother To Be

\$250 4hrs

- Prenatal Massage
- Express 30 Facial
- Signature Manicure
- Signature Pedicure
- Fruit platter

Babymoon

\$390 4hrs

- Prenatal Massage for Expectant Mom
- Swedish Massage for Partner
- Express30 Facials
- Standard Manicures
- Signature Pedicures
- Back and Neck Scrub
- Fruit platter

Package for Couple or Expectant Mom & Friend

Please obtain consent from your GP or OB/GYN **BEFORE** booking an appointment. Please note packages only available for women in their second trimester. (From 16 weeks to 27 weeks only)



Healing Joy

For more info, visit us at amarashealthspa.com



LOVERS DELIGHTS

All This Love...

\$495 4hrs

- Jacuzzi Soak
- Full Body Warm Chocolate Scrub

- Couples Luxurious Full Body Candle Massage
 Express30 Facials
 Spa Pedicures
 Complimented with a box of chocolates , cheese and fruit platter, and a bottle of wine



Relaxed Minds & Bodies

For more info, visit us at amarashealthspa.com



BRING YOUR FRIENDS

Sparty Squad - Package 1

\$90pp 2hrs 30mins

- Spa Manicure
- Signature Pedicure
- Complimented with Mimosas

Sparty Squad - Package 2

\$190pp 4hrs

- Swedish Massage
- Express30 Facial
- Spa Manicure
- Standard Pedicure Complimented with a bottle of Sparkling wine and a snack platter

Bridal Team Package

\$365pp 5hrs

- Steam Room Session
- Back and Neck Scrub
- Hot Stone Massage

- Express30 FacialsUnderarm waxSignature Manicures
- Signature Pedicures
- · Complimented with a fruit platter, and a bottle of wine

Please note packages are for **minimum of 4 people** group booking. **Non refundable 50% deposit is required.** No discounts are applicable. Packages cannot be redeemed with loyalty points, or any other promotion. Booking is mandatory. T's & C's apply.



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LOYALTY PROGRAMME

Our loyalty programme is to reward you, our loyal customer for continuously choosing us to be your preferred spa destination. The Loyalty Programme is designed to help you get the most out of your experience, therefore please refer to our terms and conditions for complete details of the program.

Please read them carefully as they are binding between you and Amara's Health Spa.

The Loyalty Programme is open to everyone over the age of 15, and is free of charge. Unless otherwise advised, your loyalty points balance is opened immediately with your first fully paid service/gift voucher.

All contact details must be valid and accurate. Loyalty points cannot be transferred to another person, exchanged for cash, or used to purchase gift vouchers or in conjunction with any other specials, promotion, or products.

HOW TO EARN POINTS

- Points are earned on service, or gift voucher spent during the checkout procedure.
- Earn a Welcome Bonus of 10 points on your first visit and/or payment!
- Earn 10 points on every US\$100 spent on services.
- Earn 5 points on every US\$100 spent on products.

HOW TO REDEEM POINTS

- Minimum of 100 points is required in your account balance to start redeeming.
- Points are not redeemable for cash or products.
- Points can only be redeemed on the following services:
- Shape, Buff and Shine 30 points (no polish)
- Foot & Leg Massage 80 points
- Back & Neck Massage 80 points
- Back & Neck Hot-stone Massage 90 points
- Full Body Swedish Massage 60mins 100 points



CONTACT DETAILS

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