



## BANYAN TREE SPA PHOENIX SEAGAIA RESORT

### Sanctuary for the Senses

Banyan Tree Spas take a holistic approach to physical and spiritual well-being, providing a sanctuary for the senses. Drawing on Asian traditions that date back centuries, our intimate retreats blend romance and serenity with exotic sensuality. The architecture of our intimate spa draws upon local inspiration to blend seamlessly with the beauty of the natural environment. Our massage treatments are based on evolving techniques that have passed through the hands of many generations. Our health and beauty remedies make use of aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened, completing the experience that defines the Banyan Tree Spa.

**Sense of Serenity:** Calm your mind and draw in the peacefulness of your surroundings. Allow our therapist to offer you a soothing foot bath, herbal drink and a few minutes to leave the cares of the world behind. All banyan Tree sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

## BANYAN INDULGENCE

### Royal Banyan

3-hour Session

Price: ¥ 38,000

This signature treatment adopts a holistic approach to balance and rejuvenate your mind, body and soul. Begin with a Pine tea scrub to aid renewal and stimulate blood circulation, leaving your skin feeling clean, refreshed and glowing. Then simply lie back and experience our exclusive Japanese Hot Stone massage where warm basalt stones are combined with massage techniques to relax your body, creating positive energy flow while promoting a sense of balance and peace. The rhythmic clicking of the stones during the massage produces a meditative and calming effect on your mind. Complete this luxurious indulgence with a delightful Japanese Face Massage followed by a choice of bath to nourish your skin, leaving you feeling completely relaxed and rejuvenated.

Footbath

Pine Tea Scrub

Japanese Hot Stone Massage

Japanese Face Massage

Choice of Bath

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## THE BANYAN DAY

7-hour session

Price: ¥ 65,000

Experience the ultimate pampering experience and total relaxation of the mind, body and spirit with our full-day package. A series of stimulating body treatments comprising of a body scrub, a body conditioner and a massage is the perfect way to begin your day with us.

Take a break; enjoy a nutritious and healthy lunch before continuing your journey to rejuvenation. A top-to-toe regimen is the focus of your afternoon beginning with a nourishing facial. This is followed by an hour-long session focusing solely on your hands and nails. Wrapping up this heavenly day at our spa is a luxurious foot treatment that leaves you feeling completely revitalized.

*Morning:*

Body scrub

Body conditioner

Body massage

*Lunch:*

Spa Cuisine

*Afternoon:*

Facial

Banyan Hand Basics

Banyan Foot Basics

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## THE FIVE ELEMENTS

### Earth

Representing the state of optimum balance, Earth sits at the centre, regulating and nourishing the Five Elements. It is the pivot of the cycle as it symbolises the season of late Summer when the Yang energies of Spring and Summer transforms into the Yin energies of Autumn and Winter.

### Earth Oil

A sensual and soothing oil that promotes balance, reduces muscular aches, relieves anxiety and also serves as an aphrodisiac. Key ingredients include Sandalwood, Jasmine and Clary Sage.

### Gold

Representing the state of Purification and Consolidation, where the energies are purified and conserved for the impending winter. Gold sits in the West and symbolises wealth and prosperity. Characterised by radiance and its essence, Autumn is the season linked with Gold.

### Gold Oil

A revitalising and refreshing oil that calms, purifies and restores the mind and body while enhancing inner spirituality. Key ingredients include Patchouli, Frankincense and Camphor.

### Water

Associated with Winter and extreme Yin, Water is positioned North among the Five Elements. Characterised by the season of rest and stillness, Water Element is meditative and gentle. In Feng Shui, Water element is widely used to promote wealth and good luck and its colour is represented by black.

### Water Oil

A rejuvenating and sedative oil that improves energy flow, stimulates the lymphatic system, treats skin problems and soothes nervous tension. Key ingredients include Geranium, Rosemary and Cypress.

## THE FIVE ELEMENTS

### Wood

Expressed as the season of Spring, where new life begins and hibernation ends, Wood is the start of the Yang energy. Seated East among the Five Elements, it is characterised by growth and renewal. Green is the colour used to represent Wood.

### Wood Oil

An uplifting and energising oil that warms and purifies the body and promotes overall well being. Key ingredients include Cedarwood, Sandalwood and Benzoin.

