

SPA ETIQUETTE



PUNCTUALITY

We strongly encourage all patrons to be on time as late arrivals may be subject to reduced treatment time.

BOOKINGS / CANCELLATION

Please call our treatment rooms for an advance booking.

Cancellation of booking must be done at least 6 hours in advance, or the full treatment cost will be charged.

GIFT / PROMOTIONAL VOUCHERS

Please present your gift / promotional vouchers upon arrival. We seek your understanding that we may not be able to proceed with your treatment without the presentation of the gift / promotional vouchers.

VALIDITY DATE

Packages of 5 and 10 treatments (inclusive of complimentary treatments) are valid for 10 to 18 months respectively from the date of purchase.

EXPIRY DATE

Packages not utilised after the expiry date will be forfeited. There will be no refunds on unused treatments after the expiry date.

REFUND OR EXCHANGE

Packages are strictly non-transferable, non-refundable for cash, products or any other beauty services.

PERSONAL / VALUABLES

Please be informed that The Body Shop will not be responsible for the loss or damage to personal / valuable items, including clothing or accessories.

ETIQUETTE

For the comfort of all guests, please refrain from using mobile phones and other communication devices within the treatment rooms.

www.thebodyshop.com.sg

GREEN SANCTUARY

Natural Treatment For The Face, Body and Mind

The Body Shop® Green Sanctuary

16 Collyer Quay
#01-03 Hitachi Tower
Singapore 049318
Tel : 6327 4333

Operating Hours :

Monday to Friday - 11.30 am to 8.00 pm
Saturday - 10.00 am to 4.30 pm
Closed on Sunday and Public Holidays

290 Orchard Road
#B1-14/15 Paragon
Singapore 238859
Tel : 6733 2221

Operating Hours :

Daily - 11.00 am to 9.00 pm

Please call for appointments.

YOUR WELLBEING IS OUR BUSINESS



Here at The Body Shop® Green Sanctuary, we focus on the importance of touch and smell while restoring the natural balance and energy in your body.

This philosophy, combined with our commitment to use natural ingredients in our treatments, is designed to help you de-stress and rejuvenate. Once we have you feeling better on the inside, we can provide you with skin and make-up advice to help you feel good on the outside too.

The Body Shop® Green Sanctuary draws from a wealth of experiences from diverse cultures, wisdom and healing traditions, providing a natural and holistic approach to achieve personal wellbeing.

AGAINST
ANIMAL
TESTING

SUPPORT
COMMUNITY
TRADE

ACTIVATE
SELF
ESTEEM

DEFEND
HUMAN
RIGHTS

PROTECT
OUR
PLANET

Nature's way to beautiful.



FACE

All the following facials include a consultation to ensure your individual skin type and needs are met.



VITAMIN C COLD COMPRESS FACIAL

60 Mins / **/\$95**

An uplifting treatment that refreshes and revives tired, dull skin. The treatment uses our **Vitamin C** range of products, delivering antioxidant **Vitamin C** to your skin, protecting it from harmful free radicals and leaving your skin more radiant and hydrated.

EQUALISING FACIAL

60 Mins / **/\$65**

Oily t-zone and dryness at times? A balancing and relaxing treatment targeted at combination skin that will leave your skin thoroughly cleansed, toned and moisturised.

ALOE HYDRATING FACIAL

60 Mins / **/\$65**

An excellent facial for dry, dehydrated and sensitive skin. Using our **Aloe** skin care range that is dermatologist approved, preservative-free, colour-free, fragrance-free, and clinically proven to soothe, protect, and minimise the reactions of sensitive skin. Leaves your skin feeling soft, rejuvenated and filled with all the goodness of aloe vera.

NATURALS TREAT FACIAL TREATMENT

60 Mins / **/\$80**

Need a wakeup call for your tired skin? Why not try this facial treatment using our best selling **Masks** to perk up your skin. Pick from our range of natural treats - Vitamin E, Brightening or Aromatherapy to target a specific skin need.

LUXURIOUS COMPLETE DEEP CLEANSING FACIAL

75 Mins / **/\$100**

A deep cleansing treatment that encompasses a facial, intensive eye and neck treatment. The treatment incorporates lymphatic drainage massage techniques.

The results *Firmer and healthy glowing skin.
*Deep relaxation to de-stress.

WISE WOMAN™ REVITALISING FACIAL TREATMENT

75 Mins / **/\$110**

We can't promise a magical elixir of youth, but we can offer a perfect facial to promote radiance to revitalise grey and dull-looking skin. Pamper your face with our **Wise Woman™** skin care range to combat extreme dryness and firms the skin. You will feel great and confident as each product in the treatment will help to improve skin appearance, whilst minimising and improving the appearance of fine lines and dark spots. (Includes an eye treatment and firming mask for the neck).

HOLISTIC REVIVING FACIAL

105 Mins / **/\$125**

The ultimate facial that goes beyond the face. We will pamper you from head to toe - your entire body will experience a deep, luxurious state of relaxation. Your facial, neck and shoulder muscles gain tone and flexibility as contractions induced by stress are relaxed. A heavenly experience.

BODY

Select from the range of body treatments for a pampering and relaxing experience that will leave you feeling rejuvenated and refreshed.



