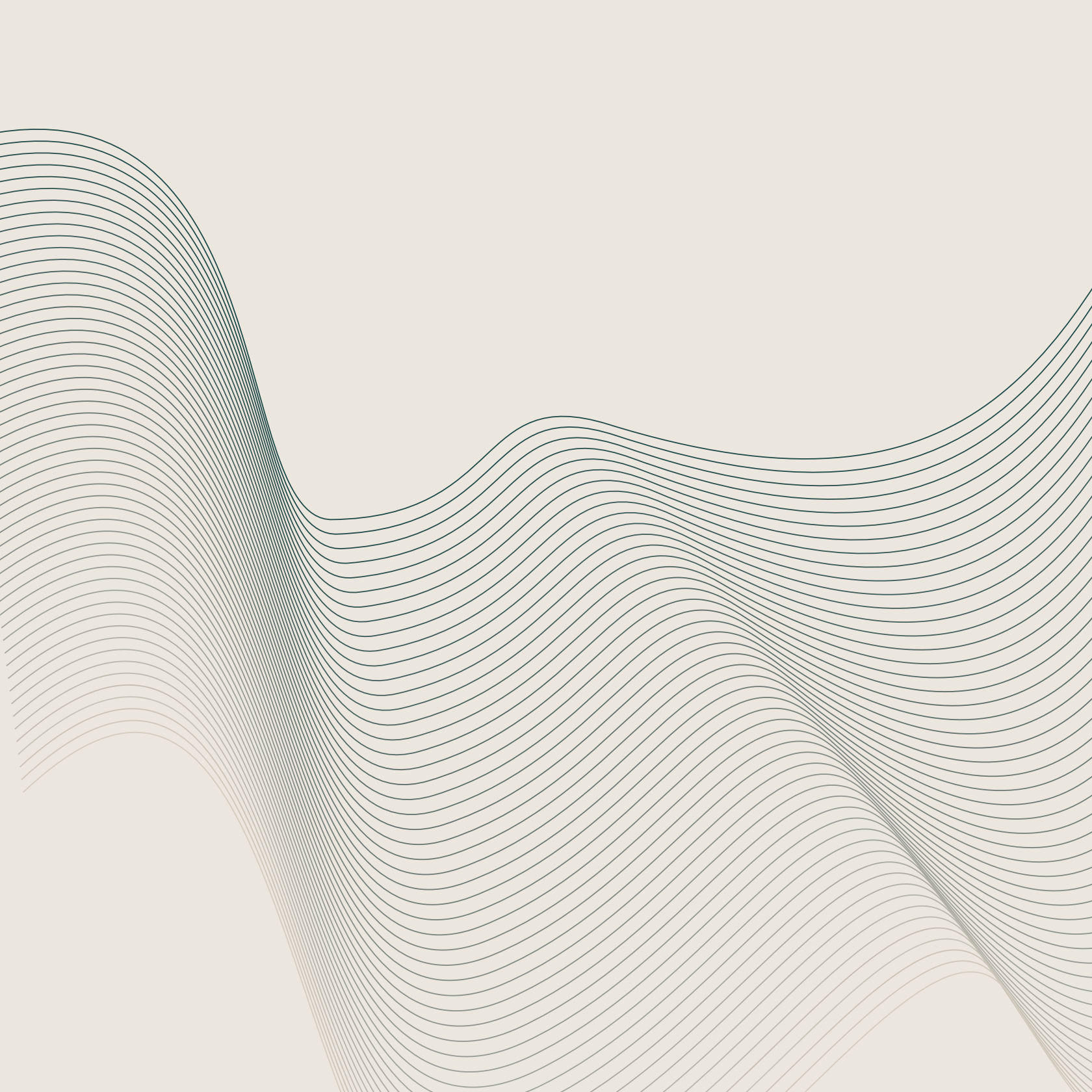



T R E A T M E N T S

A W A N A

S P A & W E L L N E S S





Born from our founder's dream of finding an idyllic refuge to replenish the body and awaken the senses. AWANA Spa is a destination for holistic wellness, offering globally inspired healing treatments.

AWANA invites you to transcend the ordinary with one of a kind communal experiences geared towards rejuvenating and energizing the mind, body and soul.

Our team of caring experts has designed wellness treatments to help you rediscover connections. With yourself. With your surroundings. With others.

