

# *Spa Menu*



Take a break from the hectic pace of life  
and retreat into the tranquil environment of St. Gregory.  
For a few precious moments, feel like the world is behind you,  
your energy revitalised and restored, and step out filled  
with a lightness of being.

Pamper yourself with a wide range of face and body treatments  
and traditional healing therapies. Let the healing hands of our  
therapists bring you into the state of ultimate relaxation  
ideal for your mind and body.



ST. GREGORY

THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

**PARKROYAL on Beach Road, Singapore**

7500 Beach Road, Level 4, Singapore 199591

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## BRIEF ESCAPES

### Anti-Stress Back Bliss

30mins S\$90

A relaxing back massage with slow and deep manipulation, gradually relieving tension in the neck and back.

### Neck and Shoulder

30mins S\$90

Relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energised.

### Beauty Enhancer

30mins S\$90

Dedicated to the executive constantly on the move, this is an instant radiance booster for dull and tired skin. It is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

### Foot Massage

30mins S\$70

Boosts localised lymphatic and blood circulation, improves sleep and overall well-being.

### Scalp Massage

15mins S\$45

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

## BODY MESSAGES

### Indonesian Balinese /

60mins S\$160

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

Winner of Best Invigorating Massage  
by The Singapore Women's Weekly Spa & Salon Awards 2012

### Relaxing Aromatic Body Bliss

60mins S\$160

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

/ Signature Treatment

\* Prices are inclusive of Goods & Services Tax.

## TRADITIONAL CHINESE THERAPY

### Traditional Chinese Tui Na Massage /

60mins S\$180

Tui Na, or “push” and “pull” in Mandarin, is an ancient Chinese therapy combining both massage and acupressure. Using a range of vigorous penetrating techniques such as squeezing, pushing, pulling and kneading to stimulate key pressure points, it unblocks and enhances the flow of “Qi” or vital energy in the body, thus relieving tension and restoring balance.

### Traditional Chinese Foot Reflexology

30mins S\$70

In Traditional Chinese Therapy, every meridian point on the soles of our feet relates to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall well-being.

5-time winner  
at The Singapore Women's Weekly Spa & Salon Awards

### Gua Sha

15mins S\$45

A Traditional Chinese Therapy technique of applying pressure and friction to the skin to stimulate the connective tissues of internal organs, thus releasing blocked ‘Qi’ to promote blood circulation and eliminate toxins from the body. Also relieves muscular tightness and pain.

### Ba Guan

15mins S\$45

A cupping technique using vacuum suction to improve blood circulation, aid in muscular pain and balance the body's energy or ‘Qi’. A flame is passed over the inside of a glass cup to create a vacuum, and the cup is then placed on key pressure points or affected areas of the body to stimulate ‘Qi’ and enhance the flow of energy throughout the body.

/ Signature Treatment

\* Prices are inclusive of Goods & Services Tax.

## BODY EXFOLIATION

### **Elemis Devil's Mint Body Glow** **30 mins** **\$S100**

This revitalising body polish gently cleanses and soothes the body whilst removing tired skin cells and energising skin with fresh peppermint.

### **Elemis Intensive Cleansing Salt Scrub with Exotic Lime and Ginger** **30 mins** **\$S100**

The extraordinary cleansing power of salt will gently slough away dead skin cells and encourage the regeneration of new cells, thus invigorating the body and improving circulation.

## BODY DETOXIFICATION

All wraps are inclusive of a 30-min body exfoliation

### **Elemis Body Nectar Nourishing Wrap** **60mins** **\$S200**

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvet texture of the Monoi oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatic and skin condition oils do their work. An emotionally grounding experience for skin that has never felt silkier.

### **Thalion Mineral Mud Wrap** **60mins** **\$S200**

Sea Mineral Experience stock up on energy and vitality, relieving muscle tension and joint stiffness. This calcium and magnesium-rich marine mud abounds in analgesic and stress-relieving effects.

## BALNEOTHERAPY

### **Elemis Skin Nourishing Milk Bath** **30mins** **\$S110**

An ancient beauty treatment enjoyed by Javanese royalty, combining the power of aromatherapy with the richness of milk. Excellent for sensitive skin.

### **Thalion Thalasso Oligo Seawater Bath** **30mins** **\$S110**

Offer your body an authentic Thalasso Oligo bath rich in magnesium to relax the body. This thalassic therapy offers all the trace elements and marine minerals essential to re-mineralise and revitalise your body.

🔪 Signature Treatment

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## AYURVEDA THERAPY

### **Abhyangam** **60 mins** **\$S160**

This herbal oil massage rejuvenates the whole body and mind using nutrient herbal rich oil. The harmonious movement of the massage helps relieve muscle and joint aches, nervousness and regulates the circulatory system of the body. A holistic therapy, it balances all the three levels of physical, mental and spiritual well-being.

