



J I W A S P A

VITAMAN MEN'S TREATMENT MENU

VitaMan's innovative treatments are effective, therapeutic and sublime, consistent with their holistic philosophy of health; while VitaMan's unique "de-stressing" massage techniques induce an extraordinary sense of relaxation and rejuvenation.

Active Deep | 30 mins / 60 mins / 90 mins

Created for sports' enthusiasts, this deep-tissue massage will enhance recovery and relieve muscular soreness after exercise. Personalized to each guest.

Relaxation | 30 mins / 60 mins / 90 mins

Not just a word but a state of mind. Your nirvana experience consists of a full body-massage, including head, feet, hands and arms, leaving mind and body in perfect harmony.

Recharge | 90 mins

This is the ultimate de-stress experience: warm bamboo releases tight muscles. Therapeutic, deep-muscle massage techniques are the prelude to an exquisite, all-over, relaxing oil massage.

The Jiwa Spa is open from 08.00 am to 10.00 pm (last booking at 09.00 pm).

Please visit the spa located on level 3 in the North Wing or call us at Extension 6556 to make a reservation.

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings. Your time with us is precious so we kindly ask you to arrive on time so you can fully enjoy your treatment experience.

We are happy to provide complimentary use of our hydrotherapy area, including steam, sauna and pool, to all spa guests.

We recommend that you do not sunbathe directly after your spa treatment and advise that you limit your sun exposure for 2hrs before and after any spa treatment. Gentlemen are kindly asked not to shave immediately prior to facial treatments to ensure that maximum results are achieved.

If you are pregnant or have just given birth please notify our spa reception so that we may take the necessary care with your treatment prescription. We provide bathrobes, slippers and disposable underwear for your personal use during your visit to our spa.

Kindly note that the spa is a tranquil setting and a place to relax, therefore we request that you leave your mobile phone in your guestroom and enjoy a peaceful visit to the spa. Please refrain from smoking within the spa grounds as we would like to provide a healthy environment for all our guests.

We recommend that you leave all jewelry and valuables in your room's safety deposit box before coming to the spa. Please note the spa will not take responsibility for lost or damaged items of a personal nature.

Please note that the spa is an unsuitable environment for babies and small children. We try to ensure that all our guests benefit from the tranquil surroundings and ask you to be mindful of this when bringing young children to this location.

All treatments will be charged to your room and will appear on your account at the time of check out.

Please allow at least 6 hours' notice for cancellations to avoid a 50% cancellation charge; Cancellations without notice will incur a 100% charge.

