# **BODY MASSAGES**

		Weekday	Weekend
raffles signature gemstone massage			
A combination of gemstones and gem infused oil to energetically relief stress and body tension	90 minutes 120 minutes	\$390 \$520	\$430 570

Yield from the natural healing properties of gemstone crystals, our signature massage incorporates the use of organic botanical ingredients and a combination of gemstones and gem infused oil to energetically relief stress and body tension.

# BASALT HOT STONE MASSAGE

Using nourishing essential oils and warm	90 minutes	\$380	\$420
volcanic stones to penetrate aching muscles	120 minutes	\$510	\$560

This indulgent body massage soothes muscle tension and encourages blood circulation. Using nourishing essential oils and warm volcanic stones to penetrate aching muscles, this treatment is delivered with gentle stretching techniques, activating various energy points to allow you to unwind into a restful state of mind.

## RESCUE AND RELEASE MASSAGE

A deep tissue massage to strengthen and heal the body	60 minutes	\$190	\$210
	90 minutes	\$280	\$310
	120 minutes	\$370	\$410

Derived from traditional Swedish massage techniques to renew, strengthen and heal the body. This massage applies stretching, long strokes, along with palm and thumb pressure techniques to relieve tension, improve circulation and create a feeling of well-being.

# **BODY MASSAGES**

		Weekday	Weekend
PRENATAL MASSAGE			
Derived from traditional Swedish Masage	60 minutes	\$260	\$285
techniques, this massage applies stretching	90 minutes	\$370	\$410
and long strokes			

Be pampered and be completely cared for. A subtle and nurturing massage is available for guests in their second trimesters onward. Enjoy a massage to relax and stimulate a gentle release of water retention using organic pre-natal massage oil to nourish the skin's healthy glow.

### ULTIMATE JETLAG RECOVERY

Energise your essence and put your mind	60 minutes	\$260	\$285
and body back in balance with a soothing	90 minutes	\$370	\$410
jetlag recovery treatment	120 minutes	\$500	\$550

Energize your essence and put your mind and body back in balance with a soothing jetlag recovery treatment. Ease clenched muscles and replenish energy drained by modern air travel under the pampering hands of our Raffles Spa therapist. Relax and rejuvenate in our peaceful sanctuary, fully equipped with state-of-the-arts hydrothermal facilities to stimulate your senses and reset your internal clock.

### ABSOLUTE RELAXATION MASSAGE

Derived from traditional Swedish Massage	60 minutes	\$190	\$210
techniques, this massage applies stretching	90 minutes	\$280	\$310
and long strokes	120 minutes	\$370	\$410

Calm yourself and rest easy with ISUN infused gemstone massage oil. Aromas of vetivert, chamomile and sandalwood assist in calming an overactive mind and help bring you to a more restful state while natural healing ingredients effectively enhance physical, mental and emotional wellbeing.

#### RAFFLES SPA MASSAGE TREATMENT PACKAGE

\$1,710

A complete 10 hours treatment package designed exclusively to elevate and optimise your body experience at Raffles Spa. Reserve a monthly session at Raffles Spa and our expert therapists will ensure the most suitable body treatment is selected for you.