### Fire

The strongest Yang energy in the Five Elements, Fire is associated with vitality and hot summer. It is the most energetic of the Elements and Yin is used to counter the excessive heat. Situated South among the Five Elements, it is represented by the colour red.

### Fire Oil

A stimulating and spicy oil that sets off your fiery passion and promotes strength. Key ingredients include Ginger, Black Pepper and Cassia.

Note: Vitamin E is used in all the above oils and helps to protect your skin from damage by pollutants, prolong the lifespan of human cells and is an excellent weapon against premature aging and wrinkles.

## YIN YANG

3-hour session

Price: ¥ 36,000

Yin and Yang rest on the concept of the total balance. The five Yin Yang Packages use a combination of treatments mirroring the characteristics of the five elements to induce equilibrium and relaxation.

### Earth

Earth Yin Yang sits in the centre, nourishing the Elements. It regulates and promotes even distribution of energy through the body.

Pamper yourself with a Choice of Massage using Earth Oil to loosen muscle knots and improve energy flow. Then lie back and enjoy a Turmeric and Honey Cleanser to purify and heal your skin. Complete this delightful treatment with an Earth Facial that will leave your face feeling soft and supple.

Footbath

Choice of Massage with Earth Oil (60 minutes)

Turmeric and Honey Cleanser (30 minutes)

Earth Facial (60 minutes)

Refreshments and Relaxation

### Gold

Gold Yin Yang represents Purification where the energies are cleansed and consolidated for the impending winter.

Pamper yourself with a Choice of Massage using Gold Oil that works on the key meridian lines to eliminate toxins and relieve tension. Then indulge in a soothing Melon and Black Sesame Scrub where your body is being gently exfoliated by the sesame seed while the oil from the crushed seeds lubricate and heal your skin. Next, enjoy while our therapist applies a specially formulated Honey Tofu Conditioner containing tofu, honey and rice to your body, leaving it nourished, softened and calm. Complete this delightful treatment with a Choice of Bath.

Footbath

Choice of Massage with Gold Oil (60 minutes)

Melon and Black Sesame Scrub (30 minutes)

Honey Tofu Conditioner (60 minutes)

Choice of Bath (10 minutes)

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## YIN YANG

3-hour session

Price: ¥ 36,000

### Water

Although constantly flowing, Water Yin Yang is meditative, gentle and refreshing. Treat yourself to a Choice of Massage using our uplifting and sedative Water Oil. Then indulge in an Apple and Green Tea Polisher, which is a gentle but effective cleanser that is suitable for all skin types. A Soba Wrap follows, where great skin food like soba, rice and soy are combined to create this delightful body conditioner that stimulates, tones and nourishes your body. Complete this wonderful treatment with a Choice of Bath.

Footbath

Choice of Massage with Water Oil (60 minutes)

Apple and Green Tea Polisher (30 minutes)

Soba Wrap (60 minutes)

Choice of Bath (10 minutes)

Refreshments and Relaxation

### Wood

Representing growth and spring, Wood Yin Yang regenerates and stimulates growth. Indulge in a Choice of Massage using the uplifting and energising Wood Oil. Then pamper yourself with a Wood Facial that uses smooth and gentle strokes to rejuvenate your face. An Almond and Barley Wrap follows where a special ingredient Pearl barley is applied to purify and clear your skin of imperfections. Combined with lemon and almond, this delightful conditioner leaves your body feeling smooth and soft.

Footbath

Choice of Massage with Wood Oil (60 minutes)

Wood Facial (50 minutes)

Almond and Barley Wrap (50 minutes)

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## YIN YANG

3-hour session

Price: ¥ 36,000

### Fire

Symbol of energy, Fire Yin Yang counters excessive bodily heat.

Begin this treatment with an Azuki Scrub, a delicate scrub that is reputed for its medicinal properties and was highly popular with court beauties in ancient Japan. Next, unwind with a Choice of Massage using Fire Oil. Complete this delightful treatment with a Banyan Foot Intensive Treatment that consists of a highly relaxing pressure point massage on reflex points of your feet and a paraffin treatment, leaving you feeling light and pampered.

