



WELLNESS & WORKOUT AT ARTYZEN SINGAPORE

Discover our dedicated Wellness & Workout space at Artyzen Singapore, designed to rejuvenate body, mind and soul. It's your oasis for fitness and mindfulness practices while away from home.



THE SPA AT ARTYZEN SINGAPORE

Welcome to The Spa at Artyzen Singapore, where we invite you to explore a comprehensive selection of signature treatments and rituals. Our unique approach combines high-frequency techniques and the therapeutic essence of gemstones to enhance your vitality, restore balance, and promote a profound sense of wellbeing. We use only the finest biocosmetics and organic oils to ensure a truly rejuvenating experience.

We welcome you to visit us for a complimentary consultation to create your personalised spa experience, where harmony and tranquillity gently restore the body, mind and soul.

DURATION CHART

30 MINS

BODY CARE

- Tea Scrub
- Crystal Detox Peeling

60 MINS

FACIAL

- Tea Lifting
- Hydra Cleanse Renewal Facial

MASSAGE

- Customised - 60/90 mins
- Abhyanga - 60/90 mins
- Yuan Qi - 60/90 mins
- Lymphatic Detox - 60/90 mins

BODY CARE

- Ocean Vitality Wrap
- Youth Rejuvenation

JUST FOR HIM

- Hydra Facial

90 MINS

SIGNATURE TREATMENT

- Gemstone Odyssey

BESPOKE WELLNESS TREATMENTS

- Ageless Harmony Ritual
- Tea Infusion Serenity

FACIAL

- Myosculpt

JUST FOR HIM

- Age Defying

120 MINS

BESPOKE WELLNESS TREATMENTS

- Renewal Ceremony

JUST FOR HIM

- The Ultimate Face and Body

Please note that an advance reservation is required.

SIGNATURE TREATMENT

GEMSTONE ODYSSEY | 90 MINS \$280

Our signature ritual, a truly profound treatment, combines Amethyst, Carnelian, Lapis Lazuli and Rose Quartz gemstones with specially infused herb oils to instil clarity, peace and confidence. Throughout history, gemstones and crystals have been used to enhance physical and emotional wellbeing. By incorporating gemstones into our daily lives, we can promote equilibrium and a connection with the universe.

This signature treatment begins with a brief questionnaire to select the most suitable gemstone for your desired outcome, offering options such as Purple Amethyst, Blue Lapis Lazuli, Pink Rose Quartz and Yellow Carnelian. Afterwards, you'll have the opportunity to choose your preferred massage oil from our signature aroma blend.

GEMSTONES

AMETHYST

Known for its calming violet tones, is cherished for its believed ability to reduce stress, enhance inner peace and boost intuition. Linked with the crown chakra, Amethyst is thought to aid in spiritual growth and clarity.

LAPIS LAZULI

Renowned for its vivid blue colour and golden flecks, is cherished for its historical and metaphysical importance. It's believed to boost self-awareness, creativity and wisdom, and is associated with truth and mental clarity.

ROSE QUARTZ

Known for its gentle pink hue, is the "stone of love", associated with compassion and emotional healing. Believed to open the heart chakra, it fosters self-love, attracts positive relationships and aids in emotional recovery.

CARNELIAN

Renowned for its warm and fiery hues, vitality, and motivation-boosting qualities. Thought to stimulate the root and sacral chakras, Carnelian enhances energy, passion, and physical vitality.

SIGNATURE AROMATHERAPY BLENDS

We have specially created four Signature Blends, a collection of the art of aromatherapy to accompany your sensory journey, body treatment and massage.

ELEVATE

Essential Oils: Orange, Lime, Neroli, Cedarwood

ORANGE

Mood-boosting: Promotes a positive, cheerful atmosphere and reduces stress.
Relaxing: Aids in relaxation and stress reduction.

LIME

Invigorating: Boosts energy levels and alertness with its refreshing scent.

NEROLI

Calming: Reduces anxiety and promotes relaxation.
Skin Care: Supports healthy skin and rejuvenation.

