



auriga

SPA TREATMENT

## AURIGA SINGAPORE

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Nestled in the lush rainforest of Singapore's Sentosa Island, Auriga at Capella Singapore is a cocoon for guests to rest, rejuvenate and tap into 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 phases of the Moon impact the body in very specific ways; the New Moon is the time for renewal and introspection, the Waxing Moon is the period to refocus and 'sow seeds', the Full Moon is when one's full potential is achieved, and the Waning Moon is the perfect time for cleansing. Every aspect of the Auriga experience is designed with these varying energies of the lunar phases to align you with the rhythms of nature for your enhanced wellbeing.

Auriga uses 100% natural and organic products from The Organic Pharmacy. We also offer authentic treatment experiences that are exclusive to Auriga Singapore as they draw inspiration from Singapore's Malay and Chinese heritage.

Each of nine treatment room and suite, including a suite dedicated to traditional Asian therapies, features a private outdoor garden. Luxurious spa facilities include vitality pools that overlook a beautiful garden, invigorating herbal baths and aromatherapy showers. We also invite you to rest in our Relaxation Lounge on sound wave lounge chairs, and enjoy our special beverages that harmonize with the current phase of the moon.

NEW MOON

CRESCENT

CRESCENT

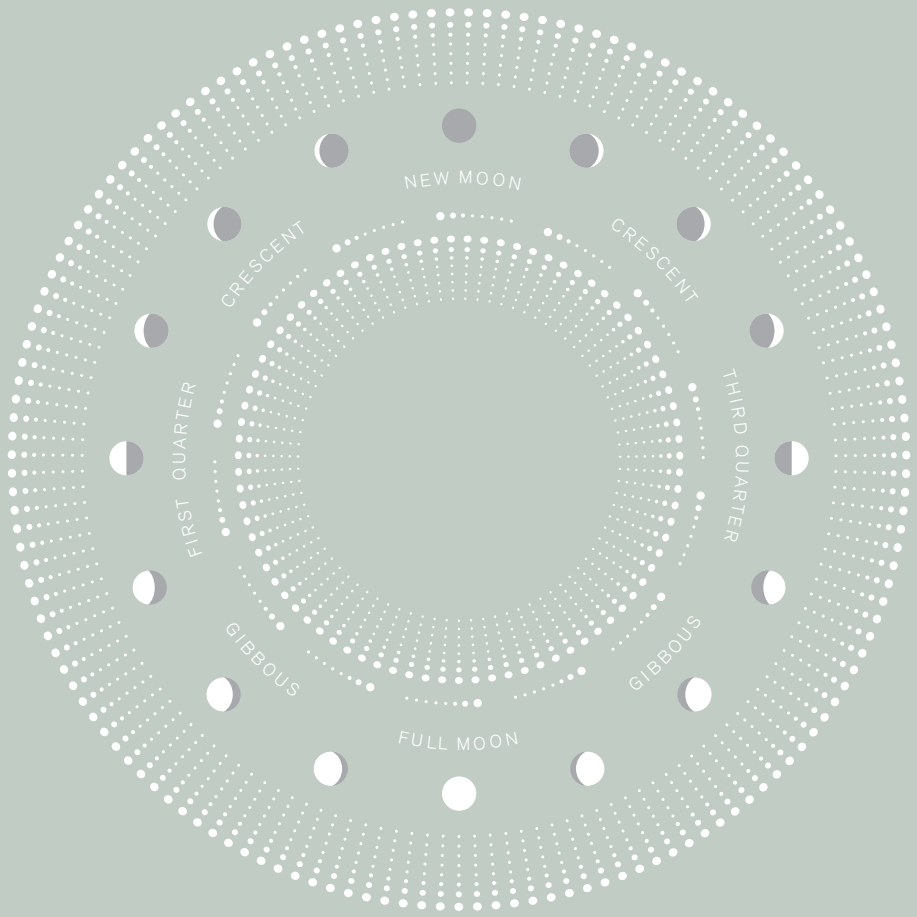
FIRST QUARTER

THIRD QUARTER

GIBBOUS

GIBBOUS

FULL MOON



## THE AURIGA SIGNATURE TREATMENTS

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Our signature treatments have been designed with The Organic Pharmacy to reflect varying energies of the lunar cycle. Each of these signature treatments is dedicated to a particular phase of the Moon - New, Full, Waxing and Waning - and is only offered when the treatment corresponds to the Moon's particular stage to ensure the most profound experience for the guest.

