

# Hideaway

*Massages & Bathhouse*





# Body Massages

## The Hideaway \* ○

Our signature treatment, with special touches unique to Hideaway. Hot and cold elements – scalp and face acupressure, steamed herbal compress – enhance the main bodywork, which unfolds in a rhythmic flow of varied massage techniques. The result activates the body's own healing abilities for deep renewal.

**90 min**    **\$164** (Member)    **\$197** (Non-Member)

## The Classic ○

A therapeutic Swedish-style body massage combining long strokes, kneading movements, and light-to-firm pressure for a deeply relaxing tension release. On the day of your treatment, personalise your Classic massage with one of our four oil blends catered to your needs: Sleep, Clarity, Revive, or Grounded.

**60 min**    **\$107** (Member)    **\$131** (Non-Member)

**90 min**    **\$153** (Member)    **\$184** (Non-Member)

## The Meridian

A dry (oil-free) treatment that employs Shiatsu-style techniques for a muscle-revitalising experience, applying focused pressure from fists, forearms, fingertips, knuckles, and palms along the meridians. Dry treatment releases blocked energy and deeply lodged tension, improving body posture and range of motion.

**60 min**    **\$107** (Member)    **\$131** (Non-Member)

**90 min**    **\$153** (Member)    **\$184** (Non-Member)



\* Signature

○ Warm oil option available



# Body Massages

## The Athlete

A sports massage performed by a certified sports massage therapist, helping you stay in the game and perform at your best. Following an assessment, targeted soft tissue mobilisation aided by scraping, trigger point therapy, and sports-specific stretching work together to accelerate recovery and prevent injury.

**60 min**     **\$120** (Member)     **\$153** (Non-Member)

**90 min**     **\$175** (Member)     **\$214** (Non-Member)

## Deep Tissue

An oil-based massage that targets the deeper layers of muscle, with slow, firm pressure, and concentrated strokes. It eases stubborn tension and stiffness, enhances joint mobility, and restores flexibility, providing profound relief from physical strain, stress, or fatigue.

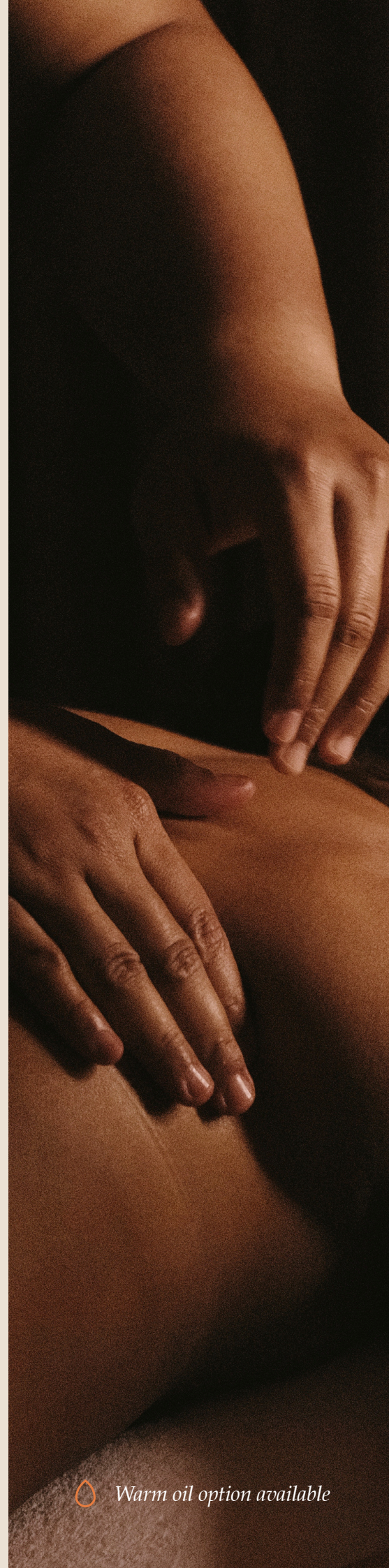
**60 min**     **\$107** (Member)     **\$131** (Non-Member)

**90 min**     **\$153** (Member)     **\$184** (Non-Member)

## The Back Rescue

Whether it's long hours at a desk or the weight of daily life, this reset releases strain that settles into tired backs. Focusing on the shoulders, neck, upper and lower back, firm strokes and targeted pressure work to ease tight muscles, improve circulation, and restore mobility.

