

# Lifespa

## Signature Facial Treatments

- Ming Dynasty Gua Sha Facial** 60 mins \$200  
Gua Sha Facial, the Eastern Botox Face lift, uses buffalo horn to stimulate circulation and detox, while relaxing tissue muscles from formation of wrinkles. This therapy smoothens fine lines, plumps up, tightens and rejuvenates skin.
- Dermasonic Brightening Facial** 60 mins \$200  
It is a skin perfecter that uses ultrasonic waves to gently exfoliate dead skin cells, dermodex and black heads, thus revealing brighter skin tone. The serum formulated to hydrate, smoothen, brighten and tighten is infused into the skin for a luminous glow.
- Golden Radiance Facial** 60 mins \$235  
Reduces wrinkles and enhances the skin's radiance with gold serum; highly effective in toning and achieving a glowing complexion that radiates from within.
- Absolute White Pearl Facial** 60 mins \$280  
Experience the luxurious beauty ritual used over the last 4000 years by Empress of Royal Court in China. Pearl has been used to beautify skin, lighten scars caused by blemishes, improve elasticity, retain moisture and promote brightening effect.
- Aloe Beauty Elixir Facial** 60 mins \$260  
Microdermabrasion is applied to loosen up dead cells followed by infusion of hydrating serum to ease out fine lines, creating ultra- smooth, soft and supremely elastic skin.
- Stem Cell Age Reversal facial with ultrasound** 60 mins \$280  
Unlocks youth with potent serum to activate the stem cells in your skin and visibly halts the clock. The growth of new cells, production of collagen, elastin and proteins firm wrinkles and slow development of new lines.
- MO2 Oxygen Facial** 60 mins \$388  
Celebrity Facial Treatment. Collagen booster by supplying nutrients and moisture for skin. Gentle Oxygen Therapy to breathe life into tired and dull skin.
- CIM Triple Action Facial** 60 mins \$388  
Whitening, hyperpigmentation control, elasticity recovery and scar renewal by high grade medical skincare – Ingredients form Amazon Rainforest north of Brazil. Using Camucamu (where vitamin C is 50 times higher than oranges), Acai Berry (antioxidant effect is 33 times higher than grapes), and Guarana (biochemical protein for anti-ageing effect).
- EX3 Cell Renewal Facial** 60 mins \$420  
Exfoliation, Extraction, Ex-Termination. Skin conditioning treatment using Aqua Peeling AHA & BHA Solution to remove dead cells, dermodex (parasitic mites) and sebum. Non-irritating peeling machine using soothing ingredients to enhance brightening results, promote cell renewal and elasticity.

# Lifespa

**Cocktail Skin Revival Facial** 60 mins \$438  
A dual treatment to remove mercury, dead skin cells, dermodex and harmful impurities. Transdermal infusion of Repair Cocktail to repair skin structure to reveal luminous skin.

**RF2 Age Defying Facial** 60 mins \$580  
Face contour and skin regeneration using Radio Frequency Heat Therapy to lift saggy skin and smoothen wrinkles. Infusion of luxurious Gold Serum to moisturise and give instant brightening effect.

**PTF2 Skin Rejuvenating Facial** 60 mins \$600  
Photo Therapy Facial to reduce dark spots, fine lines and enhance firming effect. Infusion of Gold Serum with ultrasound for instant radiance. The ultimate facial for brightening effect.

**PTF Advance Facial** 60 mins \$680  
(only available at Orchard Gateway)  
Advanced intense pulse light to stimulate collagen and elastin for skin rejuvenation. Refine coarse pores, relieve elasticity deficiency and acne problems. Removal of pigmentation, fine wrinkles and delay skin aging process. Followed by Crystal Therapy massage to calm and soothe skin condition.