### **NEW MOON • THE BEGINNING •** **120 MINUTES** **\$290**

The New Moon is the time for renewal and introspection. Meditate on who you are and would like to become and establish strategies to reach your higher potential.

To begin, a massage of your feet - your foundation. Your feet will be anointed with oils of Juniper, Rosemary and Fennel to awaken your spirits. The body and mind are then thoroughly revitalized with a Seaweed and Eucalyptus salt scrub followed by a deeply stimulating Seaweed wrap. The treatment concludes with full body Rosemary and Eucalyptus massage and a special stimulating tonic.

Your body will feel awakened after this invigorating treatment

### **WAXING MOON • SOWING THE SEEDS •** **120 MINUTES** **\$290**

The Waxing Moon is the time to refocus your energy, to nourish yourself, and to reach your goals and higher potential. Embrace and embody your visions.

To begin, a rich, luxurious oil will be worked into the feet using pressure point techniques. To release the creative energies of the mind, the scalp is massaged and both the feet and head are anointed with Rose and Jasmine oil while a luxurious petal and salt scrub exfoliates the body and mud wrap nourishes the skin. The treatment concludes with a nurturing Honey & Jasmine facial mask and a full body massage. To further enhance the treatment, we will offer a strengthening and nurturing tonic and supplements.

You will feel grounded and full of creative energy after this nourishing treatment.

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### FULL MOON • THE HEIGHT •

180 MINUTES

\$440

The Full Moon is the time to realise your full potential. Live life to its fullest.

With a scent revered for centuries, nothing encompasses balance more than Rose, the focus of this treatment. The treatment begins with an anointment and massage of the feet with Rose oil. Whilst the feet are wrapped in a warm towel, the body is exfoliated with Rose petals and Rose oil-infused salt, leaving both the mind and body in complete harmony. A warming Rose wrap nourishes the body with minerals and is followed by a relaxing massage and lymphatic facial using Rose crystals and acupressure points facial massage. Rose tea is served at the end of your treatment along with a tonic and supplements to help you on your journey.

This treatment will bring all your systems into balance.