CEDARWOOD

Grounding: Balances emotions and promotes stability with its earthy aroma.
Sleep Aid: Enhances sleep quality and alleviates insomnia.

DETOX

Essential Oils: Lemongrass, Cypress, Peppermint, Ginger

LEMONGRASS

Energising: Combats fatigue and promotes energy.
Relaxation: Reduces stress and anxiety through aromatherapy.

CYPRESS

Soothing: Eases anxiousness and stress.
Respiratory Support: Clears congestion and aids breathing.

PEPPERMINT

Cooling: Relieves discomfort such as head and muscle aches.
Mental Alertness: Enhances focus, concentration and alertness.

GINGER

Digestive Aid: Supports digestion and relieves discomfort, including nausea.
Warming: Alleviates muscle pain and discomfort with its warming effect.

EMBRACE

Essential Oils (Bergamot, Green Tea, Rose, Chamomile)

BERGAMOT

Uplifting: Prized for its mood-enhancing aroma and skin-clearing properties, offering a dual benefit of relaxation and skincare enhancement.

GREEN TEA

Antioxidant: Boasts antioxidant properties that can help rejuvenate the skin, combatting signs of ageing and promoting overall skin health.

ROSE

Relaxation: Provides a luxurious fragrance while offering skin-nourishing properties, promoting hydration and aiding in skin regeneration and repair.

CHAMOMILE

Calming: Soothes both body and mind with its calming aroma, while its anti-inflammatory and antibacterial properties make it ideal for skincare, aiding in the treatment of acne and other skin irritations.

REST

Essential Oils: Lavender, Marjoram, Sandalwood, Frankincense

LAVENDER

Calming: Reduces stress and anxiety, promoting relaxation.

Sleep Aid: Improves sleep quality and alleviates insomnia.

MARJORAM

Soothing: Eases tension and promotes relaxation.

Muscle Relief: Relieves muscle pain and cramps.

SANDALWOOD

Grounding: Balances emotions and reduces anxiety.

Skin Care: Moisturises and rejuvenates the skin.

FRANKINCENSE

Meditation and Focus: Enhances mental clarity and concentration.

Skin Health: Rejuvenates the skin and reduces fine lines and wrinkles.

Please note that an advance reservation is required.

BESPOKE WELLNESS TREATMENTS

RENEWAL CEREMONY | 120 MINS \$320

Embark on the ultimate VIP journey, featuring three luxurious treatments.

FULL BODY SCRUB

Indulge in a unique full-body exfoliation with Complexe des 4 Thés® (4 Tea Complex). The scrub combines enzymatic and mechanical exfoliation for silky, hydrated skin. Complement it with our antioxidant-rich Vitalithé Tea for detoxification and a smoother silhouette.

BODY WRAP

Experience our Regenerating Cranberry Wrap, enriched with micronized cranberries for anti-ageing and deep moisturisation, ensuring active ingredients penetrate your skin for full rejuvenation.

MASSAGE

Conclude your VIP journey with a Nourishing Body Balm massage, providing intense repair and moisture.

AGELESS HARMONY RITUAL | 90 MINS \$250

Unwind and rejuvenate with our Eternal Youth Renewal, an exclusive anti-ageing spa experience. This unique treatment combines a deep back massage with our transformative Lift 3D facial.

BACK MASSAGE

Using our Nourishing Body Balm, intensely repair and moisturise your skin with a unique dry-touch formula.

3D FACIAL

This facial contours and revitalises, regaining a V-shaped, smooth and radiant appearance.

TEA INFUSION SERENITY | 90 MINS \$250

Embark on a spa journey like no other with Tea Infusion Serenity. This exquisite ritual combines a full-body scrub, a deep back massage and a soothing foot massage to offer unparalleled relaxation and rejuvenation.

