



DEVARANA  
WELLNESS

# Achieve Optimal wellbeing

Our 21st century society exists in a fragmented state,  
the fast pace of life has changed enormously over the last 20 years.

We complex beings have found a way to overcomplicate much of life, as a result  
we are overstimulated which is creating an inner “unrest”.

This can create an imbalance of the body elements and the mind, leading to unhealthy  
emotions that can manifest into poor physical and mental health.

# A Wellness Solution

We approach these aspirations by way of a deceleration method, one that supports purposeful restoration, while creating intentional habits and rituals that pave the way for sustained emotional and physical resilience.

Traditional Thai healing wisdom that harnesses Buddhist Wellness principles, places a primary focus on Destressing, Detoxing and your deep restorative sleep.

“The experience of making a pause, you start connecting within yourself.

“You Pause. You focus. You Grow.”

A woman with dark hair tied back, wearing a white tank top and light-colored pants, is sitting cross-legged on a sandy beach. She is looking down with her eyes closed, in a meditative state. The background shows the ocean and a cloudy sky.

# Pause

## Emotional Detachment

Listening to your mind, these are the moments we stop, slow down, breathe, decelerating from our daily lives allowing for purposeful restoration.

[Meditation & Mindfulness](#)

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A person is lying on their back on a massage table, receiving a massage. Their arms are raised above their head. A therapist's hands are visible, working on the person's back. The background is blurred, showing other people and a bright, airy environment.

# Growth

## Community

Inspired to create intentional habits that pave the way for sustained healing, education, and continued wellness community support and group involvement.

[Couples – Time together](#)

[Workshop and classes](#)





# Meditation & Mindfulness

Develop a stronger sense of being in the present and working toward self-improvement.

60-minute guided meditation will help teach you simple stages and practical tools to start your very own meditation practice or deepen your already established meditation practice in this session.

60 mins – SGD 700.-/couple/session\*\*

60 mins – SGD 320.-/group/session\*\*

\*A group session is offered for a minimum of five people.

\*The session is held every Tuesday and Sunday at 10:00.

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).





# Massage

## Classic Thai Foot Massage (60 mins)

SGD 170++/session

This treatment is highly effective in releasing full body tension through a rejuvenating ritual of foot cleansing and pressure point massage. Pressure is applied to stimulate points corresponding to major body parts and organs, restoring balance and harmony to the body.

## Body Balancing Massage (60/90 mins)

SGD 170++/230++/session

This ultimate relaxing massage uses long, soothing strokes to induce relief from stress and tension while stimulating blood circulation. Pressure can vary from soft to medium, in accordance to your personal preference.

## Therapeutic Massage (60/90 mins)

SGD 180++/250++/session

A restorative muscle therapy, sometimes known as Deep Tissue Massage - whereby the therapist uses targeted sustained pressure and kneading of your muscles that provides tension relief for real and immediate results.

## Pre-Natal / Post Natal Massage (90 mins)

SGD 230++/session

Experience head-to-toe Pre or Post Natal Massage to improve circulation, relieve back pain to minimise discomfort and nourish your skin with coconut oil to prevent stretch marks.

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).





# Massage

## Golf Performance Massage (90 mins)

SGD 250++/session

Golf is very physically demanding. An effective golf swing requires strength, stability, explosive power, flexibility and athletic ability. The compound effect of these repeated large forces on the body can lead to many different types of injuries or strains. Our approach will help to relieve pain, increase range of motion and improve overall performance.

## Hot Stone Massage (90 mins)

SGD 250++/session

A highly recommend treatment for energy flow that treats deep muscular tightness and discomfort with an elevated hot stone treatment and signature blend oils

## Thai De-Stress Healing Therapy (90 mins)

SGD 270++/session

This stress relieving therapy uses Thai balm with warm oil and healing herbal packs great for arthritis, back pain, stress relief and many other common ailments. Combined with a preferred mix of subtle stretching and dry pressure point techniques with firm strokes along the meridians to relieve pain, detoxify your body and finishes with deep relax scalp massage.



# Signature Experiences

## Ancient Thai Massage (90 mins)

These healing techniques are based on the spirit of Traditional Thai healing wisdom and Wellness principles. A holistic remedy aimed at recovery from wear & tear on the mind and body.

Employing methods of deeply sustained pressure with warm herbal compresses and Tok Sen tools with yogic stretching. Transcendence is obtained via mindfulness and breathwork that harmonizes the flow of energy and Sen.