FOUNTAIN OF YOUTH

THREE HOUR PASSPORT



Tales of the elusive Fountain of Youth have been recounted for thousands of years. The mythical spring restores the youth of anyone to bathe in its curative, age reversing waters. Immerse yourself in the healing waters of AWANA's 6 different vitality pools, heated Crystal laconium room, tepidarium chairs, vapor-filled steam rooms, cool mist showers and the experiential Rain Walk. Each passport includes 3 hours in a journey of youthful exploration.

Fountain of Youth passport included with any spa treatment 60 minutes or longer. Lockers, robes and sandals provided.

3 HOUR PASSPORT

Tues-Wed \$120 | Thurs-Mon \$140

HOURS

9:30 AM - 11:30 AM

12:30 PM - 2:30 PM

3:30 PM - 5:30 PM

Reservations Recommended

ART OF AUFGUSS

EVENT SAUNA



Originating in Europe, saunas provide rejuvenation and social gathering for the shared goal of greater well-being. The unique communal bathing area, is wellness theatre in the round, where the Sauna Meister is center stage. "Aufguss" means infusion in German. The infusion of concentrated heat, aromatherapy, choreographed with music, lighting and dancing towels.

Each Sauna Meister will curate a 30-minute themed experience - Relax, Invigorate, Playful or Avant Garde.

**MUST BE BOOKED WITH
A FOUNTAIN OF
YOUTH PASSPORT
OR SPA TREATMENT
60 MINUTES OR LONGER**

**SHOWS AVAILABLE
FRIDAY, SATURDAY, AND SUNDAY**

MASSAGE TREATMENTS

World of Wellness Massage

I AM REVIVED

A uniquely customized fusion of worldly techniques and modalities to ease the physical tension and stress of body aches, pains, and fatigue. Allow our experienced bodyworkers to individualize the blending of healing traditions to ensure a truly therapeutic experience.

60 Minutes | Tues-Wed \$205 | Thurs-Mon \$230

90 Minutes | Tues-Wed \$295 | Thurs-Mon \$330

Himalayan Salt Stone Massage

I AM RELAXED

Warmed salt-crystal stones gently exfoliate and nourish the skin with 84 trace minerals while promoting deep relaxation from mental and physical tension and stress. Himalayan salt encourages grounding and balances the meridians and energy points of the body, promoting overall well-being and health.

60 Minutes | Tues-Wed \$220 | Thurs-Mon \$245

90 Minutes | Tues-Wed \$305 | Thurs-Mon \$340

Prenatal Massage

I AM BLISSED

With pregnancy comes change and transformation to the female body. This journey supplies overall nourishment and support, relieving physical and mental fatigue and discomfort. Massage during pregnancy stimulates circulation to encourage relief to aching muscles and joints, relieving stiffness and water retention throughout the body.

60 Minutes | Tues-Wed \$205 | Thurs-Mon \$230

Balinese Waves

I AM ENERGIZED

This energizing full body treatment uses a combination of warming spices & Balinese techniques including skin rolling, wringing, rocking, and pressure points to soothe damaged tissue and relieve strained muscles. Begin with foot soak ritual, continue with JAMU massage & choice of Jasmine Frangipani or Ginger Spice organic oils massaged into the body & scalp. Complete with traditional 'Boreh' spice back scrub with using ginger root to enhance energy, promote digestion & improve circulation.

75 Minutes | Tues-Wed \$250 | Thurs-Mon \$280

Bangkok Thai Wellness

I AM RESTORED

Our table-top Thai massage brings thousands of years of healing therapy into the treatment. Stretching the entire body using percussive movements and traction to release tension and loosen overworked muscles. Tropical blends of coconut & organic lemongrass oils bring a healing complement to this restorative treatment.

90 Minutes | Tues-Wed \$305 | Thurs-Mon \$340

Tokyo Escape

I AM RESTED

The ultimate massage for your best night sleep. Carefully applied pressures relieve key areas of tension, whilst all essential oil blend sedates, calms and grounds you to induce a serious state of relaxation. Body massage focuses on back, scalp, arm, legs and feet while a cocooning warm, dry towel is placed over head and eyes.

90 Minutes | Tues-Wed \$360 | Thurs-Mon \$395

120 Minutes | Tues-Wed \$480 | Thurs-Mon \$520

Hong Kong Layover

I AM DETOXIFIED

A treatment for weary travelers to get you back on track when you're feeling fuzzy, tired and sluggish. This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy that will leave you feeling relaxed and recharged. Includes body brush to take home.