### **Ksheeradhara** **30 mins** **\$S90**

A relaxing treatment that uses herbal milk infused with special herbs such as powdered vetiver roots and sandalwood, is continuously poured over the forehead. This gentle milk bath will be very relaxing after Abhyangam body massage. This therapy benefit people suffering from Vata and Pitta predominance, headaches, insomnia and mental stress. This moisturizing treatment relieves anxiety and tension, and leaves the skin with a healthy glow.

### **Shirodhara** **45 mins** **\$S140**

Warm, soothing medicated herbal oils are applied in a slow continuous rhythmic movement over the forehead – the marma point which is also known as the third eye – to relieve mental tension, headaches, insomnia and memory loss. Profoundly relaxing and induces deep rest for renewed energy and calm that borders meditation.

### **Posterior Treatment – Lower Torso & Lower Limbs** **60 mins** **\$S160**

A specific combination of treatments is applied to relieve aches, pain and inflammation of the lower back, leg, feet and knee concerns arising from degeneration of the cartilage. The therapy provides lubrication to the entire vertebral column, especially on the lower lumbar region and feet. Also helps in relieving disc regeneration and its prolapse.

### **Posterior Treatment – Upper Torso** **60 mins** **\$160**

A combination of several treatments to relieve aches, pain and inflammation of the neck, shoulder, hand and lower back. The therapy provides lubrication to the entire vertebral column, especially the lower back/lumbar region. Also helps in relieving disc regeneration and its prolapse; ideal for sufferers of rheumatoid arthritis.

### **Podi Kizhi** **45 mins** **\$140**

A dry herbal slimming massage therapy that uses classical herbal powders. The vigorous frictional movements, along with the effect of the herbs, stimulate circulation and lymph flow, thus boosting metabolism and reducing puffiness and water.

🔪 Signature Treatment

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## FACIALS

### ELEMIS

Using products from ELEMIS, an innovative leader in advanced phyto-therapy and aromatherapeutic spa and skincare formulations, hailing from the United Kingdom

#### **Elemis Skin Specific** **75mins** **\$\$180**

Personalised according to your skin type, this exceptional skin conditioning facial combines the powers of plant actives with traditional Eastern massage techniques to deeply cleanse, nourish and renew skin, bringing back its youthful glow.

#### **Elemis Modern Reveal** **75mins** **\$\$200**

Bursting with vitamins and minerals rich in antioxidants, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum, resulting in re-mineralised, rebalanced and renewed skin.

#### **Elemis Sheer Brilliance** **90mins** **\$\$300**

This revolutionary anti-ageing facial and eye treatment instantly firms, rejuvenates and plumps up dull, slackened skin whilst reducing dark circles around the eyes. A luxurious hand and arm massage and de-stress scalp treatment complete the visibly brilliant experience for the ultimate in scientific skincare therapy.

### THALION

Using products from THALION, an expert in algotherapy, giving beauty from the heart of seaweeds, hailing from France.

#### **Thalion Purifying Detox** **45 mins** **\$\$150**

A super-grooming facial that decongests skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the effects of daily pollutants, leaving skin clean and clear.

#### **Thalion Oxygen Booster** **60 mins** **\$\$200**

An anti-ageing booster for tired and stressed skin, giving you the ultimate overhaul for maximum results. This treatment is tailored to help combat the effects of a hectic lifestyle, and ageing from frequent shaving or environmental stressors.

🔪 Signature Treatment

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## FACIALS

#### **Thalion Infinite Gentleness** **75mins** **\$\$200**

This extremely gentle treatment soothes, reduces inflammation and fights against skin sensitivity which causes premature ageing of skin. It reinforces blood capillaries, diminishing neuro-sensitivity to reduce the skin's reaction to external stimuli and increasing its level of tolerance.

#### **Thalion Oxygen & Radiance** **75 mins** **\$\$200**

Highly concentrated in minerals, trace elements and vitamins, this treatment boosts the defence mechanisms of stressed and suffocated skin, protecting it against external aggressions. Regenerated and strengthened, the skin is smooth.

#### **Thalion Magnificent Brightening Care** **60 mins** **\$\$250**

The patented active ingredient Pylawhite, extracted from a macro-seaweed and born of 5 years of research, acts at the heart of cells to reduce dark spots and brighten the complexion; vitamin C targets pigmentation defaults and boosts collagen production for a firming and anti-ageing action. Skin is firmer, complexion is luminous and dark spots are blurred.

#### **Thalion Firm & Lift** **75 mins** **\$\$260**

This comprehensive treatment uses a unique combination of active ingredients with marine and scientific expertise to firm and tone the skin, while maintaining its elasticity with anti-wrinkle effects.

#### **Thalion Youth Perfection** **90 mins** **\$\$280**

A highly concentrated marine AHA treatment that specifically renews the skin's surface and redefines contours. It has a double action of mechanical exfoliation and microdermabrasion resulting in smooth skin and providing a more uniform complexion.

