

WELLNESS THERAPIES

More than relaxation: therapies designed to restore, rebalance and renew.

Magnesium Muscle Melt Massage

Formulated to target muscular tension and fatigue, this magnesium infused body oil delivers a scientifically supported approach to reducing inflammation and enhancing deep relaxation.

With every application, the body begins to unwind by inducing a deeper state of rest and repair. Ideal for those in pursuit of measurable relief and restorative balance.

Wellness Goals for: Improve Sleep Quality ~ Ease Muscle Tensions ~ Rid Spasms

60 minutes - SGD 180 / 90 minutes - SGD 240

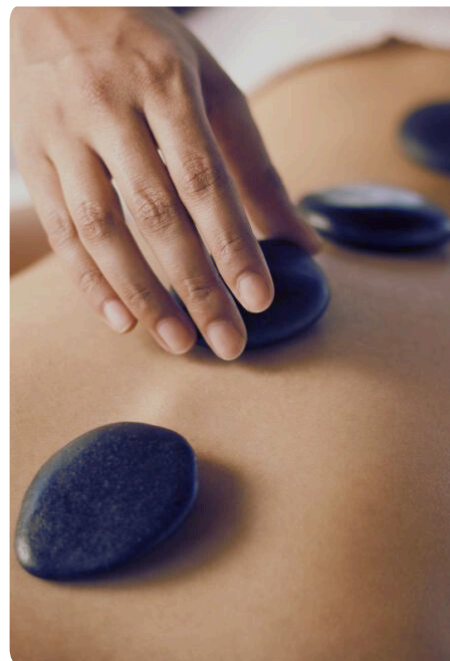
Zinc Infused Restoration

This therapeutic massage harnesses the power of zinc to support skin healing, reduce inflammation, balance oil production, and protect against UV damage.

Rich in antioxidants, it helps strengthen the skin barrier, boost collagen synthesis, and calm acne prone or sensitive skin by offering a deeply restorative treatment that nurtures both skin health and cellular renewal

Wellness Goals for: Cellular Renewal ~ Against UV damage ~ Antioxidants Rich

60 minutes - SGD 180 / 90 minutes - SGD 240



WELLNESS THERAPIES

Purposeful therapies for recovery, resilience and everyday renewal.

Echinacea Immunity Boost

A circulation boosting massage infused with echinacea and immunity enhancing essential oils, designed to support immune resilience.

This revitalising treatment strengthens your body's natural defences while deeply relaxing the senses.

Wellness Goals for: *Strengthen immune system ~ Antibacterial ~ Natural Antibiotic*

60 minutes - SGD 180 / 90 minutes - SGD 240





MASSAGE

Modern healing rituals for body, mind and lasting wellbeing.

Signature Sama

Symbolising infinity, Signature Sama utilises figure of eight techniques to create a therapeutic bespoke experience from head to toe. By enhancing the flow of energy, the rhythmic motion helps to restore balance and harmony by improve circulation, ease tension while providing a deeply relaxation experience.

Wellness Goals for: Restore Balance ~ Relaxation ~ Enhancing Flow of Energy

60 minutes - SGD 170 / 90 minutes - SGD 230

Go Om

This immersive journey begins with meditative singing bowl vibrations that relax the mind into deep tranquility and restore inner balance. Soulful relaxing massage techniques coupled with crystal gemstones calm the body, strengthen mental fortitude and elevate overall well-being for a truly restorative experience.

Wellness Goals for: Deep Relaxation ~ Alleviates Stress ~ Restorative

60 minutes - SGD 170 / 90 minutes - SGD 230

Knots Kneading

An effective post workout recovery therapy which incorporates acupressure, kneading and deep tissue movement to improve soft tissue function, remove lactic acid from aching muscle while enhancing a range of motion to strengthen subsequent athletic performance.

Wellness Goals for: *Rid Lactic acid ~ Ease Muscle Aches ~ Post Work-out*

60 minutes - SGD 170 / 90 minutes - SGD 230

Jetlag No More

Restore your circadian rhythm with this balancing treatment that uses gentle stretches and flowing movements to improve joint and ligament flexibility while reducing fluid retention and puffiness around the legs, feet and face.