### WANING MOON • CLEANSING •

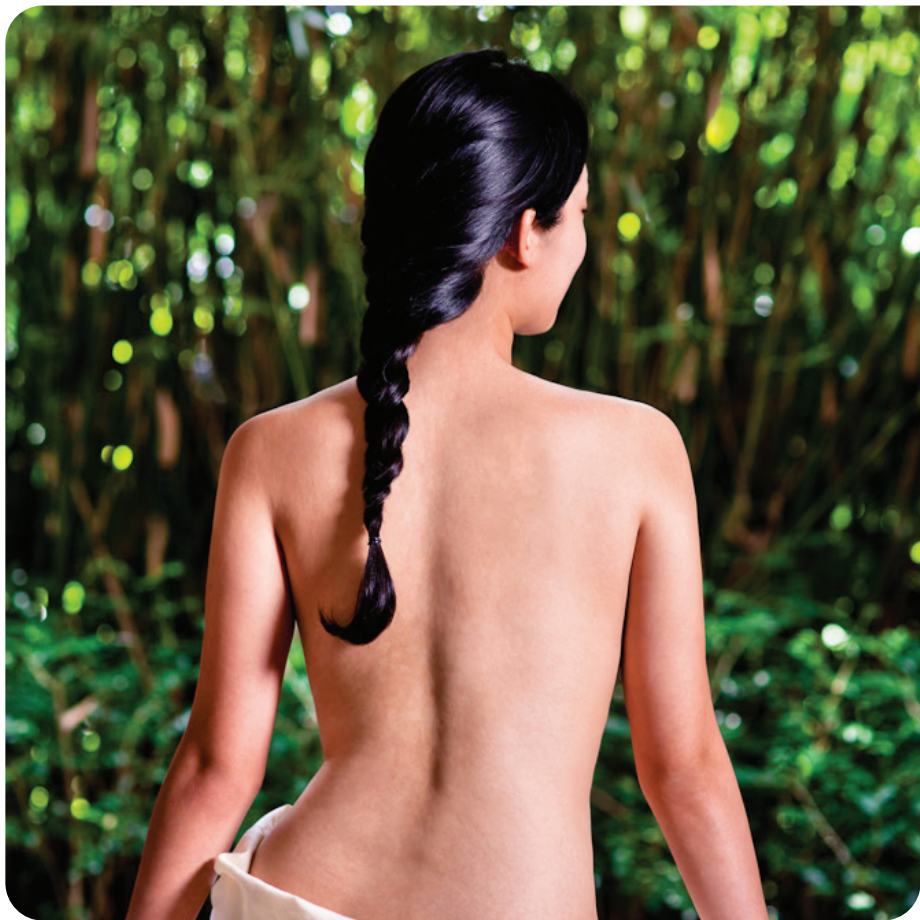
180 MINUTES

\$440

The Waning Moon is the perfect time to cleanse. Cleansing treatments undertaken during this phase are more effective and will act on deeper levels. Allow the forces of nature to assist you as you let go and renew.

The treatment begins with a massage of the feet with detoxifying oils and pressure point techniques, releasing toxins and stimulating your inner organs. The body is then gently exfoliated using silk garshana gloves, creating heat deep within the muscles while smoothing the skin. A purifying seaweed wrap is followed by a cleansing massage using lymph techniques that further stimulates the elimination of toxins. The treatment concludes with a facial massage, ensuring a thorough detoxification of your entire system. You leave with a tonic and detox supplements specially designed to deeply cleanse the system.

Your body will feel cleansed and renewed after this treatment.



## WELLNESS EXPERIENCES

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### **"AURIGA DETOX DAY"** **4 HOURS** **\$499**

Herbal Steam bath  
Body brushing  
Body scrub with Seaweed & Lemon  
Seaweed body wrap with scalp massage  
Lymphatic drainage massage with Juniper & Fennel  
Deep cleansing facial  
Healthy meal at The Knolls restaurant

### **"BEAUTY INSIDE AND OUT"** **4 HOURS** **\$499**

Full body sea salt exfoliation  
Anti ageing skin firming full body massage with rare organic oils of Tamanu, Kigelia and Blackcurrant  
Collagen boost anti ageing facial with scalp massage  
Express Manicure & Pedicure  
Spa meal at Cassia restaurant

### **"STRESS MANAGEMENT"** **4 HOURS** **\$499**

Wellness class  
Sea salt body scrub  
Deep & relaxing full body massage  
Hair & Scalp treatment  
Soothing Sea Salt bath  
Afternoon tea at The Knolls & relaxation time by the outdoor pool

## DAY SPA EXPERIENCES FOR COUPLES

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### "HONEY MOON" FOR TWO 4 HOURS \$999

Cleopatra body scrub with Rose infused sea salts & petals  
Body wrap with hair & scalp treatment  
Top to toe massage along with honey & jasmine facial mask  
Mandi safar bath with rose & sandalwood  
After the bath enjoy our signature teas & fruit in the private garden  
Bob's bar mocktails and tapas platter overlooking South China sea

### "P.S.I LOVE YOU" FOR TWO 2 HOURS 45 MINUTES \$688

Foot ritual with Cleopatra scrub  
Top to toe massage with glorious Rose and Jasmine oil  
Candlelit sensual bath with organic Ylang Ylang & rose petals  
Tea time in the private garden with delicious freshly baked scones or  
fresh fruit platter & Rose tea

### "SENJA SUNYI RITUAL" FOR TWO 2 hours 30 minutes \$688

Porcelain Moon scrub with Peony and Plum blossoms  
Senja Sunyi massage with warm Moon stones & Rose Balm  
Mandi safar bath with fresh Kaffir Lime  
Afternoon tea at The Knolls





## DAY SPA EXPERIENCE FOR MUM TO BE

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New mothers and mothers-to-be restorative treat. Offering a plethora of benefits, the therapeutic treatments are specially designed to meet the unique needs of expectant and new mothers. Using nourishing organic oil blends of Calendula, Jojoba, Rose Hip and Chamomile, these prenatal treatments help to alleviate muscle tension and fatigue while assisting to ease any discomfort during pregnancy. In addition, the gentle skin formulas of the products from The Organic Pharmacy leave the skin soft and supple while the relaxing fragrance help calm the mind.