## Classic Facial Treatments

**Clarifying Facial** 60 mins \$140  
A deep pore cleansing & purifying treatment.

**Refreshing Facial** 60 mins \$140  
Soothes & calms sensitive skin.

**Imperial Dead Sea Facial** 60 mins \$150  
Achieves hydration with mineral-rich mask.

**Age Reversal Facial** 60 mins \$160  
Reduces fine lines and wrinkles.

**Acne Elimination Facial** 60 mins \$160  
Reduces inflammation and clears blemishes.

**Collagen Booster Facial** 60 mins \$160  
Hydrates & improves elasticity of skin's collagen whilst toning.

**Skin Refiner Facial** 60 mins \$200  
Renews and rejuvenates the skin with micro-peeling.

**Micro-Current Lifting Facial** 60 mins \$200  
Lymphatic lifting, toning and regenerating.

# Lifespa

## MATIS<sup>PARIS</sup> Signature Facial

### MATIS Paris Cell Expert Facial

60 mins \$438

An elixir of beauty which protects stem cells against free radicals. A professional treatment for luminous complexion and younger appearance using White Rose Stem Cells and Pea Extract. Epidermis suppleness and elasticity are maintained, resulting in remarkably good appearance. An invigorating facial experience that goes beyond glowing, radiant skin and immerses you in a state of deep relaxation.

### MATIS Signature Detoxifying Facial

60 mins \$388

This is a call for all dull and asphyxiated skin. Targeted treatment to bring radiance and tone to the skin while reinforcing the desired effect: draining and detoxifying. An improved cutaneous receptivity and strengthened structure. Stimulated cellular renewal, skin regains elasticity. Detoxified, bright and unified texture. Plump and fully oxygenated sensational skin with a preserved comfort.

### MATIS Discovery Two Texture Facial

60 mins \$268

A unique treatment that gives skin an advantage of time:

- Skin protected from cellular stress, oxidation and glycation (main actors in the signs of skin aging)
- Perfectly plump, healthy-looking skin and the signs of age are pushed away
- Supple, more elastic and fully quenched skin
- Fine lines and wrinkles attenuated, skin is re-inflated from the inside

### MATIS Discovery Time Comfort Facial

60 mins \$238

Skin calmed from the first gesture of care:

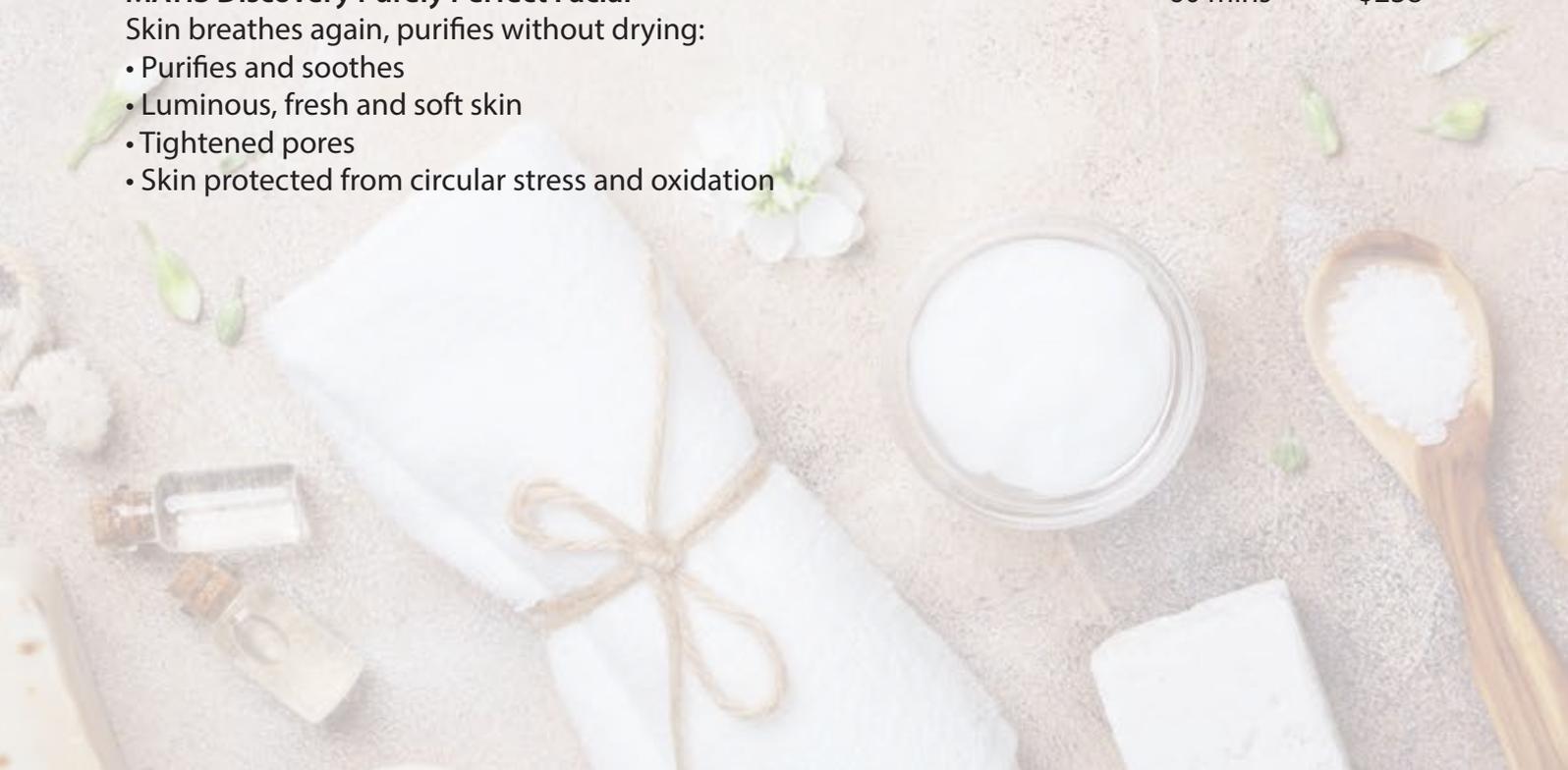
- Fresh and radiant complexion
- Skin looks less vulnerable
- Healing and repair
- Anti-inflammatory and calming effect

