



# The Aspara®

Goodwood Park Hotel  
22 Scotts Road Singapore 228221  
Tel: (65) 6732 3933

## SPA MENU

### À LA CARTE TREATMENTS

#### MEMORABLE MESSAGES

**TENSION RELIEF BACK MASSAGE**  
30MINS **\$74.90**  
A massage focused on bringing relief to tired shoulders and back areas.

**HEAD, SCALP & SHOULDER MASSAGE**  
30MINS **\$74.90**  
A massage targeted at these areas.

**SWEDISH MASSAGE**  
60MINS **\$112.35**  
Ever popular European style massage using all the classical massage movements loved the world over. Massage uses our very own specially blended Aspara Tranquil Massage Oil containing Citrus and Lavender Essential Oils.

**AROMATHERAPY MASSAGE**  
60MINS **\$133.75**  
A soothing and very relaxing body massage using our very own custom blended Aspara Aroma Massage Oils. Selection includes Sunshine Burst, Blue Sky, Cool Breeze and Mountain Mistral Aroma Oils.

**BALINESE MASSAGE**  
60MINS **\$133.75**  
Savour an ancient tradition handed down through the generations. This style massage uses rolling movements and long strokes, finger and palm pressure.

**THAI MASSAGE**  
60MINS **\$133.75**  
Traditional Thai style massage using pressure point techniques, muscle stretching and rhythmic movements of gentle rocking to reduce stress and muscle aches.

**HOT STONES AROMA MASSAGE**  
75MINS **\$149.80**  
Therapeutic massage using heated volcanic basalt stones to bring relief to tired and sore muscles. The heated stones are placed upon strategic points of the body to promote blood circulation and soothe sore muscles. A warm and relaxing massage is delivered using essential oils to further enhance the experience of well-being.

**AROMA MERIDIAN MASSAGE**  
90 MINS **\$176.55**  
A unique massage utilizing the benefits of aromatherapy combined with Chinese belief of Yin and Yang. A warm compress of flowers and herbal extracts is used to heat up the body's meridian pathways to stimulate acupuncture points. A pleasant massage is delivered using warm aromatic essential oils.



## BODY WRAPS

### DETOXIFYING SEAWEED WRAP

60MINS

\$160.50

A luxurious cocktail of seaweeds and marine ingredients will leave your skin glowing and satiny smooth. Includes Body Scrub using Plant & Marine Extracts.

### DEAD SEA MUD BODY WRAP

60MINS

\$160.50

A skin brightening and skin healing body wrap using Dead Sea Black Mud. Skin is prepared with body exfoliation using Dead Sea Salts.

## WATER THERAPY

### DETOXIFYING HYDRO MASSAGE BATH

20MINS

\$69.55

Powerful water jets in this computerized hydrotherapy tub will recharge and ease away muscular tension. This treatment has detoxifying benefits, promoted through improved blood circulation.

### AQUALUX MINERALS BATH

20MINS

\$69.55

Simulate bathing in the Dead Sea. The only one in the Asia Pacific, it combines whirlpool relaxation and safe sunbathing. The minerals enriched waters have skin healing benefits, whilst the floating sensation improves relaxation and reduces stress.

### FLOWER BATH

20MINS

\$69.55

Feel like a princess! Enjoy our fragrant bath of flowers.

## MOISTURISING FACIALS

### CLASSIC FACIAL

90MINS

\$107.00

A hydrating facial for all skin types. A mask suitable for your skin will be used.

### PURIFYING FACIAL

90MINS

\$107.00

A purifying facial designed for impure oily skin. Will eliminate excess sebum and remove blackheads.

### MARINE SEAWEED FACIAL

90MINS

\$144.45

A hydrating facial using marine modeling mask made with marine ingredients from the seas off the coast of Brittany, France.

### ALGIMUD WHITENING FACIAL

90MINS

\$165.85

A luxurious skin whitening facial using the combined efficacies of Dead Sea Mud and Seaweeds. Has skin freshening and skin whitening benefits.

### COLLAGEN FACIAL

90MINS

\$165.85

An intense moisturizing facial using enriched collagen to rejuvenate and refresh tired skin.

### HYDRALIFT FACIAL

75MINS

\$165.85

A facial for all skin types targeted at regulating, purifying and brightening your skin. Using the Radiance Mask with marine extracts, this facial also has an instant lifting, firming effect.

### EYE TREATMENT

75MINS

\$107.00

A moisturizing treatment targeted at the eye contour area.



## BODY EXFOLIATION

### BODY GLOW

30MINS

\$64.20

Our signature body scrub using Swiss Made Aspara Gommage will leave skin petal soft and silky smooth. This marine and plant extracts gommage will rejuvenate and refresh dull skin.