FULL BODY SCRUB

Indulge in a sumptuous exfoliation experience that gently removes dead skin cells without harming your skin's natural balance. This unique treatment transforms exfoliation into a moment of pure indulgence, with a delicate fragrance and an extraordinary sense of relaxation.

BACK MASSAGE

Our Back Massage features the Nourishing Body Balm, an ultra-nourishing, non-oily formula that intensively repairs and moisturises your skin. Its dry-touch texture melts upon contact, providing unparalleled comfort.

FACIAL

MYOSCULPT | 90 MINS \$290

Experience a tailored, non-surgical anti-ageing facial that lifts, remodels and targets wrinkles. This innovative treatment restores firmness and radiance, activating collagen and elastin production. A personalised skin diagnosis guides product selection and massage techniques to meet your unique needs.

TEA LIFTING | 60 MINS \$220

A complete facial treatment addresses initial signs of ageing, rejuvenating the skin with deep hydration. It prevents premature ageing and provides instant plumping with a pure collagen mask infused with hyaluronic acid. It also reduces pigmentation, leaving the skin fresh and well-hydrated while harnessing antioxidant benefits from Green Tea Extracts.

HYDRA CLEANSE RENEWAL FACIAL | 60 MINS \$220

Renew and detoxify your skin with this treatment, perfect for dehydrated, combination or oily skin. It involves double cleansing, a rice powder micro-grain scrub and a radiance mask with moringa extracts. The Ridokis tool enhances treatment effectiveness by promoting skin oxygenation. An invigorating shiatsu massage reinvigorates the entire face.

MASSAGE

CUSTOMISED | 60/90 MINS \$180/250

Experience a fully customised massage tailored to your preferences. Choose from various massage techniques to target your specific areas of concern and select the body parts and duration that suit you. Whether you prefer a back massage, leg massage, arm massage or more, we prioritise your satisfaction and comfort to provide the perfect tailored massage experience.

ABHYANGA | 60/90 MINS \$180/250

Embark on an Ayurvedic journey for profound relaxation and rejuvenation. Our foundation is the Abhyanga, or "oil massage," a deeply relaxing technique that clears stagnant energy using warm oils and variable pressures, guiding you into a state of deep bliss.

This experience begins with a warm oil massage rooted in ancient Indian traditions, customised to rebalance your doshas, whether it's a calming (Vata), draining (Pitta), toning (Kapha), or a comprehensive tridosha effect, to harmonise your energy levels.

YUAN QI | 60/90 MINS \$180/250

Recharge with a traditional Chinese massage and acupressure targeting your meridian points. This revitalising experience sets you on a healing journey, promoting energy and rejuvenation. It focuses on restoring balance to your body's constitution and emotional wellbeing, harmonising the flow of life force energy, known as Qi.

LYMPHATIC DETOX | 60/90 MINS \$180/250

This lymphatic detox treatment features a gentle and deliberate massage technique designed to alleviate edema, swelling, lymphatic congestion and other conditions that require the removal of excess fluids from the body.

BODY CARE

TEA SCRUB | 30 MINS \$100

Delight in a body scrub enriched with Complexe des 4 Thés® (4 Tea Complex), infused with antioxidant and exfoliating particles for irresistibly silky skin. The exfoliant's rich, creamy texture gently removes dead skin cells without harm. Enriched with apricot and macadamia oils, and nourishing shea butter, it keeps your skin well hydrated. Bamboo powder and salts revive your skin's radiance, unveiling incredible softness.

CRYSTAL DETOX PEELING | 30 MINS \$100

Experience our revitalising Crystal Detox Peeling, featuring therapeutic Purifying Swiss Alps Salts from the Anzeindanz Glacier. These salts, rich in therapeutic minerals, boost blood circulation and prevent water retention.

OCEAN VITALITY WRAP | 60 MINS \$180

A detoxifying and purifying Fucus Algae Remineralizing Wrap, featuring a harmonious blend of fresh fucus and lithothamnium, is the perfect choice for effective drainage and abundant remineralisation, revitalising your entire body.

