



# WELLNESS...

IS THE WAY OF LIFE


TRIAL MENU FOR NEW CUSTOMER











**DOME Immersions** concept has been carefully curated with three major wellness immersions in mind: Nature, Physical & Intensive.

Our aim is for guests to leave empowered and renewed, with the tools and resilience to continue their wellness journey into their everyday lives.

**A New Spa Language** Talk of chakras and energy as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, our spa aims to de-mystify this language.

Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

**Understanding Energy** The Idea of life force, life energy, is shared among many traditional healing systems. In TCM this is known as "qi" (chi), while in Hindu philosophy – including yoga. Ayurveda and martial arts – "prana" is the Sanskrit word used to describe this potent vital energy.

A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalance and ill health. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

**Foot Ritual** The soothing, mineral-rich foot ritual is a prelude to each signature treatment. The feet are cleansed, complementing the spiritual cleansing that takes place through purifying ceremony. The relaxing foot ritual is acts of service is humblest, to surrender personal will and foster guest loyalty to receiving full benefits from the treatments that follow.



# SALA

## Retreat

\*SALA Retreat Treatments are outdoor treatments which may subject to weather condition. Treatment may relocate to indoor without prior notice.

**Urban Escape**

**120 minutes**

### **Award Winning Treatment in 2023**

An effective ritual to combat effects of stress on sleep and aid immunity. Starting with a full body exfoliation, enjoy our tea experience at Sala, followed by our signature massage, completed with our foot recovery, giving you radiant glow to your body and recharge your rest of your day.





**DOME Immersions Journey**  
**“Sound of Silence”**

**150 minutes**

This divine journey is deeply immersed in sounds and vibrations that have the power to cleanse and heal. The treatment begins with a purifying scrub unites its antioxidant powers and nutritional benefits, to stimulate circulation, boost the lymphatic system and remove toxins. Followed by a 90-minute signature massage and to connect with marma point face ritual, blended in rhythmically with the sound bath conducted using Tibetan singing bowl or crystal bowl.



**Time For Retreat**

**90 minutes**

**Best for Traveller and First Time Customer**

This treatment is made out of holistic therapeutic techniques leaving skin nourished and the mind relaxed and balanced. This heavenly experience begins with a revitalizing foot ritual and a healing back massage. Completed with detox retreat designed to relieve the strains of lifestyle on both body and mind. Addressing muscular stress from device use and the damaging effects of blue light on the skin to clam the nervous system, reduce stress and improve sleep.

**Sleep Ritual**

**75 minutes**

The definitive answer to a truly blissful night's sleep. Quieten your mind and release physical tension and emotional anxieties with this tailor-made experience. Returning mind and body to a perfect balance, guided breathing and visualisation combine with deeply therapeutic massage to help clear the mind and enable you to completely switch-off, ensuring an uninterrupted and blissful night's sleep.

Includes - Breathing; back, neck, shoulder & head massage; and Pulsotherapy – improve your exchanges, rebalance your tissues and provide you with a deep sense of well-being.





## The Present

### **DOME Signature Massage**

**60 / 90 minutes**

As every person is unique and every treatment is different, this massage allows the therapist to curate a personalized massage is appropriate for the guest a specific needs at that time. Using our own spa aromatherapy based on massage oils, the therapist draws from a variety of massage techniques from gentle aromatherapy through Swedish deep tissue and sport massages techniques.

## The Past

### **Mindfulness & De-Stretch Massage**

**60 / 90 minutes**

The mind-body connection is a powerful one. Massage therapy in and of itself naturally calms the body and mind and so does mindfulness - so the two combined can provide a deeply relaxing experience. By intentionally helping to slow down your mind with some simple mindfulness exercises and stretching movement during your massage treatment, you can significantly enhance the positive effects of massage on anxiety, depression and even physical well being.







### **Ozone Therapy**

**60 minutes**

An advanced beauty technology that combines pore cleaning by hydrogen and provides nutrients into to the skin. Nutrients will be sprayed out by super high pressure, multiple skin care effects can be expected such as whitening, wrinkle care, and recovery, and improve skin damage and inhibit aging.



### **Sweet Dream Journey (Also for Mama-to-be)**

**75 minutes**

Starting with a craniosacral therapy that may provide relief from headaches, neck pain, and the common discomforts of pregnancy. Followed by an advanced V-TOX treatment that is safe for mother-to-be. All products we use in this treatment are vegan, safe for pregnancy and breastfeeding. Resulting a refreshing, hydration and glowing skin.

