

## SOFITEL SPA

Revitalise the mind and soul with indulgence and pampering at your fingertips. With a holistic approach to health and wellness, be rejuvenated with our intensive treatments. Our expert therapists and aestheticians, with at least 15 years of experience are dedicated to your wellbeing. Focusing on tranquility in an oasis, fill your senses with our signature scent with bright notes of bergamot, white rose, and jasmine of grasse as expert hands knead, massage and soothe.

### HIGHLIGHTS

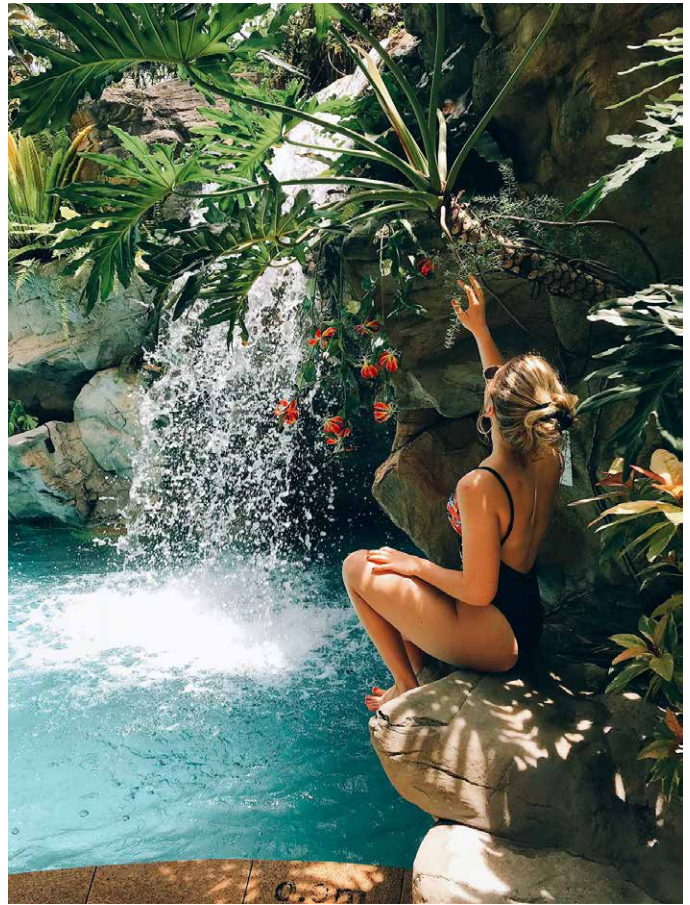
includes 14 indoor treatment rooms, 6 outdoor spa pavilions, a lush outdoor spa garden, cascading waterfalls & rejuvenating pools

#### Sentosa Massage

A wonderfully restorative and pampering massage combining both signature Eastern and Western techniques. It stimulates the energy pathways and recharges overworked muscles to relax the mind and invigorate the body.

#### Opening Hours

Daily from 11.00am to 8.00pm



## SOFITEL FITNESS

World-class sports and recreation are never far away. Stay true to your regime while on holiday. Sofitel Fitness, a state-of-the-art indoor gym is available for your convenience.

A spaced out workout area with open views of lush greenery enveloping you, this unique gym is creatively set up for all your needs. With functional state-of-the-art cardio and strength training equipment, including machines and comprehensive sets of weights.

Want to expand your jogging route? The world is your oyster with numerous scenic routes around the vicinity.

### HIGHLIGHTS

Our 33-meter pool, lined with gleaming aquamarine tiles, is ideal for a refreshing dip or invigorating swim.

Sentosa Island is home to two world-class golf courses; with the Tanjong Course located adjacent to the resort. Pop by the soft sand and calm waters of Tanjong Beach, accessible just 5 minutes from the resort.

#### Opening Hours

Daily from 7.00am to 9.00pm

## ENHANCED WELLNESS SAFETY MEASURES

Maximum of 5 guests allowed at any point in time.

Sanitising mats are placed at the entrance to disinfect soles of guests' shoes.

Self-disinfecting coating applied to all equipment and high-contact surfaces.

Shields are installed between cardio machines to minimise the dispersion of respiratory droplets.

Face mask to be worn when not in the midst of strenuous activities.

Sanitising wipes provided for guests to clean equipment after use.

Prior reservation is required to ensure a lesser crowd during peak hours.

Single-use oils and products to prevent cross-contamination.

All equipment, private areas and treatment rooms are sanitised after each customer.

All treatment rooms are left vacated for at least 30 mins before the next customer.

Face masks should be kept on in public areas and in presence of customers.

All linen and clothing changed after each customer usage.

### SOFITEL SINGAPORE SENTOSA RESORT & SPA

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