YOUTH REJUVENATION | 60 MINS \$180

Indulge in an authentic anti-ageing treatment with grape pearl elixir, a potent antioxidant that combats premature skin ageing. Backed by scientific research, grape polyphenols are proven to have formidable anti-ageing properties. Combining Chardonnay and the black orchid, this special body paste brings a true revitalising effect to your skin.

JUST FOR HIM

THE ULTIMATE FACE AND BODY | 120 MINS \$320

Experience the ultimate grooming ritual, meticulously crafted for discerning gentlemen. It begins with a rejuvenating back treatment and a full-body massage, concluding with the Hommage Age Defence Mini-Facial. This specialised treatment nourishes and protects the skin from environmental aggressors, leaving you impeccably groomed from head to toe.

AGE DEFYING | 90 MINS \$280

Experience a tailored treatment for remarkable lift, tightening and firming. Our customised facial targets fine lines and revitalises fatigued skin. Enjoy a comprehensive hand and foot cleanse, exfoliation and massage, along with our signature face, neck and shoulder massage for deep relaxation.

HYDRA FACIAL | 60 MINS \$200

The most effective way to replenish hydration. It is a blend of serums and boosters enriched with nourishing antioxidants, vitamins and soothing botanical extracts that hydrate and purify the skin allowing for a hydrated, soothed, refreshed and glowing complexion.

Please note that an advance reservation is required.

WELLNESS EXPERIENCES

Discover a path to self-alignment and inner connection at Artyzen Singapore through our curated wellness experiences. Engage in activities such as yoga, movement meditation, pilates and more, designed to help you harmonise mind, body and soul.

In partnership with **The Dance Circus**, a collective of movement artists raising the standard of wellness programmes via curated, out-of-the-box experiences. They aim to spread the joy of movement to everyone, regardless of age or ability.

Wellness Calendar – October to December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAT PILATES 6:30PM – 7:30PM Level 5 with Vivian Fong	VINYASA YOGA 7:30AM – 8:30AM Level 5 with Joseph Chua	HATHA YOGA 6:30PM – 7:30PM Level 5 with Vivian Fong	RESTORATIVE FLOW 6:30PM – 7:30PM Level 5 with Adelene Stanley / Joseph Chua / Daniel Lorenzo	MAT PILATES 7:30AM – 8:30AM Level 5 with Adelene Stanley
SATURDAY		SUNDAY		
WAY OF THE WATER 11:00AM – 11:40AM Rooftop Pool with Adelene Stanley / Joseph Chua / Daniel Lorenzo		SOUND BATH JOURNEY 9:00AM – 10:00AM Level 5 with Maryam Malek		

ATTIRE & EQUIPMENT

Comfortable exercise attire for all activities at Level 5 or swimwear for Way of the Water. Drinking water, towels, and exercise equipment such as blocks and mats will be provided.

An advance reservation is required, with a maximum of six participants for each activity. Please arrive at least 10 minutes prior to your class.

GROUND

Take root in building a strong foundation for our bodies. Ground focuses on improving strength, flexibility, and posture. The aim is to increase body wellness and awareness.

HATHA YOGA

Set at a slower pace, we bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress.

MAT PILATES

Strengthen your core, improve flexibility, and enhance your posture in this through a series of low-impact mat-based class. Perfect for all levels, especially those looking to move with greater intention and ease.

SOUND BATH JOURNEY

This immersive class begins with gentle intention setting and optional sharing to create a safe, grounded space. You'll explore breath and vocal toning to awaken inner resonance, followed by heart-centred mantras and soulful songs to uplift and realign your energy.

VINYASA YOGA

We bring our focus to the breath and meditation, holding varied poses that condition the body as well as alleviate stress. This practice moves at a faster pace with the intention of improved flow.

GROOVE

Unlock the humdrum of daily life. Groove focuses on softening the body and listening to our natural instincts. Free yourself of judgement and enjoy moving without tags or expectations.