### "BABY MOON"

2 HOURS 30 MINUTES

\$350

Baby Moon prenatal massage  
Rose Organic facial  
Hair & scalp treatment  
Afternoon tea set at the Knolls

### "BABY MOON" FOR TWO

2 HOURS 30 MINUTES

\$688

The perfect romantic & relaxing getaway for couples preparing for parenthood.

Prenatal massage & New Moon Swedish massage  
Rose Organic facial & Gentlemen's facial  
Hair & scalp treatment for two  
Afternoon tea set at the Knolls for two



## BODY THERAPIES

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### MASSAGE

#### By The Organic Pharmacy

The Organic Pharmacy body therapies are based on the varying energies of the lunar cycle - the New Moon, the Waxing Moon, the Full Moon and the Waning Moon. We have combined specific techniques, products, and scents to create a unique experience specific to these energies. Each therapy can be taken at any time during the lunar cycle. Choose your experience or consult a member of our staff who will guide you to the ideal therapy for your desired outcome.

#### **NEW MOON: Based on Swedish Massage techniques**

A deep and stimulating full body muscle massage that will revitalize and invigorate your body and spirit.

#### **WAXING MOON: Based on Aroma Massage techniques**

The rocking and rhythmic movements of this soothing aromatic massage will nurture and nourish your creative energies and well-being.

#### **FULL MOON: Based on Energy work**

With gentle hands, your therapist will address your energy bodies through balancing massage techniques. This experience will bring harmony and heighten your sense of being.

#### **WANING MOON: A Massage that enhances the Lymphatic flow**

A soft yet stimulating full body massage. Lymphatic flow of the body will increase and toxins will be eliminated, leaving you feeling fully cleansed and renewed.

Price: 60 minutes \$170 and 90 minutes \$230



## OTHER MASSAGE THERAPIES

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### JET LAG REMEDY

75 MINUTES

\$200

A soothing, full body massage that enhances the body's own ability to fight jet lag, improve circulation and normalize sleep patterns. The treatment concludes with The Organic Pharmacy's Sleep Tincture which further enhances the ability to realign your circadian rhythms after a long flight.

### GOLFER'S MASSAGE

60 or 90 MINUTES

\$170/ \$ 230

A full body deep tissue massage designed to ease tired muscles after a day on the course, with a focus on arms, legs and back. This treatment can also be adjusted to the specific needs of anyone involved in sports, fitness or strenuous physical activity.

### BALINESE MASSAGE

60 or 90 MINUTES

\$ 170 / \$230

Handed down through generations, this relaxing massage combines long kneading strokes, thumb circling and stretching to strengthen and renew the body.

### THAI MASSAGE

90 MINUTES

\$230

This oil free ancient massage consists of gentle yoga stretches and compressions focussing on pressure points along the body's energy meridians. It stimulates smoother energy flow, improves flexibility and relieves tension.

### SHIATSU MASSAGE

90 MINUTES

\$230

Whilst clothed, this Japanese massage technique of applying pressure using thumbs, fingers and palms to specific points along the body's energy pathways to unblock energy blockages and reintroduce the optimal flow of chi, leaving you feeling balanced and energised.

## SPECIALITY BODY TREATMENTS

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### BABYMOON MASSAGE

60 or 90 MINUTES

\$170 /230

Specially tailored pre or post natal massage helps to ease muscle tension, fatigue and to nourish the skin. Organic oils of Calendula, Jojoba, Rose Hip and Chamomile are used in a gentle formula to leave the skin soft and supple and calm the mind.

### DE-STRESS BACK FACE & SCALP TREATMENT

90 MINUTES

\$230

The De-stress treatment focuses on areas most affected by stress and a busy lifestyle, providing much-needed release of the built-up tension in the upper body.