**45 min**     **\$70** (Member)     **\$88** (Non-Member)



 Warm oil option available



# Body Massages

## The Prenatal

Grounded in gentle Swedish techniques with organic, pregnancy-safe oil, performed side-lying with bolster support. Beginning with the legs to ease water retention, the ritual moves through the back, arms, and hands before closing with the head, scalp, and shoulders. Each stroke stays unhurried, attuned to the body as it carries.

**60 min**    **\$120** *(Member)*    **\$153** *(Non-Member)*

**90 min**    **\$175** *(Member)*    **\$214** *(Non-Member)*

## The Postpartum

A restorative ritual after birth with organic, fragrance-free body care. A body wrap of Amazonian White Clay, Rice Peptides, and Dried Plum Powder tightens, brightens and moisturises, while a gentle Swedish body massage encourages lymphatic flow and restores posture. A warm herbal compress comforts the area that carried most.

**90 min**    **\$197** *(Member)*    **\$240** *(Non-Member)*

## Guasha Head & Scalp *Crafted with Jing Botanics*

Co-created with a TCM specialist, blending Eastern herbalism with scalp science to restore your inner Jing. A non-oily, 18-extract botanical blend nourishes the scalp for healthy hair growth, while guasha along the meridians releases tension and balances the mind. Temporary redness may appear, a natural sign of Qi healing.

**30 min**    **\$51** *(Member)*    **\$64** *(Non-Member)*



 *Warm oil option available*

 *Tailored to your stage of pregnancy or recovery*



# Reflexology

## The Handsie

Hand and arm reflexology, restoring mobility from shoulders to biceps, triceps, forearms, wrists, and hands. Give your hands and arms the care they deserve, from workouts, everyday demands, or simply carrying the weight of the world.

**30 min**    **\$44** *(Member)*    **\$53** *(Non-Member)*

## The Footsie

A revitalising foot reflexology that activates reflex points and meridians, helping you restore balance from the ground up. A foot balm infused with uplifting botanical extracts deepens comfort and softens the skin, while Citrus Cardamom scent awakens the senses.

**30 min**    **\$53** *(Member)*    **\$64** *(Non-Member)*

**60 min**    **\$77** *(Member)*    **\$92** *(Non-Member)*

## The Ultimate Footsie

The ultimate foot revitalisation begins with an exfoliation ritual to soften the skin, remove calluses, and stimulate circulation, leaving feet feeling renewed and soft. Conclude with The Footsie foot reflexology, restoring energy flow and balance for an overall sense of lightness.

**60 min**    **\$93** *(Member)*    **\$115** *(Non-Member)*





# Retreats

## The Recovery *Crafted with Omno*

Embark on a journey tailored for active individuals seeking enhanced recovery and performance.

Begin with dry brushing for lymphatic drainage. Omno's Body Scrub follows, infused with premium plant oils and pure Himalayan salt and sugar, enriched with minerals for maximum hydration, antioxidation and replenishment after exfoliation. Aromatic notes of bergamot, lavender, ginger, rosemary, and eucalyptus uplift the senses while calming the body and mind.

End with a Deep Tissue body massage. Leave feeling renewed and ready to move at your best.

### Includes:

Omno Body Scrub, Deep Tissue Massage (90 min)

### Recommendation:

Enhance with a bathhouse add-on. Hot and cold therapy works in synergy with massage to maximise recovery benefits.

**120 min**   **\$218** *(Member)*   **\$262** *(Non-Member)*



 Warm oil option available



# Retreats

## The Sleep Well

Welcome to The Sleep Well Retreat, an experience designed for restorative sleep.