90 Minutes | Tues-Wed \$390 | Thurs-Mon \$425

120 Minutes | Tues-Wed \$480 | Thurs-Mon \$520

Machu Picchu

I AM BALANCED

Machu Picchu is renowned for its powerful, tranquil energies. It is believed this energy is connected to the Earth as well as our Chakra system. This journey incorporates the healing properties of crystal therapy, aromatherapy and bodywork to create balance, peace and harmony in the physical, mental and emotional bodies.

90 Minutes | Tues-Wed \$360 | Thurs-Mon \$395

Eastern Vibrations

I AM HARMONY

A truly unique experience to restore the natural rhythms of your body and mind on a cellular level. This treatment helps you achieve a remarkably restorative and euphoric state through the beautifully peaceful sounds and vibrations of Himalayan Singing Bowls placed on and around the body. Vibrations from the bowls inspire a state where you can transcend stressful thoughts and the energies of your body and mind are harmonized.

75 Minutes | Tues-Wed \$275 | Thurs-Mon \$305

Into the Redwoods

I AM GROUNDED

Bring the serenity of nature to your mind, body & skin. Feel restored from the stresses of modern day living, cleansed of pollution, and relieved from restlessness & agitation. Forest Therapy's® unique essential oil blend & treatment massage will reinforce your intention to feel refreshed, tranquil, & grounded. Commencing with a cleansing, guided inhalation & tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, restoring tranquility to the mind with our expert scalp massage.

90 Minutes | Tues-Wed \$360 | Thurs-Mon \$395

RAWCEUTICALS FACIALS

Orchid Stem Cell Renewal

I AM YOUTHFUL

This facial includes pure, active, cold-pressed botanical extracts and cutting-edge natural cosmeceuticals to help nourish the skin. The journey begins with a signature aromatic ritual to relax the mind. Skin is pampered with moss extract, highly mineralized glacier tonics, and orchid stem cells to help diminish the appearance of fine lines, sun damage, dehydration, uneven skin tone, and texture for a healthy radiant glow.

60 Minutes | Tues-Wed \$220 | Thurs-Mon \$245

90 Minutes | Tues-Wed \$295 | Thurs-Mon \$330

Radiance Facial With Dermaplane

I AM NOURISHED

Customized for your skin, this facial harmonizes and hydrates your skin with powerful antioxidants and botanical extracts. A specialized exfoliation with Dermaplane helps lift layers of dead skin cells and vellus hair, allowing deeper infusion of high-performance ingredients to stimulate collagen production. This treatment noticeably improves tone and texture, and minimizes the appearance of fine lines and wrinkles to leave skin radiant, hydrated, and glowing.

60 Minutes | Tues-Wed \$305 | Thurs-Mon \$330

In the Clouds Ritual

I AM SOOTHED

Crafted with cold-pressed hemp, marula, jojoba & olive oils, this luxury treatment begins with a kombucha back ritual cleanse and exfoliation to clarify the skin and boost circulation. Next, warm body oils are expertly applied to the skin to help relax muscles, moisturize, and nourish the skin before turning supine for a nourishing facial infused with orchid stem cells and hydrating glacier tonics.

90 Minutes | Tues-Wed \$325 | Thurs-Mon \$360



OMOROVICZA FACIALS

(Traditional Hungarian Facial)

Gold Hydralifting Facial

I AM PLUMPED

This strengthening and hydrating treatment starts with an application of Hungarian Moor mud to cleanse, exfoliate and peel. A rose scented gold mask deploys hyaluronic acid to plump, nourish and soothe the skin, while bio-available gold repairs micro damage to strengthen skin. A sprinkling of Gold Shimmer oil adds a subtle sparkle to arms and décolleté.

90 Minutes | Tues-Wed \$360 | Thurs-Mon \$395

Blue Diamond Facial

I AM LIFTED

This premium anti-ageing, firming and brightening treatment helps to revitalise dull, lacklustre skin. It firms and energises using gentle enzyme exfoliation. Includes a cooling eye treatment and restores skin fitness. Accelerates the oxygenation of the skin to re-energize and lift.

60 Minutes | Tues-Wed \$255 | Thurs-Mon \$280

Hungarian Purifying Facial

I AM CLEANSED

A fragrant mineral-rich Hungarian Moor mud mask follows a thorough cleansing and mild exfoliation. The iconic Moor mud cleansing balm as well as tropical fruit extracts help treat sensitive skin and reduce pore size. Instantly lifts and firms the skin.