TUMMY COMPRESS TREATMENT

30 Mins / **/\$55**

This is the ideal treatment for women who have "belly" concerns. This detoxifying treatment will help to eliminate the build up of toxins in your system. The treatment will help firm, tone and refine skin texture. Customising the treatment to your needs, the right blend of essential oils will be used in the massage which aids in relieving discomfort like a bloated stomach.

The treatment includes :

- a body scrub to exfoliate dead skin.
- lymphatic drainage massage techniques.
- a warm hot mask to gently stimulate blood circulation to aid firming.

DEEP BACK CLEANSER WITH MASSAGE

60 Mins / **/\$65**

Have you ever wondered why some women are blessed with great skin? Well, now you can have great skin too with just a little effort.

This treatment incorporates exfoliation, steaming, extraction, a massage and a mask to help eliminate impurities, remove dead skin cells and leave your skin smooth. Complement with regular use of our **Tea Tree Oil** range at home, and you too can achieve healthy, radiant skin!

TROPICAL FULL POLISH WITH STEAM BATH

45 Mins / **/\$70**

Indulge in this tropical body polish that will instantly lift your senses and help to remove dead skin cells. High nutritional properties in the fruit ingredients will help to lift anxiety and reduce tension, and also to reduce stress, thereby relaxing the mind. The results – glowing and healthy looking skin throughout the day!

PURIFYING MUD BACK TREATMENT

60 Mins / **/\$95**

Not just an ordinary back treatment but one targeted for pimples, acne and even sunburn! This mud treatment will help to cleanse your clogged pores and work wonderfully as an antiseptic on your back. You will walk out feeling refreshed and lighter!

PAPAYA BODY TREATMENT WITH STEAM BATH

90 Mins / **/\$110**

Using our **Papaya Bath & Body** range, improves the skin appearance, softens the skin and evens out the fine lines with regular visits. The moisturising, cream-based scrub helps to gently exfoliate and remove dead skin cells and leaves your skin feeling soft and smooth. Your skin will also feel like it has just been massaged from head to toe!

LOVE YOUR BODY LOVE YOURSELF



DEEP SLEEP BODY MASSAGE

75 Mins / **/\$110**

This is a wonderfully created body massage treatment for tired and stressed out bodies and minds. This treatment uses our new **Wellbeing** range in perfect harmony with your body's natural senses to give you a fully relaxing and restful time. You will start off with a **Deep Sleep** bath shower, before succumbing to our therapist's special double hand and "Romi Romi" massage techniques. You will sleep like a baby right after the treatment!

TOTAL ENERGY BODY MASSAGE

75 Mins / **/\$110**

Need an additional boost of energy to get on with your busy life? **Total Energy Body Massage** not only helps you to alleviate daily stress and strain, it leaves you energised and rejuvenated after the treatment. Starting with an energising bath shower, our specially created massage routine together with the **Total Energy** range will stimulate your senses and give your back grrrr.



SPA WISDOM™ BLISSFUL BODY TREATMENT

90 Mins / **/\$110**

This treatment includes a full body polish and massage and promises to indulge and pamper, offering you a blissful start or end to a hectic day. Incorporating the goodness of natural ingredients from Asia to the African continent, the treatment promises to create harmony and purify the mind and body. Escape to dreamtime as your stress disappears under the nurturing touch of our therapists' hands.

NEW

WASABI PURIFYING SPA BODY TREATMENT

90 Mins / **/\$110**

Harnessing the natural antioxidant properties of Wasabi, this is an amazingly refreshing treatment which guarantees to leave your skin smooth, soft and revitalized! Using the Gently Purify Well Being range and contrasting between hot and cold treatment techniques, we bring about a natural detoxification for your body. You will walk out feeling deeply cleansed, clarified revitalized and pure!



Best loved treatment

AROMATHERAPY

Aromatherapy uses plants, herbs and flowers to melt away daily stress and strain. Create your own individual aromatherapy blend to soothe, calm or revitalise, and boost the feeling of wellbeing.

AROMATHERAPY BODY MASSAGE

- **FULL BODY** 60 Mins / **/\$85**
- **HALF BODY (back, neck and shoulders)** 30 Mins / **/\$50**
- **HALF BACK MASSAGE WITH SCRUB** 35 Mins / **/\$60**

AROMATHERAPY FOOT MASSAGE

30 Mins / **/\$35**



EYE & OTHER TREATMENTS

INTENSIVE EYE TREATMENT

30 Mins / **/\$35**

Incorporates gentle massage techniques with an **Intense Moisture Mask** to improve blood circulation and reduce puffiness and dark circles.

WAXING

A semi-permanent method of hair removal which helps to slow down growth as well as ensure that hair grows back softer, preventing stubble.

Upper Lip or Chin

10 Mins / **/\$15**

Under Arm

15 Mins / **/\$20**

Half Arm

20 Mins / **/\$30**

Full Arm

30 Mins / **/\$40**

Half Leg

20 Mins / **/\$45**

Full Leg

45 Mins / **/\$65**

Half Back

30 Mins / **/\$45**

Bikini Line

15 Mins / **/\$30**

OTHER SERVICES

Eyebrow Defining

15 Mins / **/\$15**



Ask about our packages to enjoy greater savings.