### MATIS Discovery Purely Perfect Facial

60 mins \$238

Skin breathes again, purifies without drying:

- Purifies and soothes
- Luminous, fresh and soft skin
- Tightened pores
- Skin protected from circular stress and oxidation



# Lifespa

## Signature Massage Therapies

- Manual Lymphatic Drainage Massage** 60 mins \$200  
45 minute Rhythmic and Relaxing massage to encourage lymph flow in the body, followed by 15 minutes of heat blanket to release toxins and excess fluid, thus reducing swelling and pain. As a preventive and remedial treatment, it can aid post operation healing, clear congestion, treat sinus problems, arthritis, migraine and insomnia.
- Eastern Meridian Point Massage** 60 mins \$260  
Firm touch therapy using thumb, palms and elbow on acupuncture points of the body to mobilise Qi, or life force energy to release blockages.
- Relaxing White Tea Souffle Massage** 60 mins \$260  
East meets West Fusion massage using rhythm, pressure and focus on targeted areas to create therapeutic experience for ultimate relaxation. White Tea extract protects skin from harmful UV rays thus reducing the risk of premature aging.
- Tai Chi Massage** 60mins \$260  
Tai Chi can be translated into the "Supreme Ultimate Force", associated with the Chinese principle of yin-yang to restore the body's natural balance. Tai Chi Massage uses "8 energies" (ward off, rollback, press, push, acupuncture, cupping, kneading and stroking) to improve internal energy flow, thus enhancing vitality.
- Yoga-Stretch Massage** 60 mins \$260  
This massage is designed to promote muscle tension relief, aid injury recovery and bestow a sense of deep relaxation. Our skillful therapists will guide you through partner poses and manipulate your body into deep stretches. Some traditional massage techniques such as acupuncture, compression and joint mobilization are also used to promote positive energy circulation.
- Geranium Healing Helper** 60 mins \$260  
Used by Egyptians to improve skin texture, reduce inflammation, alleviate anxiety and balance hormones, Geranium Body Cream Massage is introduced to improve physical, mental and emotional health. This sweet smelling cream can also uplift your mood, lessen fatigue and promote emotional wellness.
- La La Land/Dream Time Sedative Massage** 60 mins \$260  
A sedative massage using Cedarwood cream which encourages the release of serotonin, converted into melatonin, which induces restorative sleep. The warm wood like scent of aromatherapy is therapeutic, comforting to relief chronic stress and depression.
- Ginseng Body Massage** 60 mins \$260  
This high-performance treatment uses Pure Siberian Ginseng using Ginseng Complex and Ginseng Serum to promote longevity and improve immune system.
- Goat Milk Stressbuster Massage** 60 mins \$260  
Rescue relief massage using mineral rich and ultra-nourishing Goat Milk cream to counteract troubled dry sensitive skin like Eczema/Psoriasis.

