

GARDE

HOTEL

WARDERS
COTTAGES



WELLNESS MENU

GARDE

GARDE WELLNESS: A SIGNATURE EXPERIENCE

Immerse yourself in one of the Garde's most distinctive offerings: a luxurious and unique spa experience designed to uplift your lifestyle and bring back the true essence of who you are.

Featuring world-renowned leading Luxury Spa products, in collaboration with Pevonia Botanica.

Our treatments deliver visible results and lasting wellness experience. Guest of all ages are welcomed into a serene environment where exceptional care and transformative therapists await.

GARDE

MASSAGES

RECOVERY MASSAGE

This restorative treatment harnesses the power of therapeutic essential oils to target deep seated muscle tension, enhance circulation and support the body's natural healing process.

60min | \$190 90min | \$240

SERENITY MASSAGE

This gentle treatment will transport you to a complete zen. Long flowing effleurage is best known for soothing your nervous system that heals from within.

60min | \$170 90min | \$220

BACK MASSAGE

A focused treatment for your back, neck and shoulders. Tailored sessions to help you relax and restore.

30min | \$95





FACE & BODY

DISCOVERY FACIAL

A revitalising treatment that deeply cleanses and nourishes the skin, revealing a radiant & refreshed complexion.

30min | \$120

REJUVENATION FACIAL

Skin-specific ampoules, rich in active ingredients, deeply massaged into skin for cellular turnover & face contouring.

45min | \$150

HIGH PERFORMANCE FACIAL

Transformative age-defying facial. Infused with rich Vitamins A, C & E to protect against free radicals, boost elasticity & promote youthful skin.

75min | \$190

BODY SCRUB & WRAP

Gently exfoliate dead cells for silky smooth effect and leaving a luminous glow.

A renewed sense of wellbeing and a body that feels deeply cared for.

60min | \$150

GARDE

EXPERIENCES

COUPLES CONNECTION

Enjoy this indulgent package by choosing any Body Massage followed by a discovery facial.

90min | \$490

COUPLES MASSAGE

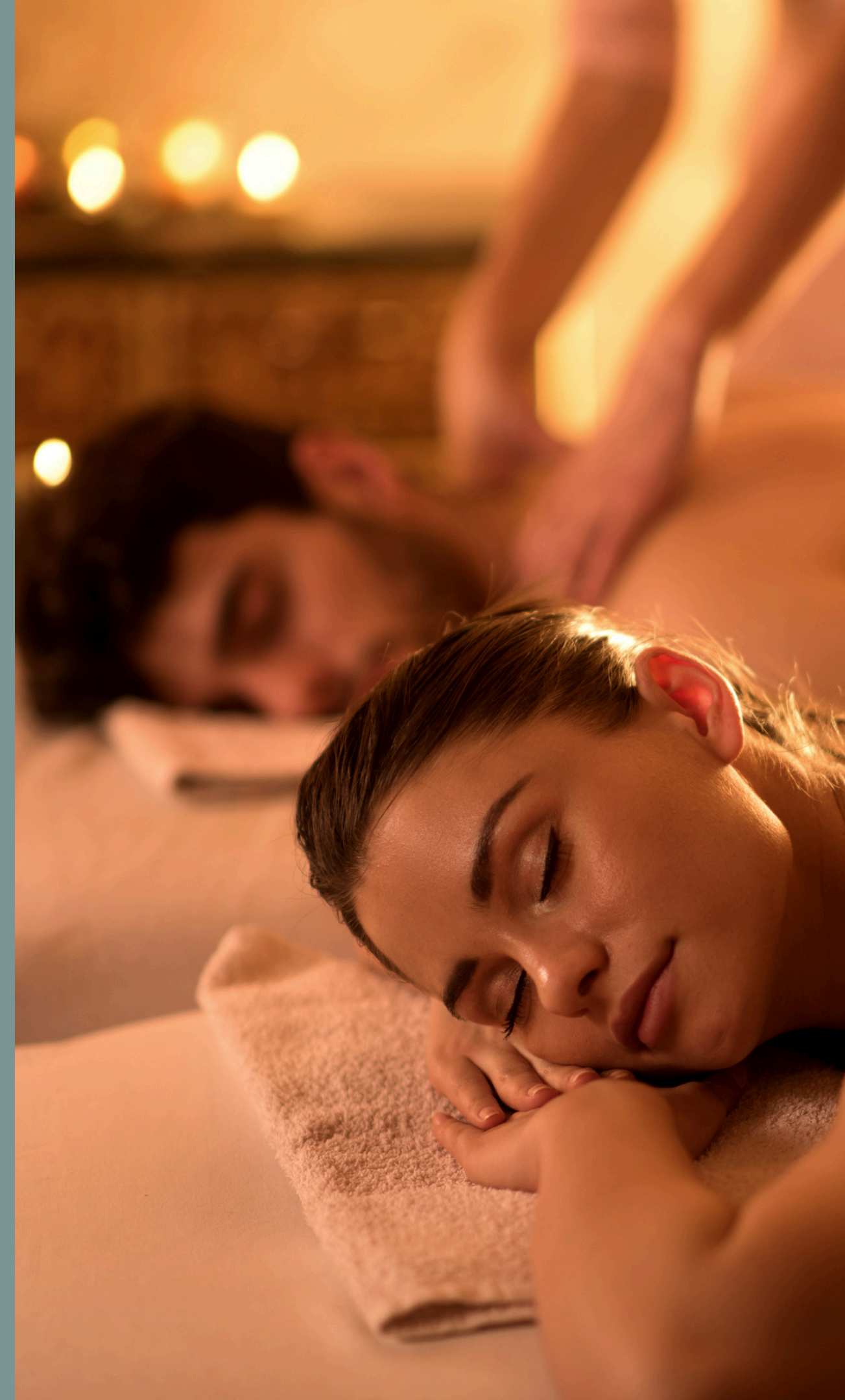
The perfect experience for two side by side indulging in our Serenity Massage.