Wellness Goals for: *Reset Circadian Rhythms ~ Reduce Fluid Retention ~ Lower Back Care*

60 minutes - SGD 170 / 90 minutes - SGD 230

Stone Soother

Ideal for chronic body aches, relax with the warmth and soothing heat of basalt river stones targeting pressure points with a classical Swedish massage that melts away muscle tension and relieves body strain.

Wellness Goals for: *Soothing ~ Reduce Muscle Tension ~ Relieve Body Aches*

60 minutes - SGD 170 / 90 minutes - SGD 230

Zen and Stretch

An Eastern and Western fusion therapy incorporating heated herbal infused therapy oil as well as effleurage, kneading and light stretching movements that relieve muscle tension and induce a deep sense of relaxation.

Wellness Goals for: *Energising ~ Meridian Pressure Points ~ Alleviates Stress*

60 minutes - SGD 170 / 90 minutes - SGD 230

Mama to Be

A full body massage tailored to meet the needs of the body after twelve weeks of pregnancy. It alleviates lower back aches, fluid retention, relieves fluid retention discomfort and improve circulation. An unscented massage oil is used in this soothing therapy, subject to individual body and medical conditions.

Wellness Goals for: *Lower Back Care ~ Reduce Fluid Retention ~ Improve Circulation*

60 minutes - SGD 180 / 90 minutes - SGD 240

Side by Side

Our favourite couple's therapy. Bond and rejuvenate together with a custom-crafted aromatherapy massage, reconnect and rekindle with quality time spent together.

Wellness Goals for: *Quality Time ~ Mind Calming ~ Relaxation*

60 minutes - SGD 330 / 90 minutes - SGD 450

MEN

Thoughtfully crafted therapies for recovery, prevention and renewal.

Power Back

An invigorating deep pressure upper back and leg calves massage to ease muscular knots and aches; for those who lead an active lifestyle.

Wellness Goals for: *Energising ~ Ease Muscle tension ~ Upper Back Care*

60 minutes - SGD 170 / 90 minutes - SGD 230

Air Pillow

A scalp and foot massage, this relaxing holistic treatment that uses acupressure massage on the head, neck, shoulders and feet to ease tension on targeted areas.

Wellness Goals for: *Relaxation ~ Acupressure Points ~ Foot Care*

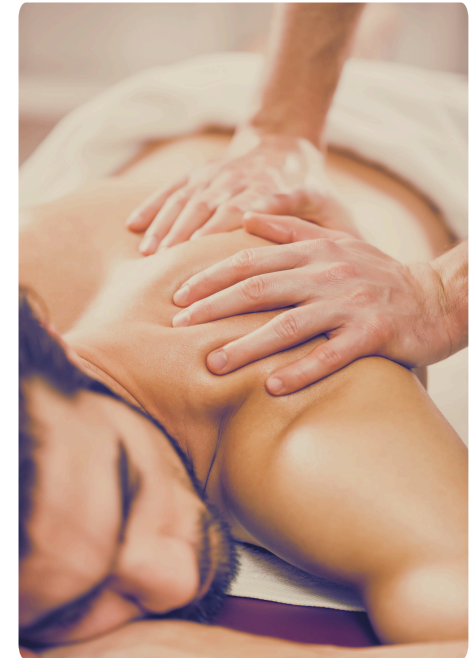
60 minutes - SGD 170 / 90 minutes - SGD 230

The Energiser

This energy boosting treatment combines hot stones and active stretching with uplifting blend aromatherapy oil to alleviate deep seated tension, ease muscular pain and soothes anxiety.

Wellness Goals for: *Energy Booster ~ Alleviate Stress ~ Neck and Lower Back Care*

60 minutes - SGD 170 / 90 minutes - SGD 230



PAMPERING PLUS

Targeted recovery, deep relaxation, and holistic restoration in every treatment.

Knot Today

Pressed for time? A focused back, neck, and shoulder massage designed to release tension, ease muscle tightness, and leave you feeling refreshed.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)

Head in the clouds

Be in cloud nine in this de-stressing treatment to ease those tension areas on the scalp, neck and shoulders. Using gentle and stimulating techniques, this treatment improves blood flow, soothe and calm the nervous system, inducing a deep sense of calm.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)

Sole to Soul

Put your feet up and relieve your aches and pains using massage techniques that are applied to the meridian lines of your legs as well as the reflex zones of your feet.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)

Dry Brushing

Gently exfoliate and stimulate circulation with this add-on treatment designed to promote lymphatic drainage and detoxification. Leave your skin feeling smooth, radiant, and refreshed while re-energizing body and mind. Not available as individual treatment.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)

Basalt Hot Stones

Enhance your treatment with warm basalt stones, easing muscle tension, improving circulation, and promoting deep relaxation for a more soothing spa experience. Please select one of the offerings in massage category.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)

Aloe Afterglow

Calm and cool sun-kissed skin with soothing aloe vera gel, reducing redness and restoring hydration for a refreshing after sun glow. Perfect after a day by the pool.