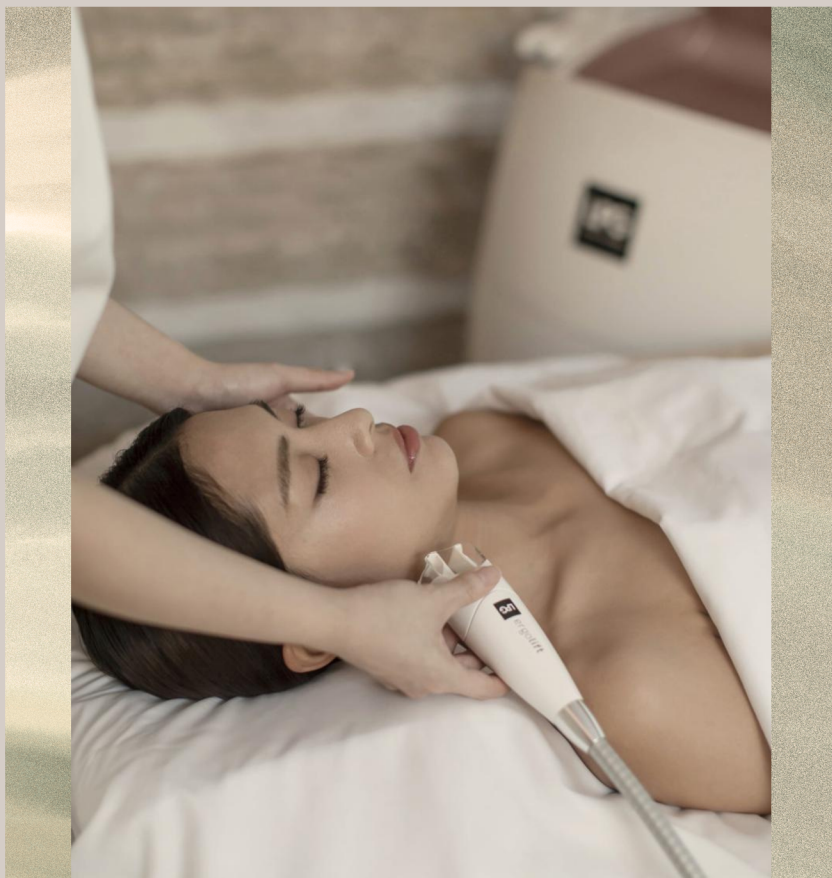
### **Mama Massage (Prenatal Treatment)**

**60 / 90 minutes**

Baby needs care, so do Mama!

A soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalize. Our signature ESPA Nourishing Body Oil is pregnancy-safe as unscented with no essential oils. With grapeseed oil, jojoba oil, sunflower seed oil and calendula helps to improve the appearance of stretchmarks and scar tissue and it's safe to use in both pre- and post-pregnancy, and can even be applied to baby once they arrive. Melt in the touch of sound therapy that may improves sleep, reduces stress and increases energy.





### Face Gym

60 minutes

Endermologie® is the 100% natural, non-invasive, gentle mechanical skin stimulation technique that reactivates your cellular metabolism. Clarify the complexion after one session, the micro-circulation in your face improves, tissues are re-oxygenated, and regains its freshness and glow!

### LPG Body Workout

1 part 30 mins  
(min. 2 parts required)

Fight back against local fat deposits and cellulite while lifting sagging skin and reducing puffiness with this cutting edge, patented machine. Endermologie® by LPG uses mechanical stimulation of your own biological reserves to activate metabolic processes. Even one treatment has a profound effect.

### Ultra Body Contouring

1 part 30 mins  
(min. 2 parts required)

This is the ideal treatment or cosmetic improvement on the body. Radiofrequency and ultrasound energy are delivered to the targeted area, where they warm the layer of excess fat cells and cellulite.

The heat breaks down fat cells which are then expelled by the body metabolic processes and in addition, the heat stimulates fibroblasts in the skin, building new collagen and elastin for smoother and tighter skin.

#### Benefits:

- Maintain a more youthful appearance and repair skin
- Promote new collagen production for smoother, tighter skin
- Breaks down fat cells, improving cellulite or lack of tone



## **Body Waxing**

**Under Arm (Hot Wax Only)**

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**Full Leg**  
**Lower Leg**  
**Upper Leg**  
**Hands / Feet**

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**Full Arm**  
**Half Arm**

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**Stomach**

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**Bikini**  
**Bikini Plus**  
**Brazilian**

## **Facial Waxing**

**Full Face**  
**Full Face w/ Eyebrow Shaping**  
**Eyebrows**  
**Upper Lip**  
**Chin**  
**Forehead**  
**Cheeks**  
**Nose**  
**Ears**