# Lifespa

<b>Avocado Delight Body Massage</b>	60 mins	\$260
Body pampering massage using Avocado oil rich in anti-oxidant and vitamins to battle against skin aging process. Prevention of age spots and stimulate collagen production.		
<b>Collagen Firming Body Massage</b>	60 mins	\$260
Relaxing massage with Collagen Firming cream to repair skin condition, reduce signs of aging, sagging skin. Maintain skin elasticity and firmness.		
<b>Power Slim Body Massage</b>	60 mins	\$260
Effective in breaking down fatty deposits and cellulite in localised areas using Cellulite oil.		
<b>Hot Stones Body Massage</b>	60 mins	\$200
Healing hot stones with deep penetrating heat strategically placed along pressure points to relieve sore spots and improve blood circulation. Smooth hot stone massage has sedative effect to relief chronic pain and reduce stress.		
<b>Indonesian Jamu Royale Therapy</b>	60 mins	\$200
Jamu Oil Javanese Massage uses traditional herbal medicine to relief wind, warm the body and improve blood circulation.		

## Prestige Massage Therapies

<b>Alchemy Spa Therapy Massage</b>	75 mins	\$328
A healthy body with combination of three treasures: Essence, Energy, Spirit to balance Ying and Yang by unblocking meridians. Lymph circulation booster which aids in detoxification and drainage. Release tension and sore muscles. Create beautiful body line, lift, firm and give supplement and softness to skin.		
<b>Holistic Wellness Therapy Massage</b>	75 mins	\$388
A luxurious body treatment using 3 different products made from botanical extracts like Neroli, Bergamot, Camelia Oleifera Leaf and Vitamin E. Luxury cream Aroma Healer used for revitalising cells. Stimulates Detoxification channel, improve immune system and increase energy level by 10 fold. Increase womb temperature, hence reducing 90% risk of gynaecological disorder.		
<b>Gateway To Wellness Therapy Massage</b>	75 mins	\$428
This meticulous therapeutic body massage uses hot and cold therapy for multiple beneficial effects including detoxification, body contouring, sculpting and health preservation. Be free from excessive fat and cellulite issues with specialized massage technique designed to activate meridian energy in order to remove blockages.		
<b>BO JIN TREASURE Therapy</b>		
* Upper Back Full Therapy Massage	75 mins	\$398
* Hips Full Therapy Massage	75 mins	\$408
* Legs Full Therapy Massage	75 mins	\$438
Bo Jin Treasure massage therapy is a form of invigorating and recuperative massage which uses specially designed buffalo horn tools to untie the knots deeper into our muscle tissue and tendons. This massage works directly on our meridians to relieve chronic pain, muscle stiffness and help to relieve symptoms that arise from meridian blockage, such as water retention, weight gain etc.		

# LifespA

## Classic Body Massage Therapies

Swedish Body Massage	60 mins	\$150
Deep tissue Body Massage	60 mins	\$160
Javanese Body Massage	60 mins	\$160

## Body Wellness Enhancements

**Thermal Anti-Ache Therapy** 15 mins \$85  
LifeSpa's Anti-Ache Therapy involves the application of heat for 15 minutes to unblock the stagnant Qi channels and activate the meridians in the body. This helps to put the body on the road to recovery.

**Divine Moor Mud Therapy** 15 mins \$128  
Organic Therapeutic mud rich in minerals used by ancient Romans and Egyptians to treat various ailments like joint and muscle pain relief. Pain Management and anti-inflammatory (sports injuries, strains, sprain, skin disorder, arthritis) and detoxification from body tissues.

**Boreh**  
**Upper Back** 20 mins \$100  
**Full Body** 30 mins \$180

## Body Slimming & Shaping

**RF Body Shaping & Spot Treatment**  
Improves cell function and lymph nodes circulation with the removal of cellulite by machine. Treatment for love handles, saddle back, jiggly arms, tightening of loose skin and body shaping effect.

40 mins	\$280
60 mins	\$410
90 mins	\$530

**Vela Shape** 60 mins \$535  
Using non-invasive medical grade machine to achieve instant inch loss after one session. Remarkable results in slimming and specific body part toning. Flush out impurities and attacking superficial fats.

