

shine  
for Sheeraton  
喜来登水疗  
spa



# Spa Treatment Menu

# Shine Spa Signature

## ELEMENTAL BLISS

180 MINUTES

The absolute rejuvenation – a top-to-toe ritual beginning with exfoliation followed by a soothing, balanced “Five Elements” massage. This treatment combines nourishment and hydration for the body as well as moisture-boosting facial for the ultimate holistic experience.

## SHINE FOR TWO

150 MINUTES

Share the joy of relaxation with someone special. Choose from any 90-minute massage, followed by a personalized facial treatment to harmonize the “Five Elements” and address key concerns you may have.

## WOOD

180 MINUTES

Release blocked energy and stress knots with a deeply relaxing and uplifting Lava Bamboo Massage followed by a bespoke facial treatment to harmonise the “Five Elements” and address the key underlying concerns of the skin.

## FIRE

165 MINUTES

This ritual begins with a candle massage to relax your body and nourish your skin followed by a Clear Cleanse Facial to revitalise and purify your skin. A ‘fire’ treatment ritual helps to promote a sense of inner vitality, energy and clarity.

## EARTH

165 MINUTES

A deep relaxing massage using smooth, mineral stones to alleviate tension in the muscles followed by a Radiance and Vitality Skin Brightening Facial to boost your natural radiance.

## METAL

180 MINUTES

Cleanse your body, reduce fluid retention, boost circulation and shift toxins with a warm purifying Kaolin clay mask infused with rosemary, grapefruit and juniper berry before cocooning you in a thermal blanket. A Rejuvenating Age Support Facial to reduce the visible signs of ageing concludes this journey.

## WATER

150 MINUTES

Enjoy the benefits of hydration with an exfoliation to gently shed dead skin cells followed by a rain stick massage to promote sleep. A Moisture Replenish Hydrating Facial is the perfect end to this invigorating treatment to nourish and intensively moisturize the skin.

# Massages

## SHINE SPA SIGNATURE MASSAGE

60 / 90 / 120 MINUTES

This signature aromatherapy massage blends customized essential oil infusions with warm herbal steam towels and heated stones to deliver our truly relaxing signature massage experience.

## MUSCLE MELT

60 / 90 / 120 MINUTES

An ideal combination of massage and natural herbs to soothe muscles featuring ho leaf, lemongrass, nutmeg and rosemary deep tissue massage therapy. This treatment will unravel tension in sore and tight muscles, relieve stress and promote better circulation throughout the body.

## THAI YOGA MASSAGE

60 / 90 / 120 MINUTES

Relax the body with a unique art of healing that combines gentle stretching with massage of the muscles, tendons, pressure points and the body's meridians.

## MINERAL STONE MASSAGE

90 / 120 MINUTES

Revitalize your aching muscles with a deep relaxing massage using smooth, mineral stones to alleviate tension and muscle soreness. A soothing and nurturing massage that gives you a sense of energy and wellbeing.

## LAVA BAMBOO MASSAGE

90 / 120 MINUTES

Relieve negative energy and stress with a deeply relaxing and uplifting Lava Bamboo Massage. This treatment focuses on improving circulation, sensory nerve perception and lymphatic draining.

## PRE-NATAL WELLBEING MASSAGE

60 / 90 MINUTES

The perfect way to get through some of the ailments that women face during pregnancy. This massage is a perfect remedy to ease an aching back, shift fluid retention, reduce the appearance of stretch marks and promote a sense of calm.

*Not offered during the first trimester.*

*Please consult your physician prior to booking.*

## FOOT REFLEXOLOGY

60 / 90 MINUTES

An ancient oriental massage that uses pressure points on the feet to alleviate tension and stress throughout the body. This treatment will leave your body feeling refreshed and rejuvenated.

## FIVE ELEMENT ACUPRESSURE SCALP MASSAGE\*

30 MINUTES

A blissful scalp treatment begins with a hot oil acupressure massage using "Five Elements" oil blends. It calms and centers the mind while also hydrating and nourishing the scalp, leaving hair soft and silky smooth.

# Facials

## **FIVE ELEMENT AROMA FACIAL**

60 / 90 MINUTES

A facial treatment that is customized to harmonize the “Five Elements” and address the key concerns of the skin. Combines healing botanicals, vitamins and marine extracts to feed the skin and restore equilibrium, while creating a more vibrant and healthy complexion.

## **REJUVENATING AGE SUPPORT FACIAL**

90 MINUTES

Improve the skin's nutrition and appearance by reducing the visible signs of ageing using AHAs. This treatment will increase moisture, improve tone, elasticity and radiance of the skin.