Using organic St. John's Wort oil, the treatment will begin with a refreshing Eucalyptus foot compress and a specialised massage focusing on specific pressure points on the back of the legs. A soothing back, shoulder and neck massage will follow, extending all the way up to the head and scalp for a complete relief of tension. The treatment concludes with a refreshing facial cleansing ritual, using a warm chamomile and cool cucumber eye compresses followed by an acupuncture point massage on the face and scalp.

## SPECIALITY BODY TREATMENTS

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### BODY SCULPTING TREATMENT                      60 MINUTES                      \$170

This treatment focuses on firming, toning and helping breakdown of fat cells to reduce appearance of cellulite. Green coffee & chili oil is used to heat the body and target problem areas such as hips, thighs, waist & tummy. Cooling body sculpting gel is then massaged into the skin which stimulates lymph and circulation helping to drain the system of toxins. The skin is left instantly smooth and toned.

### BODY SCULPTING SCRUB ADD ON                      30 MINUTES                      \$85

To complement Body Sculpting Treatment add on matching hard working scrub.

### HEALTHY GLOW SELF TAN                      45 MINUTES                      \$120

A natural self tan that moisturizes and leaves the skin soft. Delivers a fast, natural and uniform tan for a healthy all year glow for face and body. Our Self Tan has been developed using a unique DHA derived from Sugar beet and is enriched with Aloe and Shea Butter. This gentle formula is suitable for sensitive skin.

## WELLNESS & HEALING

PRANIC HEALING  
YOGA  
TAI CHI

PERSONAL TRAINING  
60 or 75 minutes \$170 or \$200

\*please note minimum 24 hours prior reservation is required





## BODY EXFOLIATIONS & WRAPS

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By The Organic Pharmacy

### NEW MOON: AN INVIGORATING EXFOLIATION

Revitalize and exfoliate the body with a salt scrub infused with Eucalyptus and Spirulina to re-mineralize and recharge.

### FULL MOON: A BALANCING EXFOLIATION

Bring your body into complete harmony with exfoliation of Rose petals and Rose oil-infused salt and sugar. The skin is left restored and balanced.

### NEW MOON: AN INVIGORATING AND CLEANSING WRAP

Your deep cleansing treatment begins with inhalations of Rosemary and Juniper followed by a cleansing mud infused with minerals and Fucus Seaweed. As the wrap penetrates, your hair and scalp are massaged with Rosemary and Cedar Wood oil to invigorate your body and soothe your mind. You will leave feeling light and refreshed

### FULL MOON: A BALANCING AND NOURISHING WRAP

Restore and re-centre with Rose, known for its balancing properties. Balancing Rose mud with Rose petals envelop your body while your feet are massaged with organic Jasmine oil, leaving you re-centered and re-charged.

Price: 30 minutes add on or 45 minutes \$85 or \$120

## FACIALS

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Auriga's facials are unmatched in their luxury and effectiveness. Each facial is adjusted to your specific needs after a consultation with your therapist.

### THE ORGANIC PHARMACY ROSE CRYSTAL LYMPHATIC FACIAL

90 MINUTES

\$230

This signature facial has been described as an experience in its own right. Using The Organic Pharmacy's 100% natural and organic products, this facial cleanses, soothes, nourishes and balances all in one treatment. Skin is left radiant and glowing. This luxurious facial includes deep cleansing, AHA exfoliation, Seaweed mask, lifting acupressure massage, activating lymphatic massage and age fighting Collagen Boost Mask. The treatment includes massage on the scalp, arms, hands and feet for a holistic experience.

### 60 MINUTE FACIAL

\$170

For those pressed for time, we offer an abbreviated version of our Rose Crystal Lymphatic Facial. Excellent to brighten and re - hydrate the skin.

