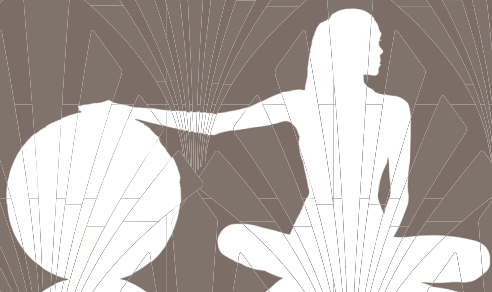




TOTAL LIFESTYLE ENVIRONMENT

At the end of your spa experience, we welcome you to explore and enjoy the Total Lifestyle Environment of our Lifestyle Podium at Level 6. Facilities include 24/7 fitness centre, Olympic sized swimming pool with built in-pool Jacuzzi lounge, Jacuzzis, cold plunge pools, mineral pools steam and sauna rooms that will enhance your total wellbeing.

For enquiries please contact our spa consultants at 6705 7850 or email spa@onefarrer.com



LIFESTYLE
RETREAT
PROGRAM



ONE FARRER
HOTEL & SPA

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SPA
RETREAT

ASIAN
WELLNESS
SPA



LIFESTYLE RETREAT PROGRAMS

DETOX PROGRAM 5 HOURS 30 MINUTES

INDIVIDUAL
\$483++ PER PERSON

COUPLE
\$966++ PER COUPLE

Includes

Check in & Pre Consultation
Detox Workout (Personal Training)
Recovery at Total Lifestyle Environment
Detoxifying Meal (Dietician Pre-Prescribed Meal for Detox)
Relaxation at Total Lifestyle Environment
Detoxifying Body Scrubs
Detoxifying Body Massage
Post Consultation & Make Next Appointment

The Detox Program can be enjoyed once a week however it is recommended to be done on a regular basis to achieve optimal results.

RENEWAL PROGRAM 5 HOURS 40 MINUTES

INDIVIDUAL
\$483++ PER PERSON

COUPLE
\$966++ PER COUPLE

Includes

Check in & Pre Consultation
Renewal Workout (Personal Training)
Recovery at Total Lifestyle Environment
Renewal Meal (Dietician Pre-Prescribed Meal for Renewal)
Renewal Facial
Renewal Body Scrub & Massage
Post Consultation

The Renewal Program can be enjoyed once a week however it is recommended to be done on a regular basis to achieve optimal results.

SLIMMING PROGRAM 5 HOURS 45 MINUTES

INDIVIDUAL
\$523++ PER PERSON

COUPLE
\$1,046++ PER COUPLE

Includes

Welcome & Consultation
Fat Burning Workout (Calories Burning)
Detoxifying Meal (Pre Plan Slimming Meal)
Detoxifying Body Scrubs
Slimming Wrap
Slimming Massage
Post Treatment Evaluation
Slimming Routines

The Slimming Program can be enjoyed once a week however it is recommended to be done on a regular basis to achieve optimal results.

ENERGY PROGRAM 5 HOURS 15 MINUTES

INDIVIDUAL
\$493++ PER PERSON

COUPLE
\$986++ PER COUPLE

Includes

Check in & Pre Consultation
Relaxation at Total Lifestyle Environment
Energy Facial Energy Meal
(Dietician Pre-Prescribed Meal for Energy)
Recovery at Total Lifestyle Environment
Energizing Massage
Post Consultation

The Energy Program can be enjoyed once a week however it is recommended to be done on a regular basis to achieve optimal results.