

FITNESS

For an invigorating escape, the Fitness Centre is complete with wellness facilities to refresh and re-energise; including fitness equipment such as iPod-compatible treadmills, cross-trainers, bicycles and stepper. Certified trainers are on-hand to provide guidance and assistance, and offer Personal Training Programmes tailored to your needs. Complimentary fruits and homemade detox drinks are available at the refreshment counter.

Gymnasium

The gym is equipped with a range of fitness equipment and trained staff to assist you. Personal training and exercise programmes are available upon request.

Swimming Pool

An outdoor swimming pool offers a quiet area for relaxation from 7 a.m. to 9 p.m. and the Pool Bar offers snacks, cocktails and beverages from 11 a.m. to 7 p.m. Sunscreen, goggles, newspapers, magazines and children's swim floats are available poolside.

Whirlpool, Sauna and Steam Room

Following a vigorous workout, ease your muscles and relax in our indoor Jacuzzi, Sauna and Steam Room. Facilities are mixed-gender; swimwear is required.

Locker Room Facilities

Located within the Fitness Centre are changing rooms equipped with individual showers, vanity areas and toiletries. Socks, t-shirts and shorts are available on complimentary loan.

Membership

The Fitness Centre offers a membership programme with exclusive privileges that include discounts on massage as well as food and beverage in certain outlets within the Hotel premise. Hotel parking is offered to all members at a monthly discounted rate.

The Fitness Centre is located at level two and is open 24 hours, with staff on duty between 6 a.m. to 10 p.m. only. Guest room key card is required for access.

THERAPEUTIC MASSAGES

To relax and unwind, choose from a selection of treatments.

Regent Signature Massage 90 mins \$295

Tailored to suit your needs, this massage uses specialised techniques and custom-blended oils to improve blood circulation, alleviate tension, detoxify and provide full body relaxation and relief.

Aromatherapy 60 mins \$175 | 90 mins \$260

This soothing and gentle holistic massage with essential oils helps to stimulate circulation and induce relaxation through the combined sense of smell and touch, heightening the senses and providing clarity of mind.

Balinese Massage 60 mins \$165 | 90 mins \$245

A combination of long, deep and gentle strokes applied with a special traditional Balinese oil, this treatment gives a sense of overall relief and rejuvenation.

Shiatsu 60 mins \$165 | 90 mins \$245

Shiatsu (meaning "finger pressure") is a Japanese form of body work which does not use oil. Like acupuncture, shiatsu is based on applying pressure on the various acupoints, to remove tension and bring relief while restoring the overall sense of well-being.

Deep Tissue 60 mins \$175 | 90 mins \$260

Using slow and deep strokes that focus on deeper layers of muscles and tendons, this massage is highly effective to ease and relax chronically tense areas such as stiff neck, lower back tightness, and sore shoulders.

Swedish 60 mins \$165 | 90 mins \$245

A full body massage focused on realigning muscles and increasing circulation while stimulating the mind and inducing relaxation.

Foot Reflexology 60 mins \$105

Using a blend of tea tree and ginger oil, this treatment works on the reflex points of the feet, improving circulation and restoring your body back to its natural balanced state.

LYMPHATIC MESSAGES

Face and Décolleté 90 mins \$215

Using a special-blended body oil of Frankincense and Rosehip that brings relief to sensitive skin, and completed with a soothing facial mask for the most nourishing treatment. Experience a sense of relaxation that benefits those suffering from stress, insomnia or anxiety. The detoxifying effects from this manual lymphatic drainage treatment will reduce eye bags and dark leaving you feeling renewed.

Full Body 90 mins \$348

Manual lymphatic drainage eliminates body toxins and excess body fluid, stimulating the blood circulation and boosting your body's immunity against viruses and bacterial infections. It can be performed over the entire body or in specific areas such as where you accumulate fluid retention the legs or abdomen; helping to reduce volume and cellulite (fats). This treatment uses a blend of grapeseed, lemon and jojoba oil.

SKIN EXFOLIATION

Relaxing Body Scrub 45 mins \$105

The treatment begins with a luxurious scrub using natural ingredients and ends with an intense body moisturiser, promising to leave your skin feeling fresh and supple.

Choice of scrub

- Shea Butter and Green Coffee
- Honey and Rooibos
- Tea Tree and Green Clay

In-room Massage

Enjoy your preferred treatment in the comfort of your room. Appointments can be made through the Fitness Centre or our Operator (ext. '0')

Our Therapeutic Massage services and Spa Treatment Packages are available daily by appointment and advanced reservation is recommended. A surcharge of \$25 is levied for appointments before 10 a.m. and after 10 p.m. Refunds, exchanges or cancellations are as per our spa policies.

All prices quoted are in SGD, inclusive of 10% service charge and applicable government taxes.
Other terms and conditions apply.

Regent

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FITNESS & WELLNESS