

## SPA ETIQUETTE

### HEALTH MATTERS

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

### SPA ATTIRE

We will provide you with spa attire including a choice of spa underwear or you may choose to wear your own. Alternatively, treatments may be enjoyed without clothing. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### VALUABLES

We provide a secure place to store your personal items inside the spa suite. However, we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

### SPA ARRIVAL

Arriving late may make it necessary to limit the time for your treatment so the next guest is not delayed. Please arrive ten minutes before the scheduled time to check in and prepare to enjoy your treatment.

### CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than six hours from the scheduled appointment time.

Hours of service: 9:00 am to 9:00 pm  
Fitness: 7:00 am to 9:00 pm  
Pool & Beach: Sunrise to Sunset  
Dial Extension Number 6900 for reservations and enquiries.

Bathing Ceremonies and massage services are available in your Hotel suite. Please note a \$30 surcharge will apply. A 20% service charge will be automatically added to all spa services. Prices are in USD and are subject to change without notice.

## INDULGENT ORIENTAL RITUALS

### THE SETAI

Aromatherapy Foot Polish  
The Setai Jade Massage  
Traditions D'Orient Organic Facial  
Asian Style Foot Massage  
Himalayan Crystal Body Polish  
Oriental Bathing Ceremony 180 minutes - 700

### BALI

Aromatherapy Foot Polish  
Ancient Balinese Massage  
Ayurvedic Body Polish  
Balinese Bathing Ceremony 150 minutes - 385

### INDIA

Aromatherapy Foot Polish  
Ayurvedic Abhyanga Massage  
Shirodhara 120 minutes - 380

### TIBET

Aromatherapy Foot Polish  
Himalayan Hot Stone Massage  
Himalayan Crystal Body Polish  
Tibetan Bathing Ceremony 180 minutes - 425

### SIAM

Steam Bath, 90 minute Thai Massage  
(including warmed aromatic herbal bundle therapy)  
Thai Style Foot Reflexology 180 minutes - 450

## THERAPEUTIC MASSAGE

### THE SETAI JADE MASSAGE

A dynamic style to dissolve deep muscle tension and soothe the spirit. Two therapists work in synchronized movements using a variety of techniques including Shiatsu, Balinese, Thai, Swedish and Hawaiian Lomi-Lomi.  
60 minutes - 325

### AYURVEDIC ABHYANGA MASSAGE

An ancient ritual to balance mind and body with warmed therapeutic oils and a special massage technique for each dosha: Vata, Pitta or Kapha.  
90 minutes - 250

### ANCIENT BALINESE MASSAGE

This traditional Balinese style massage includes Balinese palming, stretching, effleurage and pressure point techniques to relieve tension, improve blood flow, ease stress and calm the mind.  
60 minutes - 180  
90 minutes - 235

### TRADITIONAL THAI MASSAGE

Stretching and pressure point techniques originating from ancient times balance the flow of "chi" through energy channels in the body known in Thailand as sen lines. A warmed aromatic herbal bundle is used to relieve areas of tension. This is a non - oil massage, Thai style pajamas are provided.  
90 minutes - 270  
120 minutes - 360

### HIMALAYAN HOT STONE MASSAGE

Shamans from several ancient cultures have used heated river stones as part of their healing practices for centuries. Warm stones are placed on the chakras and then massaged over the body. The heated stones promote a deep state of relaxation soothing away stress and dissolving muscular tension.  
90 minutes - 250

### THAI STYLE FOOT REFLEXOLOGY

Firm pressure is used to stimulate the reflex points in the feet. Float into deep relaxation for a divine sense of balance and well being.  
60 minutes - 180

### DEEP TISSUE MASSAGE

60 minutes - 210  
90 minutes - 275

## REVIVING BODY POLISH RITUALS

### HIMALAYAN CRYSTAL BODY POLISH

100% pure Himalayan Cedarwood and Rose Otto essential oils are combined with salts mined from the foothills of the Himalayas to produce a luxuriant product sourced from nature. This nourishing blend of oils and minerals work to deeply moisturize and improve the texture of your skin. An application of Himalayan Cedarwood and Rose Otto Body Lotion concludes the ritual.  
60 minutes - 175

### AYURVEDIC BODY POLISH

Rosehip seed oil and gotu kola are important ingredients for restorative skin care. These potent botanicals are combined with cardamom oil and walnuts for a silky smooth revitalizing effect. An application of Gotu Kola and Kukui Body Lotion completes the experience.  
60 minutes - 175