🔪 Signature Treatment

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## EYE BOOSTER

### Elemis Feast Your Eyes

15mins      S\$50

Rehydrate your eyes while getting facial care.

### Thalion Eye Lift Expert

30mins      S\$100

Instantly plumps the eye contour and protects from premature ageing. A real cell booster, it activates micro-circulation to produce immediate decongestion. The specific manipulations lift features and restore firmness to the eyelids.

## SPA RITUALS

### Speedy Recovery

60 mins      S\$150

- Beauty Enhancer | 30mins
- Neck and Shoulder Massage | 30mins

### Jet Lag Relief

75mins      S\$170

- Anti-Stress Back Bliss Massage | 30min
- Foot Massage | 30mins
- Scalp Massage | 15mins

### Oriental Therapy

90mins      S\$210

- Traditional Chinese Tui Na Massage | 60mins
- Traditional Chinese Foot Reflexology | 30mins

### Total Wellness

120mins      S\$280

- Beauty Enhancer | 30mins
- Choice of Body Exfoliation | 30mins
- Choice of Massages:  
Indonesian Balinese or Relaxing Aromatic Body Bliss | 60mins

### Perfect for Two

90mins      S\$400

- Choice of Massages:  
Indonesian Balinese or Relaxing Aromatic Body Bliss | 60mins
- Elemis Skin Nourishing Milk Bath | 30mins

## INFORMATION & POLICY

### Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours:

10am to 10pm from Monday to Friday.

9am to 9pm on Saturday, Sunday and Public Holidays

### Reservations

Advance reservations are recommended as appointments are subject to availability. A credit card number is required at the time of booking to secure the appointment.

### Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have including pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, which may affect your treatment.

### Check-in

Please check in at St. Gregory at least 10 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your use. You may wish to bring along your swimwear if you are using the Day Spa facilities.

### Cancellation

Guests who cancel or reschedule their appointments less than 6 hours from their appointment slots will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no-show.

### Punctuality

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- the treatment for the remaining time booked, or
- an alternative treatment slot when available

### Payment

Payment can be made via cash in Singapore dollars or other major credit cards (Visa, MasterCard, Amex, JCB). All prices are inclusive of GST. (GST Reg. No. M2-0010-445-5)

### Valuables

The management of St. Gregory and PARKROYAL on Beach Road will not be responsible for the loss of any money or valuables brought into its premises or the surrounding public areas.

### Spa Ethics

Male clients must be appropriately clothed in shorts and a towel in the steam room.

### Mobile Devices

In consideration of other guests, please refrain from using mobile devices when you are in the spa premises.

✂ Signature Treatment

\* Prices are inclusive of Goods & Services Tax.

## INFORMATION & POLICY

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### **Product Return**

Refunds can be offered for all unopened products when accompanied by a receipt and returned within five working days excluding Saturday, Sunday and Public Holidays. Opened products with or without receipts cannot be returned or exchanged.

An exception on a case-by-case basis will be made for those suffering from medical and/or allergy conditions certified by registered doctors and/or dermatologists in Singapore.

### **Package Refund**

Refunds can be offered for all unused packages when accompanied by a receipt and returned within 5 working days excluding Saturday, Sunday and Public Holidays.

Clients who suffer from medical condition(s) or have undergone an accident requiring an unknown recovery period may claim for the balance of the unused package (within the stipulated date of expiry) or exchange the balance for other suitable treatments. A supporting report by a registered doctor in Singapore on the medical condition must be provided at any point of time.

### **Minimum Age Requirement**

Guests must be at least 18 years of age to utilise the gym facilities. Spa services are available to guests aged 17 and above. Junior guests aged five to 16 years and accompanied by a legal guardian may use services that require them to be dressed appropriately according to the treatment.

### **Guide Dog**

This standard applies to licensed guide dogs accompanying person(s) with visual disability.

The visually disabled will be allowed to use our lifestyle facilities when required. Reservations made must clearly mention that guest is a visually impaired person and he/ she will be met in the lobby and guided to the spa area by our spa associate. Thereafter, the guide dog will be led by a Security associate to an isolated area within the premises that is equipped with pet necessities i.e. bowl, mat and pet goodies. The guide dog will be handed over to its owner in the lobby after the treatment.

The guide dog is strictly not allowed in our common facilities area.

### **Customer Care**

We aim to provide a holistic spa journey for you. Please feel free to contact our associates for any assistance or information. Your feedback and suggestions are much appreciated.

### **Case Trust**

Case Trust can be contacted at Tel: +65 6461 1800 or Email: [casetrust@case.org.sg](mailto:casetrust@case.org.sg)

\*For a complete set of St. Gregory's terms and conditions and its policies, please proceed to the Spa.