Footbath

Azuki Scrub (30 minutes)

Choice of Massage with Fire Oil (60 minutes)

Banyan Foot Basics (60 minutes)

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## ELEMENT

2-hour session

Price: ¥ 25,000

Rejuvenate with exfoliating scrubs made from natural ingredient and herbs. Relax with massages that promote circulation and restore balance.

### Earth

Select from a Choice of Massage using Earth Oil that is applied to loosen muscle knots and improve energy flow. Then pamper yourself with a Turmeric and Honey Cleanser to purify and heal your skin.

Footbath

Choice of Massage with Earth Oil (60 minutes)

Turmeric and Honey Cleanser (30 minutes)

Refreshments and Relaxation

### Gold

Pamper yourself with a Choice of Massage using specially blended Gold Oil. Then indulge in a moisturising and soothing Melon and Black Sesame Scrub where your body is being gently exfoliated by the sesame seed while the oil from the crushed seeds lubricate and heal your skin.

Footbath

Choice of Massage with Gold Oil (60 minutes)

Melon and Black Sesame Scrub (30 minutes)

Refreshment

### Water

Unwind with a Choice of Massage using Water Oil. Then indulge in an Apple and Green Tea Polisher to heal and aid in the prevention of skin disorder. Perfect for dry skin, Apple & Green Tea Polisher uses natural fruit enzymes to gently exfoliate while its blend of honey acts as a deep moisturiser for your skin.

Footbath

Choice of Massage with Water Oil (60 minutes)

Apple and Green Tea Polisher (30 minutes)

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## ELEMENT

2-hour session

Price: ¥ 25,000

### Wood

Indulge in a Choice of Massage using Wood Oil. Then pamper yourself with a Seaweed Scrub that is specially blended to detox, cleanse and soften your skin.

Footbath

Choice of Massage with Wood Oil (60 minutes)

Seaweed Scrub (30 minutes)

Refreshments and Relaxation

### Fire

Treat yourself to a Choice of Massage using our spicy and stimulating Fire Oil to counter excessive body heat. Then lie back while our therapist applies an Azuki Scrub that is reputed for its medicinal properties and effectiveness as a delicate exfoliant.

Footbath

Choice of Massage with Fire Oil (60 minutes)

Azuki Scrub (30 minutes)

Refreshments and Relaxation

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## MASSAGES

<b>Island Dew</b>	90-minute session	Price: ¥ 19,000
	120-minute session	Price: ¥ 25,000

Island Dew uses long and slow palm strokes to assist in absorption by your skin and aid skin repair, while the thumb pressure work around your shoulder area relieves tired and tense muscles.

<b>Miyazaki Melody</b>	90-minute session	Price: ¥ 19,000
	120-minute session	Price: ¥ 25,000

Indulge in this soft to medium massage that combines shiatsu acupressure with long palm strokes to improve your blood circulation and release muscle tension from your body. During this treatment, relax while our professionally trained therapist gives a gentle stretch to your legs, improving agility and joint flexibility while assisting your body's natural release of toxins.

<b>Pine Delight</b>	90-minute session	Price: ¥ 19,000
	120-minute session	Price: ¥ 25,000

Inspired by the pine forest surrounding the Resort, this massage was originally created as Phoenix Seagaia's signature massage. The soft, willowy but firm strength of the pine tree is reflected in this relaxing medium to strong full body massage that uses both palm and forearm to produce long flowing strokes that lull your senses into a blissful state of oblivion.

<b>Swedish Massage</b>	90-minute session	Price: ¥ 19,000
	120-minute session	Price: ¥ 25,000

Pamper yourself with this distinctly European full body massage that stimulates blood circulation and soothes tensed muscles. Medium in pressure, it utilises a combination of three basic strokes, long firm strokes, kneading strokes and small circular strokes to reduce stress and soothe you into a complete state of relaxation.

<b>Sports Massage</b>	90-minute session	Price: ¥ 19,000
	120-minute session	Price: ¥ 25,000

Especially designed to release tension from sore muscles and body ache, pamper yourself with this medium to strong pressure oil massage. Relax and feel your tensions melting away while our therapist uses firm and intense strokes to improve and tone your muscles for better mobility and flexibility. This is extremely good for improving energy flow and promoting an overall sense of well-being.