RESTORATIVE FLOW

This guided class blends gentle, conscious movement with deep relaxation, inviting you to reconnect with your body and calm your mind through mindful transitions and restorative postures.

An advance reservation is required, with a maximum of six participants for each activity. Please arrive at least 10 minutes prior to your class.

GROW

Discover your most efficient way of moving with Grow. We dive into principles that can be applied to any expression of movement, be it dance, sport, or life itself.

WAY OF THE WATER

Learn how to move freely — like water. This class focuses on self-discovery where you decide how much of yourself rises to the surface (quite literally). We're looking to reconnect the body and mind in a session where water is our aid.

An advance reservation is required, with a maximum of six participants for each activity. Please arrive at least 10 minutes prior to your class.

FITNESS CENTRE

Welcome to our state-of-the-art Fitness Centre at Artyzen Singapore, equipped exclusively with premium Technogym fitness equipment. Take your workout to the next level by connecting to the Technogym App for personalised fitness training.

DISTINCTIVE FEATURES OF TECHNOGYM

PERSONALISED WORKOUTS

Our cutting-edge Technogym App offers personalised workouts and expert guidance, ensuring that your fitness journey is tailored to your unique needs and goals.

REAL-TIME FEEDBACK

With BIOFEEDBACK technology, you'll receive real-time feedback on essential running parameters, allowing you to make immediate, informed adjustments to enhance your performance.

MOTIVATION AND GUIDANCE

Our Technogym Coach is your personal motivator and guide, dedicated to helping you maximise your fitness potential. With their support, you can make the most of your time and effort.

BEST TRAINING EXPERIENCE

The Technogym Bike offers an unparalleled training experience, complete with personal entertainment and access to live and on-demand classes. Stay engaged and motivated while achieving your fitness goals.

SAFETY AND INTUITION

Plurima is designed to be intuitive and safe for use in environments without professional trainer supervision. Whether you're a beginner or an experienced fitness enthusiast, you can enjoy a secure and effective workout experience.

With Technogym, we're dedicated to providing you with innovative fitness solutions that empower and motivate you, ensuring you reach your fitness objectives while enjoying a safe and personalised journey.

PERSONAL TRAINING

For a tailored fitness experience, do not hesitate to contact with us for personal training sessions.

WELLNESS & WORKOUT REMINDERS

THE SPA AT ARTYZEN SINGAPORE

11:00AM to 9:00PM (last treatment 8:00PM), daily

FITNESS CENTRE

Open 24 hours

SWIMMING POOL

6:00AM to 10:00PM, daily

APPOINTMENTS

We highly recommend booking your treatment in advance to secure your preferred time and service.

ARRIVAL

Please arrive at The Spa reception at least 15 minutes prior to your appointment. This will allow you to enjoy the serene environment and provide us with an opportunity to discuss your treatment expectations.

SPA ENVIRONMENT

Artyzen Singapore is a non-smoking hotel and alcohol is not permitted in The Spa. We kindly request that you refrain from using your mobile phone in the treatment area. We aim to create a peaceful setting for all our guests, so we ask that you keep your mobile devices on silent. The Spa team reserves the right to deny access to individuals whose attire or behaviour may disturb other spa clients.

CANCELLATION POLICY

We understand that schedules can change and we will do our best to accommodate your needs. As your spa time is reserved specifically for you, we kindly request that you provide at least 24 hours' notice for cancellations so that someone else can take advantage of the appointment. Cancellations made within 24 hours will incur a 50% charge, while cancellations within 12 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate pregnancy or injury. If you have any questions or medical concerns, please contact The Spa staff.

VALUABLES

We recommend that you avoid bringing valuables when using our spa facilities. Although we take care of your property, we assume no responsibility for any loss or damage to personal items.

AGE POLICY

The Spa at Artyzen Singapore is reserved for guests who are 18 years of age and older.

PRICING

All prices are exclusive of 10% service charge and prevailing taxes. We accept all major credit cards, or you can charge your treatment to your room. Prices are subject to change without prior notice.