### SUGAR BODY SCRUBS

30MINS

\$64.20

Our signature scrub using Sugar Crystals! Three choices are available, Lavender, Orange and Lime. Essential Oils like Lavender, Orange or Lime are blended with Sweet Almond, Macadamia Nut and Jojoba Oils for an effective, skin softening experience.

### JAVANESE LULUR

30MINS

\$64.20

Traditional Javanese treatment using a blend of spices, yoghurt and sweet woods.

### MINERAL SALTS BODY BRUSHING

30MINS

\$64.20

Health giving Mineral Salts will break down fatty deposits, exfoliate dead skin cells, and stimulate blood circulation.

## BEAUTY TREATMENTS

### LOVELY HANDS TREATMENT

30MINS

\$64.20

Pamper your hands with this luxurious hand treat using paraffin wax. Hands are moisturized and relaxed with a hands massage.

### PARAFFIN FEET TREATMENT

30MINS

\$69.55

Treat your feet to this pampering paraffin wax feet treatment and foot massage.

### MINTY FOOT MASSAGE

30MINS

\$69.55

Treat your soles and recharge tired feet with this relaxing massage.

### FOOT REFLEXOLOGY

45MINS

\$85.60

Traditional foot reflexology using pressure point massage to soothe and relieve the feet.

# BEAUTY SERVICES

## PAMPERING SERVICES

### MANICURE

60MINS

\$42.80

### DELUXE SPA MANICURE

90MINS

\$90.95

### PEDICURE

60MINS

\$48.15

### DELUXE SPA PEDICURE

90MINS

\$90.95

### EYEBROW SHAPING

15MINS

\$21.40

## WAXING

### LIPS / CHIN / BROWS

15MINS

\$26.75

### UNDERARMS

20MINS

\$32.10

### BIKINI

30MINS

\$37.45

### HALF LEG

40MINS

\$53.50

### FULL LEG

60MINS

\$80.25



# SPA PACKAGES

## STRESS RELIEF

Reduce your stress by indulging in these two tension release treatments. Your choice of Swedish or Aromatherapy Body Massage followed by your choice of water therapy (Detoxifying Hydromassage Bath or Aqualux Minerals Bath).

80 MINS

\$171.20

## BODY BLISS

Rejuvenate and recharge your tired body with two perennial spa favorites. The treatment starts with your choice of Dead Sea Salts Body Brushing or Body Glow Exfoliation using marine and plant extracts, followed by your choice of Swedish or Aromatherapy Body Massage.

90 MINS

\$171.20

## JET LAG REVIVER

Recover from your jet lag with these invigorating body treats. Start with a body exfoliation Body Glow treatment using marine and plant extracts, followed by a relaxing Swedish Body Massage. End with your choice of water therapy treatment (Detoxifying Hydromassage Bath or Aqualux Bath).

110 MINS

\$214.00

## JAVANESE LULUR PACKAGE

Unveil the secrets of legendary Javanese Beauty. Traditionally practiced by Javanese Brides this package consists of Javanese Lulur Body Scrub, Traditional Massage and Lovely Bath of Flowers.

120 MINS

\$214.00

## OCEAN SPA DELIGHT

This detoxification ritual provides for three delightful spa treats comprising of Dead Sea Salts Brushing, Detoxifying Seaweed Body Mask and ending with a tension relieving Aromatherapy Body Massage.

120MINS

\$224.70

## BEAUTY INDULGENCE

Indulge yourself with three exquisite beauty treats consisting of your choice of Classic Facial or Marine Seaweed Facial, Lovely Hands Paraffin Wax Hand Treatment and Aromatherapy Body Massage.

180 MINS

\$235.40

# COUPLES' PACKAGES

Indulge and pamper your loved one and yourself.

## TRANQUILITY AT THE ASPARA

- Choice of Swedish, Aromatherapy, Balinese or Thai Body Massage.
- Choice of Flowers, Dead Sea Minerals Bath

80 MINS

\$321.00 Per Couple

## HARMONY AT THE ASPARA

- Choice of Body Scrub or Minty Foot Massage
- Choice of Swedish, Aromatherapy, Balinese or Thai Body Massage.
- Choice of Flowers, Dead Sea Mineral Bath

110MINS

\$417.30 Per Couple

# SPA PARTIES

Get together and indulge in our Spa Parties. Perfect for Hen Parties, Corporate Groups and Birthdays.

- Choice of Swedish or Aromatherapy Body Massage.
- Choice of Paraffin Hand or Feet Treatment.

GROUP OF 4 - \$749

GROUP OF 6 - \$963