60min | \$300

LUMINOUS GLOW

Get pampered with our Serenity Body Massage & High Performance Facial.

120mins | \$300



GARDE

SAUNA & ICE THERAPY

45 MINUTE COUPLES SESSION

Whether you want to use the sauna at the same time or feel like alternating between the sauna and Ice shower, you will find our facilities spacious enough for groups of people.

\$50 Guests \$60 Locals

45 MINUTE SINGLE SESSION

Enjoy experiencing all our facilities for yourself. A perfect space to be alone and unwind.

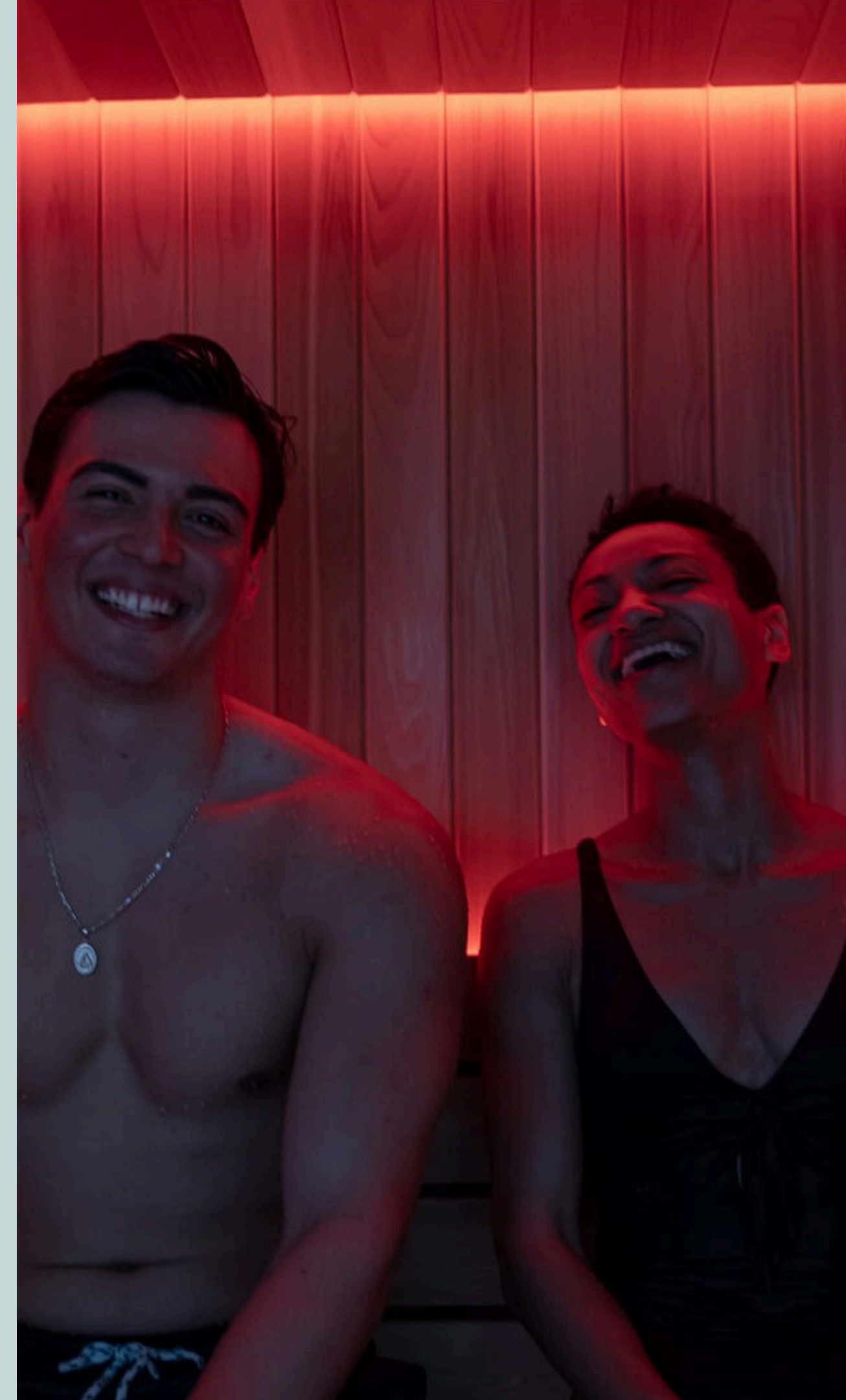
\$40 Guests \$50 Locals

EXTRA PERSON

\$20 each

ADD ONS

Body Scrub	\$70 30min
Tension Relief Feet	\$20
Eye Puffiness & Dark Circle Mask	\$20
Face Mask	\$20
Hot stone	\$20
Yoga Mat Rent	\$15 per day
Pregnancy & Guasha massage	No extra charge



GARDE

SPA TERMS & CONDITIONS

- **Arrival Time:** Please arrive 15 minutes prior to your scheduled treatment to allow time for completing personalised forms and to unwind before your session. Late arrivals may result in a shortened treatment duration.
- **Cancellations:** If you need to cancel or reschedule, please notify us 24 hours in advance. Cancellations made within 24 hours will incur a 50% fee of the booked treatment. No show will be charged as per treatment booked.
- **Public Holidays:** A 15% surcharge applies to all treatments on public holidays. Please note that gift voucher redemptions on these days will incur additional surcharge.
- **Spa Etiquette:** To maintain a peaceful environment, our spa is a gadget-free zone. Please keep devices on silent mode and limit noise to a minimum.
- **Health Conditions & Pregnancy:** Kindly inform us of any health conditions, including pregnancy, at the time of booking, as this may affect your treatment options. Pregnancy treatments are available from 12 weeks onward.
- **Minimum Age Requirement:** Guests must be 16 years or older to access our facilities. Selected treatments may be available to younger guests with written parental consent.
- **Valuables & Personal Belongings:** We recommend leaving valuables and personal items behind. The spa is not responsible for any loss or damage to belongings on the premises.
- **Wellness treatment timing:** 9am - 5pm
- **Sauna times:** 6am - 10pm