# Lifespa

## Other Spa Treatments

### Eyes & Neck

**Refresher Eye Treatment** 20 mins \$55  
Lymphatic massage & eye mask to soothe and reduce puffiness.

**Eye Refining Treatment With Ultrasound** 20 mins \$180  
Deluxe Eye Treatment with deep penetration of plant extract to diminish dark circle, wrinkles and puffiness using Ultrasonic Therapy.

**Energizing Eye Treatment** 20 mins \$180  
Lymphatic massage and eye mask to detoxify eye area using traditional Gua Sha technique. Release stress, remove dark circles, activate cells and uplift sagging skin around eye area.

**Pearl Neck Treatment** 20 mins \$160  
Infusion of Pearl Powder ingredients by Photon Light Ultrasonic Therapy for deep absorption of essence to repair fibrous tissues and restore elasticity.

**Milia Treatment** 30 mins \$190  
Removes white bumps or cysts without any scarring of skin.

**SRS Phytoha Serum With Ultrasound** 20 mins \$218  
Micro anti-wrinkle filler, a serum-type texture using Skin Rejuvenation Solution to prevent and treat wrinkles with Ultrasonic Therapy. It improves skin tone to give a healthy and radiant look.

### Hands & Feet

**Silky Hands Treatment** 30 mins \$65

**Pampering Feet Treatment** 30 mins \$75

### Ears & Naval

**Holistic Ear Candling** 30 mins \$110

**Detox Naval Candling** 30 mins \$130

### Water Therapy

**Steam bath & shower** 30 mins \$40

**Milky Hydrotherapy** 30 mins \$85

### Body Scrub & Wrap

**Lavendar/Ginger** 30 mins \$85

**Jamu Wrap** 30 mins \$190

# LifespA

## Hair Removal

	PTF	Waxing
Upper Lip	\$150	\$28
Half Arm	\$320	\$55
Full Arm	\$425	\$70
Underarm	\$200	\$45
Bikini	\$250	\$55
Brazilian	\$480	\$75
Half Leg	\$375	\$65
Full Leg	\$535	\$85
Tummy		\$45
Chest		\$50
Back		\$85
Eyebrow Shaping		\$28

*\* All prices inclusive of GST*

## Outlets

### LifespA

phone number  
(65) 6737 6766

whatsapp  
(65) 9231 5084

opening hours  
Monday - Friday:  
10:00 am - 10:00 pm  
Saturday, Sunday & PH:  
10:00 am - 7:00 pm  
Close on Tuesday

email  
info@lifespA.com.sg

address  
218 Orchard Road  
Level 11 Orchard Gateway @ Emerald  
Singapore 238851

first appointment timings at 11:00 am  
last appointment timings  
Monday - Friday: 8:00 pm  
Saturday, Sunday & PH: 5:30 pm

### LifespA PrestigeOne

phone number  
(65) 6339 6966

whatsapp  
(65) 9726 0167

opening hours  
Monday - Friday:  
10:00 am - 10:00 pm  
Saturday, Sunday & PH:  
10:00 am - 7:00 pm

email  
info@lifespA.com.sg

address  
76 Bras Basah Road Singapore 189558  
(5-min walk from City Hall or Bras Basah  
MRT)  
Level 5, Premier Wing, Carlton Hotel  
[via lifts at Premier Wing at Level 1]

first appointment timings at 11:00 am  
last appointment timings  
Monday - Friday: 8:00 pm  
Saturday, Sunday & PH: 5:00 pm

### LifespA PrestigeTwo

phone number  
(65) 6337 6339

whatsapp  
(65) 9171 3143

opening hours  
Monday - Friday:  
10:00 am - 10:00 pm  
Saturday & PH:  
10:00 am - 7:00 pm  
Close on Sunday

email  
info@lifespA.com.sg

address  
76 Bras Basah Road Singapore 189558  
(5-min walk from City Hall or Bras Basah  
MRT)  
Level 4, Carlton Hotel  
[via lifts at Main Tower at Level 1]

first appointment timings at 11:00 am  
last appointment timings  
Monday - Friday: 8:00 pm  
Saturday & PH: 5:00 pm