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## SPECIALITY MASSAGES

**Thai Yoga Massage** 120-minute session Price: ¥ 23,000

Pamper yourself with this massage that consists of an overall manipulation of your body using body positions and stretching. This highly relaxing treatment promotes a youthful and supple body. Our therapist will provide you with loose clothing.

**Soothing Comfort** 90-minute session Price: ¥ 19,000

Indulge in this highly relaxing massage that uses a muslin pouch filled with rice flour dipped in warm blended base oil to apply light and relaxing strokes on your body. Also suitable for pregnant ladies and the elderly, this soothing massage provides excellent relief to tired arms, shoulders and legs and helps improve mobility.

**Senses Reviver** 90-minute session Price: ¥ 19,000

Give your feet the attention that they deserve with this delightful foot massage using sesame oil. Specially designed to release tension and provide relief to sore calf muscles and tired feet, this is a highly relaxing and soothing massage that focuses on the reflex points on your feet, leaving them feeling light and relaxed.

**Oriental Crowning Glory** 60-minute session Price: ¥ 12,000

Treat yourself to this soothing massage that uses firm pressure applied to acupoints on your head and neck to unblock energy flow, providing overall relaxation and relief from tension. Warm Sesame Oil, known for its healing properties, is used in this massage.

**Japanese Face Massage** 60-minute session Price: ¥ 12,000

Pamper yourself with this delightful massage that seeks to improve blood circulation to the face by stimulating facial nerves. A facial oil is applied with gentle strokes that aim to enhance nutrient distribution and remove toxins and dead skin cells, leaving your skin feeling fresh and rejuvenated.

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

**Thai Sampler Massage** 45-minute session Price: ¥ 8,000

Thai Sampler is a massage specially created for guests that are pressed for the time. The therapist uses traditional Thai massage techniques and focuses on your back and shoulders to provide instant tension relief. If time is an essence, Thai Sampler is the perfect interval for you.

## ELEMENT FACIALS

90-minute session

Price: ¥ 15,000

### Earth

Suitable for dry and mature skin, this is a nourishing facial treatment that leaves your skin feeling deeply re-hydrated and helps to reduce fine lines and wrinkles on your face.

### Gold

Suitable for normal to combination skin types, this hydrating facial treatment uses massage techniques to improve blood circulation to your face, promoting healthier skin and toner facial muscles. It deeply cleanses and balances skin condition.

### Water

Suitable for fragile and delicate skin, this soothing facial treatment uses pressure point massage to relax tension lines and improve blood circulation for healthier skin.

### Wood

Suitable for sluggish skin, this wonderful facial treatment is excellent for clarifying and renewing lacklustre complexion. It adds radiance to your skin and tones your facial muscles, leaving your face feeling refreshed and alive.

### Fire

Suitable for oily skin, this revitalising facial treatment stabilises and removes excess oil generated by over-active sebum glands. A brief and gentle massage is used to avoid further stimulating your oil glands before a skin balancing mask is applied to purify and tone your skin.

Your session includes a 30 minutes standard spa services which comprise of footbath, shower, relaxation and refreshments.

## **BATHS**

(Offered in addition to our spa packages only)

### **Wine Delight**

A warm and invigorating bath using rice wine, the alcohol content in this bath encourages the eliminate of toxins from the skin.

### **Milky Way**

Reputed for moisturising and softening the skin, our milk bath leaves your skin feeling soft and silky.

### **Seaweed Special**

Seaweed regenerates the skin, stimulates cell activity and improves circulation, leaving your body deeply cleansed and rejuvenated.

### **Citrus Fresh**

Citrus is an excellent moisturiser that helps to improve circulation, relieves aches and tension and softens skin.

## BEAUTY TREATMENTS

### **Banyan Hand Basics**

60-minute treatment

Price: ¥ 8,000

Keep your hands and nails in tip top condition with this regular hand care program comprising a series of treats. Lie back and relax while our beautician cleans, trims and shapes your nails according to your preference. Then enjoy having your hands gently scrubbed and conditioned. A relaxing hand massage completes the treatment.