SGD 250++/session

## Devarana Massage (90 mins)

Exclusive to Devarana Spa, this unique massage combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate soothing and pampering experience. The signature massage come together with a bowl of hot water with freshly sliced lime and orange for respiratory clearing.

SGD 250++/session





# Body Treatment

## Thai Herbal Antidote

These healing treatments includes a full body oil massage, exfoliation or detoxification.

An approach inspired by our very own nature’s gardens;  
a blend of herbs, salts, clays and muds.

Choose either a massage or scrub or both including wrap, in a personal consultation which will guide your selection of ingredients to match your wellness goals. An incredible connection to the foundation of Natural medicine.

Destress | Detox | Deep Sleep

(60 mins) <b>Massage</b>	(45 mins) <b>Scrub</b>	(105 mins) <b>Massage + Scrub</b>	(60 mins) <b>Body Wrap</b>
SGD 170++/session	SGD 130++/session	SGD 280++/session	SGD 160++/session

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).





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## Skin Health Facials

### Replenishing Marine Facial (60 mins)

SGD 180++/session

A mineral-rich facial designed to rehydrate and replenish the skin, leaving it gloriously renewed. Using several different kinds of seaweeds with aromatic oil and plant extracts, this wonderful maritime face rejuvenation is very gentle even for those who have sensitive skin condition

### Men's Skin health (60 mins)

SGD 180++/session

Designed for men's unique skin care needs, a facial dedicated to eliminating signs of fatigue and aging. A healthy and handsome look, this treatment deeply cleanses, tightens skin pores, and removes impurities.

### Brightening & Detox Facial (60 mins)

SGD 190++/session

Nourishing, soothing essential oils and almond oils are combined to gently eliminate impurities and dead cells, soothe away redness, and restore hydration for a flawless complexion. Perfect for dry and sensitive skin.

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).





## Skin Health Facials

### Lifting & Firming - Anti-aging (90 mins)

SGD 250++/session

Combat signs of ageing and maintain a youthful complexion with our therapeutic blend of seaweed and carefully selected minerals. The wrinkles are less visible, leaving skin firm and radiant.

### Signature Facial Treatment (90 mins)

SGD 250++/session

Reveal skin that glows each day with natural health and beauty. By assessing your skin, lifestyle and wellbeing needs, our Devarana Spa experts create a truly personalised and results-focused facial experience using THANN Aromatherapy and skincare products that restores a long-lasting skin that looks clear, radiant and calm.



# Incremental Wellness

30-minute sessions that specialize on both body & mind with a focused approach. Can be added to any other treatment or program or enjoyed on their own.

## Herbal Compress Back Massage

SGD 90++/session

Focused on the neck, shoulders and low back, this massage places lightly steamed compress on the back and lets their heating effect to relieve aches and pains as well as stimulating blood circulation. After the compress, soothing hand movements work into the muscle and soft tissue to relieve stress and tension.

## Bath Therapy

SGD 90++/session

Various types of warm-water soaks used to speed wound healing, to apply gentle heat to sore muscles or joints, to relieve emotional stress, or to treat a variety of physical disorders ranging from sports injuries, rheumatoid arthritis to chronic sinusitis.

Milk & Roses | Cold immersion Bath | Mineral Salt

## Oriental Head Massage

SGD 100++/session

Let your therapist knead your stress and headaches away with this intense and effective full head and scalp massage, improves flexibility and blood circulation within the head. Guests can choose to enjoy this massage with or without oil.

## Back, Neck & Shoulder & Scalp Therapy

SGD 100++/session

Personalised to your unique needs, this Traditional Thai Balm Aromatherapy and massage blends relaxes tense muscles, re-energises your body and calms your mind. Perfect ache relief to iron out tension and pain.

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# Holistic Wellness Program

## Destination Rejuvenation (150 mins)

SGD 360++/700 ++ /session

Say goodbye to stiffness, aches and pains and bring your travel-weary body back down to earth with a Body Scrub, followed by a Therapeutic Massage and a 30-minute Relaxing Facial.

## Sleep Antidote (180 mins)

SGD 400++/780++/session

Sleep deprivation strikes all of us at some point in our lives. Treat yourself to a well-earned rest with a relaxing therapy designed to help you drift into a restful nap. Includes a Lavender Body Scrub, a Hot Milk Bath, and a Body Balancing Massage.

## Balance (180 mins)

SGD 400++/780++/session

Fast-track your way to a peaceful state of mind with a 90-mins facial treatment followed by our signature Ancient Thai massage therapy that blends three techniques for maximum recovery.

## Mother2be (120 mins)

SGD 300++/session

This treatment includes our Pre and post-natal massage and Natural facial with soothing cucumber, yogurt and honey for fresh and relax the body.