**Private Trial Class**

**1 hour**

Mat Yoga

Air Yoga

Reformer







## Opening Hours

Monday

Tuesday to Friday

Saturday

Sunday and Public Holiday

Spa

Closed

10:30 AM - 8:00 PM

10:00 AM - 8:00 PM

10:00 AM - 7:00 PM

Monday

Tuesday to Friday

Saturday

Sunday and Public Holiday

Wellness

Closed

9:00 AM - 9:00 PM

9:00 AM - 8:00 PM

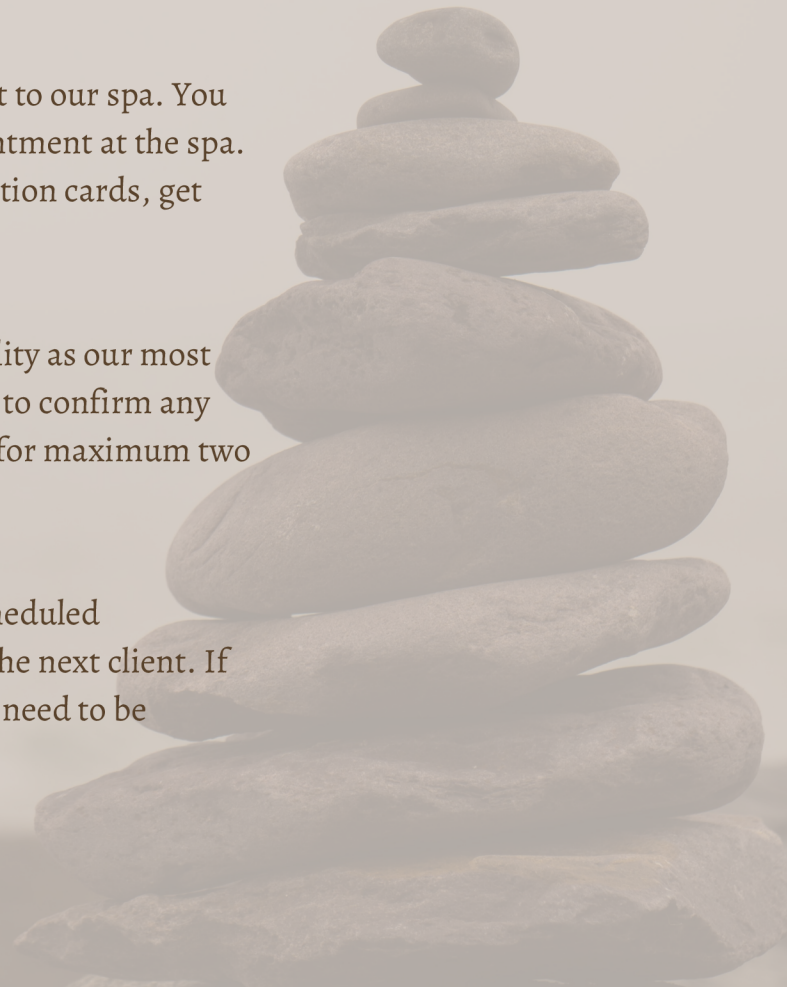
9:00 AM - 7:00 PM



**Arrival Time** We recommend that you plan ahead for your relaxing visit to our spa. You are invited to arrive at least 10-15 minutes prior to your scheduled appointment at the spa. This will give you enough time to check in, fill out the necessary consultation cards, get changed and enjoy our signature rituals.

**Appointment** We recommend advanced reservation to ensure availability as our most popular time booked quickly on weekends, and pre-payment is required to confirm any reservations. When scheduling multiple appointments, we recommend for maximum two bookings which can be booked only two weeks in advance.

**Late Policy** Arriving late will be subject to a time reduction from the scheduled treatment. Each session needs to finish exactly on time as a courtesy to the next client. If you are 20 minutes late without contacting us, your treatment time may need to be counted as late cancellation and fee will be applied.





**Cancellation Policy** As a courtesy to other clients and staff, a minimum of 24 hours notification is required to cancel or reschedule an appointment for weekdays, weekends and public holidays.

No shows and cancellations made in less than the allowed time will incur a 100% charge.

**Health Conditions and Allergies** Please inform us at a time of booking if you have any medical conditions, are pregnant, or have any special needs so that we can advise you of services most appropriate to you. If you are under doctor's supervision or using any medications, please obtain permission from your doctors before scheduling / receiving any services. It is your responsibility to inform persons performing services / treatments of any medical conditions or physical limitations you have (including but not limited to: heart disease, diabetes, high blood pressure, recent injury or surgery, sensitivities, allergies, skin condition or pregnancy).

**Valuables Loss or Damage** To ensure peace of mind and comfort while you are enjoying your wellness experience, we provide secure lockers for all of your belongings. DOME Immersions will not be responsible for any lost or damaged items during your visit.

Prices are subject to change without prior notice.

Advanced booking is highly recommended to ensure availability.





# More Exciting Treatments ...

FOR OUR MEMBERS



DOME  
IMMERSIONS

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