Hand Soak and Scrub

Nail Maintenance

Citrus Hand Mask

Hand Massage

### **Banyan Foot Basics**

60-minute treatment

Price: ¥ 8,000

Give your feet the attention that they deserved with this foot care routine. Your feet are first given a footbath to cleanse, deodorise and soften your skin before dead skin cells are buffed off. This is followed by a foot scrub and conditioning mask. Next, your nails are cleansed, trimmed and shaped according to your preference. The treatment finishes with a relaxing massage.

Footbath

Citrus Caramel Foot Scrub

Nail Maintenance

Citrus Oatmeal Foot Mask

Foot Massage

### **Perfect Nail Colour**

30-minute treatment

Price: ¥ 2,500

Add a touch of colour to your newly conditioned hand or feet. Select from an exciting range of OPI nail colours for a Vogue look or earth tones for a natural, healthy look. Alternatively, opt for the sophistication of a French manicure.

## **BODY SCRUBS**

(Offered in addition to our spa packages only)

### **Apple & Green Tea Polisher**

Green apples are not only delicious but their citric properties make them effective skin cleansers. Added to this mix of apple and honey, is green tea powder which aids in the prevention of skin disorders.

### **Azuki Scrub**

Known for its medical properties and benefits, Azuki powder is commonly used in scrubs as a gentle exfoliator to effectively remove dead skin cells while other ingredients in this formula works to soften and tighten the skin.

### **Turmeric & Honey Cleanser**

Renowned for its healing and cleansing properties, turmeric mixed with honey and sesame seeds make this a refreshing scrub for all skin types. The oil from the crushed sesame seeds ensure that the skin is not stripped dry by the scrub.

### **Seaweed Scrub**

Rich in minerals, this detoxifying ocean scrub blended with other wholesome ingredients works to rid your body of all toxins as it gently cleanses and smoothes the skin.

### **Melon & Black Sesame Scrub**

A moisturizing scrub suitable for all skin types. Melon soothes & provides hydration, sesame seeds gently exfoliate as the oil from the crushed seeds moisturizes and heals the skin.

### **Pine Tea scrub**

**(Offered with Royal Banyan Package only)**

An invigorating blend of pine powder and tea leaves that effectively removes dead skin cells and revitalizes your senses. Great for all skin types.

## **BODY CONDITIONERS**

(Offered in addition to our spa packages only)

### **Almond & Barley Wrap**

Pearl barley, known to purify and clear skin of imperfection. Blended with lemon, almond and other ingredients, it works as a conditioner to nourish and soften your skin..

### **Soba Wrap**

Three superb skin foods - soba, rice and soya are combined in this gentle formula to tone and stimulate your skin, leaving it soft and silky smooth..

### **Honey & Tofu Conditioner**

Protein rich tofu blended with honey, a natural emollient softens and moisturizes the skin. Great for sensitive or tired skin..

### **Seaweed Conditioner**

Harnessing the detoxifying benefits of seaweed to tone and purify your skin, this mineral rich mask helps to stimulate blood circulation and promotes cell regeneration.

## PLEASE TAKE A MOMENT TO READ THIS

**Etiquette:** To ensure that guests can enjoy the peaceful sanctuary of Banyan Tree Spa, we respectfully request that all visitors keep noise to a minimum. Cellular phones and electronic devices are discouraged.

**Gift Certificates:** Gift Certificates for our spa treatments are available. For more details, please contact our spa receptionist.

**Reservations:** Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking.

**Check In:** Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to avoid reduced treatment times.

**Spa Treatment Hours:** The Spa opens from 10am to 8pm; last treatment ends at 8pm.

**Special Consideration:** Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

**Smoking and Alcohol:** Smoking and consumption of alcohol within the spa is prohibited.

**Valuables:** A box for valuables is provided in the treatment rooms, but we recommend that no jewellery be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**Cancellation Policy:** A 24-hour cancellation notice is required to help us reschedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

**Refund Policy:** Treatment package and spa memberships are non-refundable, non-transferable or non-exchangeable.

**Payment:** We accept cash and all major credit cards. All prices are quoted in Japanese Yens and inclusive of service charge and applicable government taxes (VAT). Prices are subject to change without prior notice. There is a surcharge of 7,000 Yen per treatment, for spa treatments in spa suite.