### OMEGA 3 BODY POLISH

Exfoliate and invigorate for a radiant skin with a flaxseed oil and antioxidant rich coconut powder body polish. Nourish and protect with an application of Omega 3+ complex and Loquat Body Milk to conclude the treatment.  
60 minutes - 175

### SEA MINERAL BODY POLISH

A synergistic blend of essential oils and sea minerals nourish and soften your skin. Hot towels are applied to infuse the nutrients and essential oils for toning, cell renewal and deep relaxation. The ritual concludes with the application of Rose Body Lotion.  
60 minutes - 175

NURTURING  
ENVELOPMENT RITUALS

AYURVEDIC HEALING ENVELOPMENT

A luxurious gotu kola, rosehip and cardamom oil body polish is followed by a warm cocoon of firming body masque. While you are wrapped a conditioning gotu kola and neem hair masque is massaged into the scalp. A facial cleanse, exfoliation and hydration complete the ritual.  
90 minutes - 260

ARABIAN RHASSOUL ENVELOPMENT

Exfoliation with black soap and a kessa glove is followed by a body envelopment with purifying Moroccan rhassoul mud. While you are

wrapped enjoy a rhassoul and argan oil hair mask, facial cleanse, exfoliation and massage with organic argan oil based products.  
90 minutes - 260

OMEGA 3 SUPPLYING ENVELOPMENT

A lush treatment commencing with a welcoming back massage. Next, a full body exfoliation with molasses and flaxseed oil to remove dull skin cells. Nourishing soy and mango butter are massaged into the skin followed by a body masque of aromatic Vetiver, Mimosa and Babassu envelopment. An application of Loquat Body Milk completes the ritual for a hydrated, smooth and soft skin.  
90 minutes - 260

REJUVENATING  
BEAUTY RITUALS

TRADITIONS D'ORIENT ORGANIC FACIAL

The treatment begins with a relaxing welcome ritual and continues with a cleanse, exfoliation, steam, facial massage, application of masque and moisturizing day cream. Organic Argan Oil is rich in omega 6 and 9 fatty acids for anti-aging and cell renewal. The products are suitable for even the most delicate skin.  
60 minutes - 150

AYURVEDIC INSPIRED SUNDARI FACIAL

A deluxe facial with active botanical ingredients based on Ayurvedic formulations specific to your individual skin condition.

Vata-Dry

Pitta-Normal and Combination

Kapha-Oily

60 minutes - 175

SUNDARI EYE TREATMENT

(May be added to The Sundari Facial)

Cooling Chamomile and Rose reduce puffiness and refine the delicate eye treatment area.

15 minutes - 45

SUNDARI HAND TREATMENT

(May be added to The Sundari Facial)

Anti aging products include a cleanse, exfoliation and hydrating mask.

15 minutes - 45

REN BIO ACTIVE BESPOKE FACIAL

A comprehensive customized results focused facial with deep acting botanical based products free of harsh chemicals and preservatives. Effective Japanese lymphatic drainage and hydration massage techniques are used to enhance toning and moisturization.  
60 minutes - 175  
75 minutes - 220

REN FACIAL FOR MEN

Vitamin C is the most potent anti-oxidant and assists in the production of collagen. This facial removes impurities and refines your skin as it hydrates and promotes cell regeneration.  
60 minutes - 175

REN BIO ACTIVE EYE CARE

A deluxe hydration to treat the delicate eye area.  
30 minutes - 75

REN ARM AND HAND TREATMENT

(includes manicure) 30 minutes - 125

REN LEG AND FOOT RITUAL

(includes pedicure) 60 minutes - 145

SPA MANICURE

30 minutes - 60

FRENCH MANICURE

30 minutes - 75

SPA PEDICURE

60 minutes - 80

FRENCH PEDICURE

60 minutes - 95

ROMANTIC BATHING  
CEREMONIES

ROMANTIC BATHING CEREMONY

Luxuriate in a candle lit oversize terrazzo bath for two strewn with flowers and our 100% pure blend of aromatherapy bath oil and Himalayan bath salts.

ORIENTAL BATHING CEREMONY

White Grapefruit & May Chang

30 minutes - 75

ARABIAN BATHING CEREMONY

Frankincense & Sweet Orange

30 minutes - 75

TIBETAN BATHING CEREMONY

Himalayan Cedar & Rose Otto

30 minutes - 75

BALINESE BATHING CEREMONY

Frangipani & Orange Blossom

30 minutes - 75

LOVE BATH CEREMONY

Love Potion & Rose Petals

(includes champagne and canapés)

30 minutes - 150

THE  
SPA

GHM

A STYLE TO REMEMBER

2001 COLLINS AVENUE

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THE SETAI

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