

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

PAN PACIFIC SINGAPORE

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BRIEF ESCAPES

Foot Massage

30 mins

\$70

Boosts localised lymphatic and blood circulation, improves sleep and overall wellbeing.

Anti-Stress Back Bliss

30 mins

\$90

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

Neck and Shoulder Massage

30 mins

\$90

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

Beauty Enhancer

30 mins

\$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.

Scalp Massage

15 mins

\$45

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

BODY MASSAGES

Alicante Hot and Cold Stone Therapy

75mins

\$\$200

Harmony to the mind, body and spirit is achieved through massage and music therapy. Hot and cold stones apply pressure and thermal stimulation while a specially curated selection of music calms the mind, rebalances energy and eases away aches and muscle tension.

Winner of Best Hot Stone Massage
by The Singapore Women's Weekly Spa Awards 2018

Winner of Best Hot Stone Massage (Readers' Choice)
by Her World Spa Awards 2017

Indonesian Balinese /

60mins

\$\$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.

Relaxing Aromatic Body Bliss

60mins

\$\$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.

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.

Winner of Best Invigorating Massage

By The Singapore Women’s Weekly Spa & Salon Awards 2012

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.

Gua Sha

15mins

S\$45

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

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.

Thalion Exfoliation Cream Scrub

30mins

\$S100

An anti-ageing resurface care scrub with enveloping fragrance exfoliates and revitalises your skin. Helps to optimise the elimination of impurities and dead cells, and support cellular renewal with essential elements, protecting skin from premature ageing and leaving it silky and luminous.

BODY DETOXIFICATION

Elemis Detox Wrap – Green Tea Seed

60mins

\$S200

Enriched by Somerset soil packed with tree, flower and grass rich nutrients, this treatment provides super skin-health and powerful detoxification, helping stimulate the elimination process and restore equilibrium. Omega-rich Green Tea seed oil is massaged into the skin followed by the Thousand Flower Wrap, vitamin-packed, super nutritious earth wrap encouraging the body to surrender its toxins.

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.

FACIALS

Elemis Skin Specific

75mins

S\$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.

Thalion Oxygen & Radiance

75mins

S\$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 Infinite Gentleness

75mins

S\$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 Firm & Lift

75 mins

S\$260

This comprehensive treatment use 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 Magnificent Brightening Care

60 mins

S\$250

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

Winner of Best Whitening Facial
by The Singapore Women's Weekly Spa Awards 2018

FACIALS

Thalion Purifying Detox

45mins

S\$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

S\$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.

FACIALS

The CACI Ultimate aesthetic treatment system, a lifting therapy hailing from the United Kingdom

The CACI (Computer Aided Cosmetology Instrument) Non-Surgical System is a completely safe and painless facial and body lifting system. It uses a tiny microcurrent to help tone, lift and re-educate muscles back to their original position.

The CACI Ultimate aesthetic treatment system is a combination of micro-current, microdermabrasion (abrade the superficial corneal layer of the skin), ETR (enhanced tissue repair) and LED (plump up fine lines and deeper wrinkles), stimulating blood circulation and helping to improve muscle tone and counteract dryness.

CACI FACIAL CARE

CACI Ultimate Booster Facial

45mins

S\$150

CACI Non-Surgical Face Lift

60mins

S\$220

/ Signature Treatment

* Prices are inclusive of Goods & Services Tax.

ESSENTIALS

Thalion Eye Lift Expert

30mins

\$\$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.

Waxing

Face

Chin

\$\$40

Lip

\$\$40

Lip and Chin

\$\$60

Upper Limb

Under Arm

\$\$50

Half Arm

\$\$50

Full Arm

\$\$90

Full Arm and Under Arm

\$\$120

Body

Half Back

\$\$90

Back

\$\$150

Lower Limb & Bikini

Basic Bikini

\$\$70

Lower Leg

\$\$70

Upper Leg

\$\$70

Upper Leg and Basic Bikini

\$\$120

Full Leg

\$\$120

Full Leg and Basic Bikini

\$\$170

SPA RITUALS

Speedy Recovery	60 mins	\$\$150
<ul style="list-style-type: none">• Beauty Enhancer 30mins• Neck and Shoulder Massage 30mins		
Jet Lag Relief	75mins	\$\$170
<ul style="list-style-type: none">• Anti-Stress Back Bliss Massage 30min• Foot Massage 30mins• Scalp Massage 15mins		
Oriental Therapy	90mins	\$\$210
<ul style="list-style-type: none">• Traditional Chinese Tui Na Massage 60mins• Traditional Chinese Foot Reflexology 30mins		
Total Wellness	120mins	\$\$280
<ul style="list-style-type: none">• Beauty Enhancer 30mins• Choice of Body Exfoliation 30mins• Choice of Massages: Indonesian Balinese or Relaxing Aromatic Body Bliss 60mins		
Perfect for Two	90mins	\$\$400
<ul style="list-style-type: none">• Choice of Massages: Indonesian Balinese or Relaxing Aromatic Body Bliss 60mins• Elemis Skin Nourishing Milk Bath 30mins		

/ Signature Treatment

* Prices are inclusive of Goods & Services Tax.

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 Sunday (inclusive of 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. M2-0058751-X)

Valuables

The management of St. Gregory and Pan Pacific Singapore 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.

Product Return

Refunds can be offered for all unopened products when accompanied by a receipt and returned within 5 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

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