Includes: Pre or Post Natal Massage and Natural Facial



# Signature Package

Singaporean Delightful Journey (120 mins)

SGD 300++/session

This unique spa program starts with a body scrub inspired by Singapore famous dessert called “Cendol”, blending sugar, coconut milk, the leaves and juice of fragrant pandan with a hidden jackfruit scent. The freshly made scrub moisturises your skin with its pleasingly delicious smell, followed by deep tissue massage techniques performed mostly with the elbows for the ultimate body and mind reviver.

All prices are in Singapore dollars, subject to 10% service charge and prevailing government tax (GST).



# Signature Package

## The Heavenly Nantha Garden Experience (150 mins)

In the work of ancient Thai literature called Tribhumphraruang, Nantha was described as a garden situated at Heaven's gate, with magical flowers and herbs. Devarana Spa's signature treatment brings the divine Nantha Garden to life by mixing fresh tropical leaves and water lily flower with aromatic blends of ylang ylang to create a truly heavenly experience.

With the essence of flowers and herbs, this soothing treatment comforts your skin and uplifts your mind through the Devarana Bath and Devarana Body Scrub. Complete the unforgettable rejuvenation with the Devarana Massage that combines strong pressures of Thai, Ayurveda and Shiatsu techniques with Swedish and Aromatherapy influences for the ultimate in relaxation and pampering.

SGD 350++/session

## The Harmony of Tad Si-the Traditional Thai Medicine (120 mins)

An ancient Thai therapy is based on the Buddhist teaching that the human body is composed of Tad Si or four elements of earth, water, wind and fire. Traditional Thai medicine also believes that diseases are caused due to two main reasons: first, an imbalance of the four elements in the body, and second that the mind is governed by 'ego' and ego leads to unhealthy emotions of attachment, aggression and obscuration that can disturb the body harmony.

The Harmony of Tad Si combines a Thai herbal compress dipped into aromatic oil tailored to each guest's body element, with Thai Massage, incorporating pressure point and stretching techniques to relax muscles, relieve soreness, promote circulation and stimulate the nerve meridians of the body.

SGD 300++/session

# Couples Time Together

## Side by Side Massage (90 mins)

Customize your time together by enjoying our well-being massages together as a shared experience. There’s no hard and fast rule that says a Couples massage is to be strictly for couples. You can also reserve a dual massage with mom, or your best friend.

SGD 500++/couple/session

## Couples Connect (90 mins)

Connecting through unity and a shared experience. Enjoy 60minute side by side Massages, followed by an express facial for her and a foot reflexology for him.

SGD 520++/couple/session

Enhance your journey ever more with this luxurious add in menu. Choose from any of the following treatments that will be blended into the treatment you have already booked, allowing you even more relaxation and results in the same space of time.

## Hot Stone Booster | Face Mask or Eye Mask | Couple Treatment Room

SGD 25++/person/session

## Decelerate Wellness Day Pass

Discover holistic experiences at Devarana Wellness, where you will be immersed in a multi-sensory setting where you can disconnect and feel beneficial lifestyle changes.

### Inclusions:

- A welcome gift set (worth at SGD 56++)
- 15-minutes welcome foot ritual
- 90-minutes personalised massage
- 15 minutes relaxation in spa treatment room with signature Devarana tea
- Two-course wellness menu at Tee Deck
- 60-minutes complimentary use of our three swimming pools and DFiT Gym from 09:00 to 17:00

### A wellness class of choice (choose one of the following):

**PAUSE:** 60-minutes Mindfulness Meditation (at 10:00 on either Tuesday or Sunday)

**FOCUS:** A 60-minutes Core Yoga Flow (at 09:30 on Saturday) or a 45-minutes Thai Passive Stretching class (at 10:00 on Monday – Friday)

**GROWTH:** A 45-minutes DIY body treatment of the day (at 10:00 on Monday – Thursday and Saturday – Sunday)

\*Terms and Conditions Apply

(Kindly note that the pool will be closed for maintenance until 10:00 on every Tuesday)

Package Price: Couple private session SGD 700++/session

Groups of five or more: SGD 320 ++/ person





# Workshops & Classes

Specialty sessions inspired to create intentional habits that pave the way for sustained healing. Education. Continued wellness community support and group involvement.

Sustainable workshops | Crafts | Demonstrations

\*Please refer to our website and most recent Wellness Calendar.

**SGD 35+ +/person/session\***

\*A group session is offered for a minimum of five people and advance reservation is require.

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