



## HOLISTIC CENTRE

### Holistic Treatment

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#### **THE HEALING POWER OF SOUND THERAPY**

90MINS

The sounds emitted by singing bowls work as a type of energy medicine, restoring harmony to your vibration frequencies. That's why you've been able to enjoy our signature singing bowl ritual before and after each of our spa treatments. The ritual begins when a skilled Spa therapist gently strikes the singing bowl with a wooden wand at your crown chakra, gliding the wand around the rim of the bowl to create a soothing humming vibration within and around your body to enhance balancing and relaxation. Follow by aromatic balancing massage. A treatment geared for total relaxation, emotional balance and beauty.

#### **HERBAL COMPRESS THERAPY (WITH OIL MASSAGE)**

90MINS | 120MINS

The Thai Herbal Compress Massage combines the techniques of the Aromatherapy Massage using essential oil with the application of a heated herbal compress. The compress contains many different types of Thai herb. The treatment purifies and warms the skin enough to relax and relieve the aches and pain. Sensuously stimulate for wellness.

#### **RELAXING BALINESE MASSAGE**

60MINS | 90MINS

Calm your spirit with this relaxation massage. Traditional Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood, oxygen and "qi" (energy) around your body, and bring a sense of well being, calm and deep relaxation. It's the perfect massage to promote better sleep.

#### **RELAXING FOOT MASSAGE**

60MINS | 90MINS | 120MINS

A foot massage can help to relax the whole-body, Sooth and revitalize tired, sore or simply neglected feet, helping you to sleep better, and leaving you with a rejuvenated energy to bring to your day. Massaging including feet, ankles and lower leg, the extremities help with the circulation of blood around the body, promoting cell repair and growth. Perfect massage after a long walk or a day spent standing on your feet.

#### **HIMALAYAN BODY SCRUB**

45MINS

An ultimate body exfoliation in line with comprehensive skin stimulation prepare you for an intense body massage of mineral-enriched extracts, combining holistic and physical therapies for a radiant and glowing skin. A perfect enhancement of blood circulation and lymphatic drainage, while detaching dead cells and accelerating the skin renewal.



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#### **HIMALAYAN BODY TREATMENT (BODY SCRUB + BODY WRAP)**

60MINS

This ultimate combination of gentle body scrub and wrap helps promote natural balance and purification to the skin. The treatment begins with a body scrub massage with a special scrubbing agent of konjac and rice flour to remove excess keratin and the minerals, vitamins and antioxidants of the scrub helps to brighten and even the skin tone. The treatment then continues with a body wrap with an emulsion of a rich plant extract cream mask to refresh and revitalize the skin. It heals skin dryness, smooths roughness and re-vitalize the whole body, leaving the skin firm and tone.

#### **THAI THERAPEUTIC MASSAGE (BACK, NECK & SHOULDER)**

60MINS

Thai Back, Neck & Shoulders Massage is a therapeutic technique rooted in traditional Thai massage practices. It targets vital points known as “marms,” stimulating them to promote healing and relaxation. This massage incorporates elements of passive yoga, acupressure, and Ayurveda, blending stretching, pressure, and energy work to release tension and restore balance to the body. This massage is particularly effective for alleviating chronic, normal, and post-traumatic pain, making it beneficial for individuals dealing with tense muscles in the back, shoulders, and neck. By addressing areas of tension and promoting relaxation, Thai Back, Neck & Shoulders Massage helps to improve overall well-being and restore mobility and comfort.

### Ayurveda Treatment / Ayurvedic Treatment

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#### **INDIAN HEAD MASSAGE**

60MINS

Indian head massage is for those who suffer from headache, migraine, insomnia, tinnitus vertigo, depression, and is great to relieve tension and stress. You feel calm and rejuvenated. It is also said to improve circulation in the head, enhance the senses, improve memory, promote clear thinking and bring immediate relief to areas affected but mental and emotional stress. Indian head massage with The healing power of Himalayan Singing Bowls and Sound Therapy. Before and after the treatment, we provide sound vibration therapy using Himalayan Singing Bowls called Singing Ring and Camellia oils used. The oils not only nourish the hair, but also calm the nervous system.