### THE ORGANIC PHARMACY GENTLEMAN'S FACIAL

60 MINUTES

\$170

This deep-cleansing and revitalizing treatment is crafted specifically for the gentleman. A facial attuned to the special needs of men is further complimented by a massage of the upper shoulders, neck & head. Strain and tension are eased away, leaving both skin and body nourished and renewed



## SKIN SOLUTIONS

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### COLLAGEN BOOST ANTI AGEING FACIAL

Super antioxidants are used during this facial to rejuvenate and boost collagen production deep inside the skin. Luxurious cleansing & mild exfoliation with antioxidant Carrot, Calendula as well as decongesting Rosemary and soothing Lavender to remove dirt and pollution. Facial massage is then performed with Honey & Jasmine followed by an "instant face lift" with Collagen Boost mask. This Aloe and Seaweed gel is packed with potent antioxidants, anti-ageing herbs of Horsetail, Ginseng and Propolis are just some of the ingredients used to instantly lift, tighten and brighten the complexion. Scalp massage is included.

### DEEP CLEANSING FACIAL

Cleansing is the most important part of maintaining and achieving beautiful skin. This treatment includes deep cleansing and exfoliation, followed by steam and extractions if necessary. An intensive Seaweed Clay mask is applied to draw out all impurities, heal and calm the skin with Aloe, Bilberry, Spirulina and Turmeric.

Price: 75 minutes \$200

### NATURAL VITAMIN C AND PAPAYA ENZYME PEEL FACIAL

The treatment starts with a deep breathing session using fragrant Jasmine oil, followed by a carrot butter cleansing and flower petal mask exfoliation. A deep-cleansing Vitamin C and Papaya mask along with relaxing face, scalp and shoulder massage follows. This deep exfoliation to remove dead skin cells combats congestion, blackheads and blemishes and high-performing lightening agents reduce the appearance of age spots serving as an après-sun skin fix to repair uneven pigmentation, revealing a brighter, healthier and more radiant skin tone. The treatment ends with an anti-ageing collagen boost mask and a jasmine skin conditioner leaving the appearance of dull skin behind and unveiling a glowing, youthful complexion.

Skin Radiance smoothie blended with fruit and a natural supplement that protects and replenishes the skin by promoting the formation of collagen and tissue repair rounds off the experience.

Price: 60 MINUTES \$170

## AUTHENTIC EXPERIENCES

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These Singapore inspired treatments have been exclusively developed for Auriga spa. The treatments draw inspiration from the Malay and Chinese heritages of Singapore and are based on traditional techniques incorporating use of indigenous ingredients.

### SENJA SUNYI MASSAGE

90 MINUTES

\$230

Senja (dusk) is the most spiritual and magical time of the day. Bathe in the cool blue ray of a rising moon .... This sublime massage is delivered using luxurious Rose & Pomegranate Body Balm, long flowing strokes and warm 'moon' stones to smooth out muscle kinks and tangled nerves. This elaborate treatment incorporates combination of Tui Na & Javanese massage techniques with medium pressure.

### PORCELAIN MOON SCRUB

30 MINUTES

\$85

Peony and Plum Blossoms are symbols of wealth and happiness to the Peranakan Chinese. Both are also rich in skin nourishing properties which keep the skin of well-heeled Babas and Nyonyas luminous and porcelain smooth.

### MANDI SAFAR BATH

30 MINUTES

\$75

Attar perfumed water, rose and sandalwood oil, and buttermilk ... this lavish and tranquil bath is inspired by Mandi Safar – a river bathing ritual celebrated annually on the last Wednesday of the second month known as Safar. The Malays of Singapore use this bath to cleanse the bather's spirit and fulfill his/her wishes.



## AURIGA NAIL BAR

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THE ORGANIC SPA MANICURE 90 minutes \$120  
Soak, scrub, mask, massage, cuticle grooming, nail file, polish

THE ORGANIC SPA PEDICURE 90 minutes \$150  
Soak, scrub, mask, massage, cuticle grooming, nail file, polish

