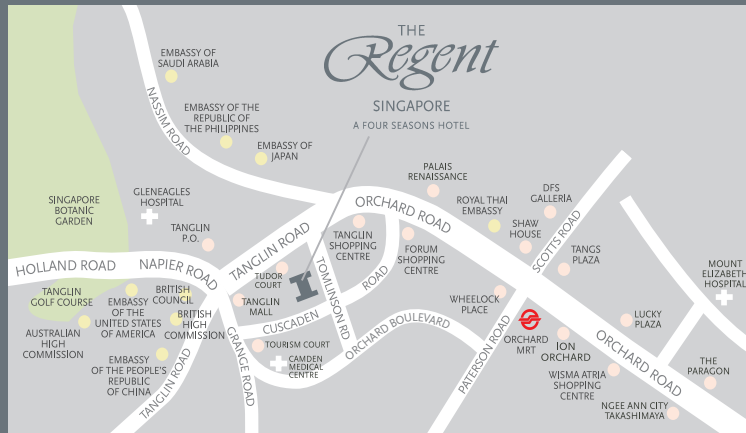




FITNESS & THERAPEUTIC



THE
Regent
SINGAPORE
A FOUR SEASONS HOTEL

For more information, please contact us at

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Fitness Centre & Therapeutic Body Treatments
For an invigorating total body workout, The Fitness Centre (Level 2) is complete with Technogym, Startrac and Epic fitness equipment – including treadmills, cross-trainers, step and life-cycle machines. Certified trainers are on hand to provide guidance and assistance, and offer Personal Training Programmes tailored to suit the individual.

To unwind and relax, The Fitness Centre incorporates treatment rooms for therapeutic body treatments. Artfully administered by a team of trained and skillful therapists, a myriad of massages await.

Beyond the Fitness Centre is the outdoor swimming pool, private indoor jacuzzi, steam and sauna rooms.

DISCOVER THE REGENT SINGAPORE EXPERIENCE



THE REGENT FITNESS CENTER

The Regent Fitness Centre offers comprehensive health, fitness and recreational facilities. The environment has been designed for guests and members to be inspired and pampered.

- Gymnasium**
 Fully equipped gym with professional staff. Personal training or exercise programmes can be tailored to meet guest and member's needs.
- Swimming Pool**
 An outdoor swimming pool offers a quiet area for relaxing poolside from 7am to 9pm. The Pool Bar offers an array of snacks, cocktails and beverages from 11am to 7pm. Sunscreen, goggles, newspapers, magazines and children's swim floats are available poolside.
- Jacuzzi, Sauna & Steam Room**
 Following a vigorous workout, take advantage and relax in our indoor jacuzzi, sauna and steam room. Swimwear is required.
- Locker Room Facilities**
 Located within the Fitness Center and equipped with showers, toiletries and grooming products for guest's and member's use. Shoes, socks, t-shirts and shorts are available on complimentary loan.
- Membership**
 The Regent Fitness Center offers four levels of membership and includes a one time entrance fee (except for short-term membership). Membership privileges include discounts on massages, and personalised exercise programmes. Hotel parking is offered to all members at a monthly rate.

THERAPEUTIC BODY TREATMENTS

To pamper the mind and body, The Regent Singapore Fitness Centre is furnished with two massage treatment rooms for guests and members to experience therapeutic body treatments that include aromatherapy and reflexology.

- Tui Na Massage** _____ 50 min S\$125.00++
 80 min S\$180.00++
 "Tui Na" literally translates as "push pull" and is the name given to Chinese Medical Massage. This technique incorporates styles that are found in Western and Asian massage, chiropractic, osteopathic and physical therapy. Passive and active stretching promotes blood and "Qi" circulation to remove biochemical irritants.
- Oriental Massage** _____ 50 min S\$135.00++
 80 min S\$210.00++
 Our Signature treatment combines "Tui Na", Balinese and Shiatsu techniques to detoxify and relax the body. A choice of two multi-blended essential oils strengthens the skin's natural defenses, leaving it soft and silky.
- Aromatherapy Massage** _____ 50 min S\$115.00++
 80 min S\$160.00++
 A gentle relaxing massage that offers a choice of two specially blended oils – Relaxing and Uplifting. Using long palm stroke techniques, this soothing and gentle massage allows the healing properties of the oils to penetrate the skin, leaving the body and mind to feel completely relaxed.
- Balinese Massage** _____ 50 min S\$115.00++
 80 min S\$160.00++
 A deep oil-based massage. This ancient system of healing employs deep pressure to break down knotted tissue and long strokes to relieve tension, improve circulation and promote harmony of the body, mind and soul. Promotes circulation and boosts one's lymphatic system with its regenerative and self healing powers.
- Swedish Massage** _____ 50 min S\$95.00++
 80 min S\$145.00++
 Combining various techniques like effleurage and kneading, this traditional method of massage works to relieve muscle tension, refresh the senses and improve overall skin and muscle tone.
- Foot Reflexology** _____ 40 min S\$70++
 Reflexology is based on the belief that the body contains constant flowing energy or "Qi" which unites the reflex points of the feet. Pressure on these unique points eradicate stress, improves blood circulation and restores the body to its natural state of equilibrium.

In-Room Massage

Guests have the option of enjoying the above treatments in the comfort of their own room. Arrangements can be made through the Fitness Center. A surcharge of S\$25++ is levied for this service.

For all appointments and inquiries call +65-6725 3024.
 The Fitness Centre is open daily from 6am to 10pm.