60 Minutes | Tues-Wed \$220 | Thurs-Mon \$245

90 Minutes | Tues-Wed \$295 | Thurs-Mon \$330

HYDRAFACIALS

Signature Hydrafacial

I AM YOUTHFUL

This treatment deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums filled with antioxidants, peptides, and hyaluronic acid.

60 Minutes | Tues-Wed \$305 | Thurs-Mon \$330

Platinum Hydrafacial

I AM YOUTHFUL

Begin the detoxification process with Lymphatic Drainage. Then deeply cleanse, exfoliate, extract and hydrate skin while addressing your skin concerns with a Booster of your choice. This treatment concludes with LED Light Therapy to further reduce the visible signs of aging.

90 Minutes | Tues-Wed \$440 | Thurs-Mon \$475

COUPLE'S SUITE



Midnight in Bali

WE ARE CONNECTED

Increase chi, blood flow & healing potential with the next best thing to Bali, Indonesia at midnight, or anytime! Begin with Foot Soak Ritual, continue with full body ginger spice 'Boreh' scrub & experiential shower. Continue with Balinese foot reflexology & full body balancing JAMU massage. A must experience for body, sole and soul. Includes 30 minutes of relaxation time in the suite.

120 Minutes | Tues-Wed \$900 Per Couple | Thurs-Mon \$960 Per Couple

Javanese Lulur Ceremony

WE ARE LOVE

A luxurious ritual from the royal palaces of Central Java, Indonesia. Traditionally given for 40 days, every day, prior to the wedding day, the bride-to-be receives this body treatment & massage from women in the family, as a way of passing down wisdom. Begin with foot soak ritual, continue with 'Lulur' turmeric body scrub, fresh yoghurt rub & experiential shower rinse. Complete with JAMU Massage for body balancing, energizing & empowering the feminine energies. Includes 30 minutes of relaxation time in the suite.

180 Minutes | Tues-Wed \$1,250 Per Couple | Thurs-Mon \$1,340 Per Couple

FOOT SPA TREATMENTS

These Malaysian inspired treatments allow your feet, hands, and shoulders to receive the attention they deserve. Take time to relax and destress in our Foot Spa lounge. Attention to reflex points are concentrated on in these customized services using techniques as gua sha, massage, and energy work. Must be reserved with a Fountain of Youth Passport or spa treatment 60 minutes or longer.

Phoenix Rising

Malaysian Foot Treatment
30 Minutes

Tues-Wed \$85
Thurs - Mon \$95

Hand Treatment

Hand Mask & Massage
30 Minutes

Tues-Wed \$80
Thurs - Mon \$90

Neck and Shoulders

Theragun Massage
30 Minutes

Tues-Wed \$80
Thurs - Mon \$90

Compression Therapy

Recover Air Boots
30 Minutes

Tues-Wed \$70
Thurs - Mon \$80

Our immersive facilities feature vitality pools, steam rooms, event sauna, laconium, tepidarium chairs and experiential showers with a unique communal approach. We encourage guests to bring swimwear so they may enjoy our Fountain of Youth and all of the communal experiences. Awana Spa is an adult facility and appropriate for guests 18 years of age and older. Please arrive at least 30 minutes prior to the start of your scheduled appointment to allow yourself time to enjoy the facilities. A spa robe, slippers, private locker, and amenities will be provided during your journey. Please do not bring valuable personal property, as we are not responsible for lost or stolen items. When scheduling your spa experience, please inform us of any medical conditions; including pregnancy, allergies, or any other special concerns you may have. Please notify Awana Spa at least 24 hours prior to appointment time if you need to cancel or reschedule to avoid a full treatment fee. For your convenience, a 20% service charge will be added to each spa reservation. Additional gratuities are at your discretion.

STRETCH & RECOVERY ZONE

RESORT'S WORLD FITNESS CENTER

An active therapy zone for pre and post workout. Talented trainers provide stretch and recovery.

Stretch + Recovery

STRETCH + THERAGUN

15 Minutes \$35 | 30 Minutes \$60

Stretch + Recovery

STRETCH + THERAGUN + RECOVERY AIR COMPRESSION

45 Minutes \$80 | 60 Minutes \$100

Recovery Air Compression

15 Minutes \$35 | 30 Minutes \$60

Personal Training Session

30 Minutes \$70 | 45 Minutes \$90 | 60 Minutes \$120

All services are subject to a 20% service charge.