MANICURE \$80  
Soak, cuticle grooming, nail file, lotion application, polish

PEDICURE \$100  
Soak, cuticle grooming, nail file, lotion application, polish

EXPRESS MANICURE \$40  
Nail file & cuticle grooming or polish

EXPRESS PEDICURE \$50  
Nail file & cuticle grooming or polish

NAIL POLISH CHANGE \$20  
FRENCH POLISH \$20

NAIL ART \$5-10  
NAIL REPAIR \$10

GEL NAIL POLISH \$180  
Dry Manicure & Gel nail polish application

GEL POLISH SOAK OFF \$50



## HAIR TREATMENTS

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By The Organic Pharmacy

### HAIR AND SCALP TREATMENT

60 MINUTES

\$170

Warm intensive hair and scalp oil infused with organic Neem, Chamomile and Cedarwood is applied to the scalp with a deep, soothing massage of the head and neck. A nourishing Rose & Shea Butter or high gloss Jasmine & Jojoba conditioner is applied to add vitality and shine to the hair. The hair is then gently wrapped in the hot towel to increase the effect of this conditioning treatment while shoulders, arms and upper décolleté are massaged. A natural cooling compress is used to cover the eyes, removing any evidence of tired eyes. Your hair is left strengthened and restored and your mind, stress free and calm.

### HAIR AND SCALP TREATMENT ADD ON

30 MINUTES

\$ 85

A modeled down version of the Hair and Scalp treatment with a soothing scalp, neck and upper shoulders massage with warm oil. This treatment may be added to any other treatment for ultimate relaxation.

### HAIR SALON SERVICES & MAKEUP

Hair styling, Makeup and waxing services are available upon request. Please contact the spa for pricing and availability.

### FITNESS CENTRE

Fitness Centre is outfitted with advanced Technogym equipment. Enjoy a workout at your own pace or enlist one of our highly skilled personal trainers to optimise your health, fitness and general well-being.

The Fitness Centre is open daily from 08:00 to 22:00. Access to the fitness centre outside the operating hours can be arranged.

## YOUR GUIDE TO AURIGA

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### HOURS OF OPERATION

The spa is opened daily from 10:00 to 22:00, or by prior appointment.

### SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please contribute to this serenity by speaking in soft tones or enjoying the quiet. Please respect all spa guests' right to privacy and refrain from the use of mobile phones, pagers and cameras during your time with us. Auriga is a smoke-free zone.

We encourage you to arrive 30 minutes prior to your appointment to enjoy the spa's facilities, including steam rooms, experience showers and vitality pools. Our Auriga team will be happy to assist with any recommendations based on your chosen treatments. Or if you prefer, begin your journey in the serenity of our relaxation room with a cup of herbal tea.

During your time at Auriga you will be provided with a locker, robe, towels and slippers. We are pleased to provide disposable undergarments at your request. We do recommend that you leave jewellery and other valuables in your guest room safe as we will not assume liability for personal property.

After your treatment concludes, our relaxation room is the ideal place to continue its benefits. Rest and relax on our loungers and take the time to reflect on your experience.

### RESERVATIONS

To book an appointment, please contact the spa. For our in-house guests, touch the Auriga button on your guest room telephone. From outside the hotel, please dial +65 6591 5023

Auriga welcomes both resident and non-resident guests aged 18 and older. Non-resident bookings will be secured with a credit card. To ensure your preferred time and services are available, advanced booking is advised. The spa accommodates walk-in bookings based on availability.

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## HEALTH CONCERNS

When making your spa reservation, please advise us of any health conditions, allergies, or injuries that could affect your service. Our Auriga team is available to assist you in completing your Health Assessment prior to your treatment so that we may ensure your comfort and safety and provide a service customised to your needs

## GIFT CERTIFICATES AND HOME CARE

Our gift certificates make a wonderful gift for any special occasion. To continue your Auriga experience at home, all The Organic Pharmacy and AW Lake products used in our treatments are available for sale in the spa retail at the reception area. We also have Auriga body products for sale. Our staff will be most happy to assist you with your selections.

## LATENESS AND CANCELLATION POLICY

Please understand that your late arrival may result in a reduction of treatment time as a courtesy to our next guest. We kindly ask our guests 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 treatment. If appointments are reserved before arrival at the resort, the spa cancellation policy follows that of your resort reservation.

\*All prices stated do not include service charge and prevailing taxes

[www.capellasingapore.com](http://www.capellasingapore.com)  
[www.auriga-spa.com](http://www.auriga-spa.com)



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