30 minutes - SGD 60 / SGD 90 (Add-on / Individual)





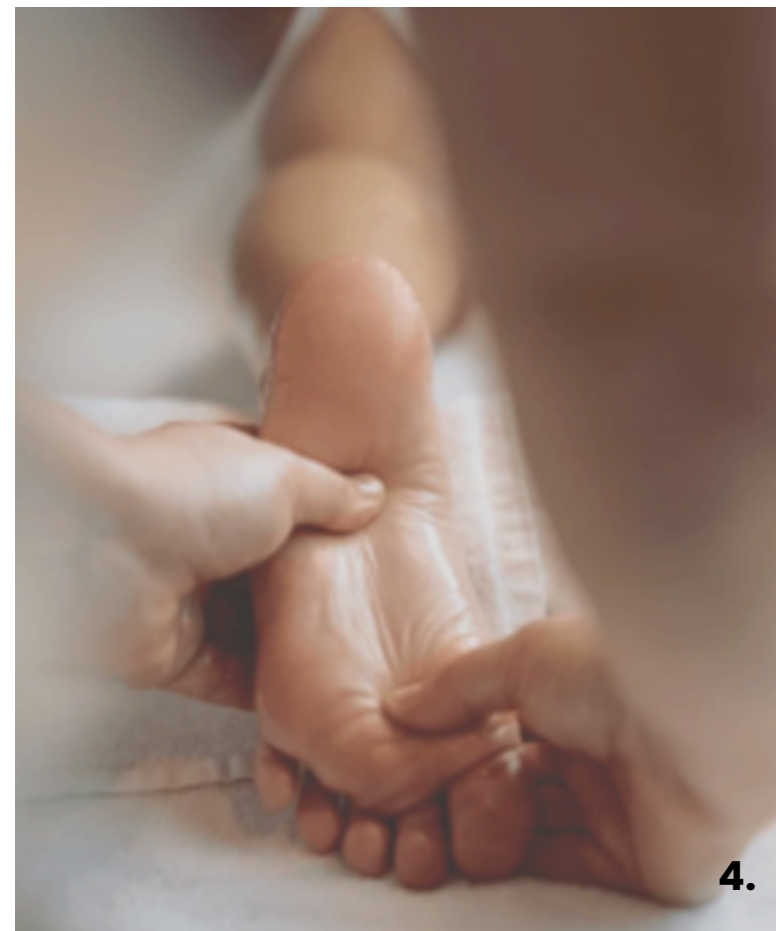
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- 1. SIGNATURE SAMA MASSAGE
- 2. ENSUITE TREATMENT ROOMS
- 3. GO OM MASSAGE
- 4. SOLE TO SOUL PAMPERING PLUS

BATHHOUSE

Experience the restorative benefits of contrast therapy at Sama Wellness. Transitioning between our cold plunge at 9 - 12°C and hot pool at 38 - 42°C supports recovery, circulation, muscle relaxation, oxygen delivery, and overall wellbeing through the body's natural adaptive responses.

Available daily from 10:00 AM – 9:00 PM

Bathhouse (Single Entry)	Residents	Public & Members
Non-Peak: 10:00 AM to 4:00 PM weekdays (Excluding Public Holidays)	SGD 35	SGD 40
Anytime: 10:00 AM to 9:00 PM	SGD 55	SGD 60

All prices listed are nett.





OPENING HOURS

THE SAMA WELLNESS SPA:
10 AM TO 9 PM
(LAST TREATMENT ENDS AT 9PM)

THE BATHHOUSE:
10 AM TO 9 PM

SWIMMING POOL:
7AM TO 9PM

GYM:
24 HOUR

THE
Sama
WELLNESS

THE INITIAL SAMA SERVICED RESIDENCES
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