## **RADIANCE AND VITALITY SKIN BRIGHTENING FACIAL**

75 MINUTES

An ideal facial treatment to brighten the skin using a fermented black-tea known as the “Elixir of Life” along with AHAs that work together to dramatically invigorate health and enhance the skin tone and texture.

## **CLEAR CLEANSE FACIAL**

75 MINUTES

Our intensive skin detoxification facial includes a double mask of revitalising aloe vera and cucumber followed by a mineral-rich clay mask infused with medicinal benefits of Manuka honey, rosemary and tea-tree. Encouraging micro-drainage of toxins and removal of cellular debris, this treatment will reduce sebum production and pore size and give your skin a new glow.

## **MOISTURE REPLENISH HYDRATING FACIAL**

60 MINUTES

Utilizing patented hydration technology, hyaluronic acid, olive squalane, collagen and bio-oils rich in Omega 3, 6 and 9, this facial treatment will dramatically improve the absorption of nutrients into the skin.

## **AGE SUPPORT EYE LIFT\***

30 MINUTES

Invigorate the delicate skin around the eyes with the benefits of smoothing plant peptides, blue green algae and proteins with targeted lymphatic drainage and acupressure massage. This treatment will control inflammation and darkness around the eyes as well as reduce the appearance of fine lines and wrinkles.

# For Him

## **MEN'S RITUAL**

165 MINUTES

The gold standard in men's relaxation and invigoration. Beginning with a firm, deep tissue massage technique to alleviate tension and soothes muscle tightness, followed by a clear cleanse facial to remove impurities, reduce sebum production to help restore a clear, clean and balanced complexion.

## **DEEP TISSUE MASSAGE**

60 / 90 / 120 MINUTES

A firm and soothing massage that focuses on relieving muscle soreness and aching joints. Treatments can be tailored to concentrate on specific muscular areas or provide a whole body remedial massage.

\*only available in conjunction with other treatments

# Shine Body

## DETOX BOOSTER

90 MINUTES

Reduce fluid retention and improve circulation with a warm purifying Kaolin clay infused mask featuring rosemary, grapefruit and juniper berry, followed by the warmth of a wrap in a thermal blanket.

## MACADAMIA AND PAPAYA BODY SCRUB\*

30 MINUTES

Discover the amazing regenerative properties of macadamia, papaya and tropical super foods combined with an oil and salt scrub, before sealing your body with a cooling cucumber and watermelon seed infusion.

## FIVE ELEMENT SIGNATURE BODY SCRUB\*

30 MINUTES

A sensory delight filled with harmonizing aromas. A gentle exfoliating body scrub infused with the aroma of your choice of our 'Five Elements' oil and fine sea salt. Removes dead skin cells and provide deep nourishment to the skin.

## SHINE BATH\*

30 MINUTES

Drain your tension away with Shine Bath. We prescribe Wood for rejuvenation, Fire for zest, Earth for balance, Metal for detoxifying or Water to soothe.

# Hands & Feet

## SHINE MANICURE

90 MINUTES

This treatment removes dead cells from the hands and arms. Then a massage with rich moisturizing oils softens and brightens the hands, followed by a beautiful wrap including cuticle work, nail file and paint.

## SHINE PEDICURE

90 MINUTES

Sit back, relax and enjoy a unique foot massage ritual, followed by removal of dry and rough skin, a massage and a creamy foot wrap including cuticle work, nail file and paint.

\*only available in conjunction with other treatments

## OPERATING HOURS

### SHINE SPA FOR SHERATON

11:00 AM–12:30 AM

### SALON

12:00-8:00 PM

## RESERVATIONS

Schedule your appointments in advance to ensure your preferred treatment and therapist is available. Bookings made day of service and walk-in appointments are always welcome, based upon availability. All reservations must be secured with a telephone number and major credit card.

## GIFT CERTIFICATES

Shine Spa for Sheraton gift certificates are available for purchase at the spa reception. Our gift certificates are the perfect way to celebrate any occasion, with treatments, bridal packages or predetermined denominations offered.

## PRIOR TO THE SERVICE

Experience the therapeutic benefits of steam, sauna or whirlpool prior to your services. We suggest arriving 30–60 minutes in advance of your treatment.

Prior to the start of your service, please tell your therapist of any medical conditions you may have and the areas you would like to focus on and any areas to be avoided. During your service, please do not hesitate to tell the therapist if you feel any discomfort.

## SMOKING

Smoking in the spa is not permitted.

## CANCELLATION POLICY

4 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

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