#### **ABHYANGA MASSAGE**

90MINS | 120MINS

Abhyanga is a traditional Ayurvedic therapy that uses warm, herbal-infused oils and long, rhythmic strokes to deeply nourish and relax the body. Soft to medium pressure is applied from head to toe, allowing the oils to penetrate the skin and draw out fat-soluble toxins from body tissues. This treatment enhances blood circulation, eases muscle tension and stiffness, supports faster muscle recovery, and reduces stress. Abhyanga also helps restore balance to the body's Doshas, promoting overall harmony and well-being.



## HOLISTIC CENTRE

### Thai Traditional Treatment

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#### **THAI STRETCHING MASSAGE**

90MINS | 120MINS

This fully clothed bodywork combines traditional and Royal Thai massage techniques. Gentle, yet powerful pressure is applied along the body meridian channels and combined with relaxing stretching techniques. The many benefits include relief of muscle tension, improved flexibility and revived energy overall. Daily Thai Massage can help accelerate the pace of the detoxification process and reduce any physical discomfort.

#### **TRADITIONAL THAI ACUPRESSURE**

90MINS | 120MINS

Traditional Thai massage is an ancient system of healing dating back 2,500 years, with its roots in yoga, Ayurvedic medicine, and meditation. This unique and complete system combines rhythmic massage, acupressure, gentle twisting, and deep stretching. Release tension and stress, increase vitality, prevent illness, and create wholeness and harmony of the mind, body, and spirit.

#### **THAI MASSAGE WITH HERBAL COMPRESS**

120MINS

This treatment combines the benefits of Thai massage and Thai herbal remedy to create a stimulating yet soothing therapy. Your therapist will perform a skilled Thai massage, and then press the healing compress across the body to stimulate energy lines, deeply relax the muscles and nerves.

#### **FOOT MASSAGE WITH HERBAL COMPRESS**

90MINS

Traditional Thai medicine uses these herbal compresses to treat a wide range of problems including pulled muscles, joint pain, arthritis and many others. The heat of the herbs has deep relaxation benefits for the muscles, and the aroma of the blend of herbs in the compress also has a relaxing and invigorating effect on mind and body. Some clients are too sensitive to receive acupressure massage directly from the fingers and palms of the massage therapist and in these cases the herbal compresses can be a good way to apply pressure along the same energy lines lines



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## Light Therapy Treatment

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### **THE ENERGY LOUNGER**

40MINS

The Energy Lounger is a device that combines red light therapy and near infrared therapy to treat the whole body. Designed to promote relaxation, cellular rejuvenation and general well-being, this ergonomic device stimulates the body's natural healing powers, relieves stress, reduces pain and improves skin health. Each session provides deep relaxation and an enhanced regenerative effect. The Energy Lounger is very effective in recovering from a long journey and also helps travelers to recover from physical ailments associated with jet lag.



## HOLISTIC CENTRE

### Spa Etiquette

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#### **ETIQUETTE**

Please be advised that it is good practice to shower before any treatment. Silence, peace and respect are part of our Sense, A Rosewood Spa philosophy. Kindly consider other guest's space and privacy and silence your electronic devices before entering the spa sanctuary.

#### **ARRIVAL**

Late arrival will affect the duration of your scheduled appointment. In order to give you adequate time to fill in the well-being questionnaire and relax, we recommend that you arrive 45 to 60 minutes prior to your treatment.

#### **SCHEDULING AND CANCELLATION**

Please contact our Wellness Advisor or Spa directly to reserve your spa experience or to reschedule existing spa reservations. We recommended advance reservations to ensure availability. If you wish to reschedule or cancel your booking, please be advised that 6 hours is required in order for us to accommodate your request, or two hours if the appointment is made on the same day. No-show or last-minute cancellations will incur a 100% charge.

#### **ATTIRE**

Bathrobes, slippers and disposables are available at Serensia Spa for your comfort.

#### **HEALTH CONDITION AND ALLERGIES**

Kindly consult with your physician before reserving any treatment or using our facility. If you have any allergies, please make sure to inform one of our us.

#### **VALUABLES**

To ensure peace of mind and comfort while you are enjoying your wellness experiences, we provide secure lockers for all of your belongings. Our spa will not be responsible for any lost or damaged items during your visit.