Start with an infrared sauna to promote circulation and oxygenation, signalling natural melatonin production. Next, ease into a magnesium-rich mineral hot bath to soothe the nervous system. Wind down with a full-body massage, focusing on pressure points to alleviate stress and release tension, using our sleep-inducing blend of Lavender Chamomile.

### **Includes:**

Infrared Sauna (30 min), Mineral Salts Soak (30 min),  
The Classic – Sleep Massage (60 min)

**120 min    \$218** *(Member)*    **\$262** *(Non-Member)*



 Warm oil option available



# Retreats

## The Cleanse

Indulge in The Cleanse Retreat, a treatment designed for deep detoxification and rejuvenation.

Begin with dry brushing for lymphatic drainage, followed by a ginger root exfoliation to promote the removal of impurities. Cocoon in a micro-algae and mineral-based mud wrap for further toxin elimination while brightening the skin. Unwind with a full-body massage using Citrus Cardamom to restore balance, leaving you deeply purified and refreshed.

### **Includes:**

Ginger Root Exfoliation, Mud Wrap,  
The Classic – Revive Massage (60 min)

**120 min**    **\$304** *(Member)*    **\$369** *(Non-Member)*



 Warm oil option available



# Add-Ons

## Semi-Private Bathhouse

Enhance any massage with a 30-min bathhouse session in a semi-private pod, with your own personal infrared sauna and cold plunge (8°C or 4°C).

**30 min**      **\$30** *(Member)*      **\$36** *(Non-Member)*

## Neck & Shoulder Massage

Combat modern-day “Text Neck Syndrome” with a massage that focuses on the neck, shoulders, and pressure points along the jawline. Experience a release of pressure, relaxation in the nervous system, and better posture.

**30 min**      **\$53** *(Member)*      **\$64** *(Non-Member)*

## Hot Herbal Compress

Hot steamed compress infused with an artisanal Thai herbal blend of ginger and lemongrass, applied to targeted areas to relax muscles, ease tension, and boost circulation, leaving you rejuvenated physically and mentally.

**30 min**      **\$42** *(Member)*      **\$53** *(Non-Member)*

## Guasha Head & Scalp *Crafted with Jing Botanics*

Co-created with a TCM specialist. A non-oily, 18-extract botanical blend nourishes the scalp for healthy hair growth, while guasha along the meridians releases tension and balances the mind.

**15 min**      **\$33** *(Member)*      **\$42** *(Non-Member)*

## Ginger Root Body Scrub

Enhance any massage with a revitalising body polish. Ginger root supports lymphatic drainage and helps remove impurities, boosting circulation and promoting detoxification, leaving skin purified, refreshed, and deeply nourished.

**30 min**      **\$75** *(Member)*      **\$86** *(Non-Member)*



# Bathhouse

## *Infrared Sauna & Cold Plunge*

Experience the benefits of hot and cold therapy: Activate the parasympathetic nervous system, boost cardiovascular health, improve cognitive function and mood, and support muscle recovery. Bathing attire: swimwear.

### Semi-Private Bathhouse

Four personal pods in a shared space with shower facilities. Book a pod with your own infrared sauna and cold plunge (8°C or 4°C).

Complimentary guest access: +1

|               |                        |                          |
|---------------|------------------------|--------------------------|
| <b>60 min</b> | <b>\$50</b> (Member)   | <b>\$62</b> (Non-Member) |
|               | <b>\$41</b> (Off-Peak) |                          |

### Private Bathhouse

An exclusive rejuvenation in one fully private suite, featuring infrared sauna, cold plunge (4°C), and private shower.

Complimentary guest access: +3

|               |                        |                          |
|---------------|------------------------|--------------------------|
| <b>60 min</b> | <b>\$66</b> (Member)   | <b>\$92</b> (Non-Member) |
|               | <b>\$58</b> (Off-Peak) |                          |

#### Off-Peak:

Monday – Friday (excluding PH): 10am – 5pm  
(last booking at 4pm)





# Hideaway Recommends

Combine bathhouse sessions with any massage treatment for deeper recovery.  
Or try The Recharge to maximise both in one hour.

## The Recharge

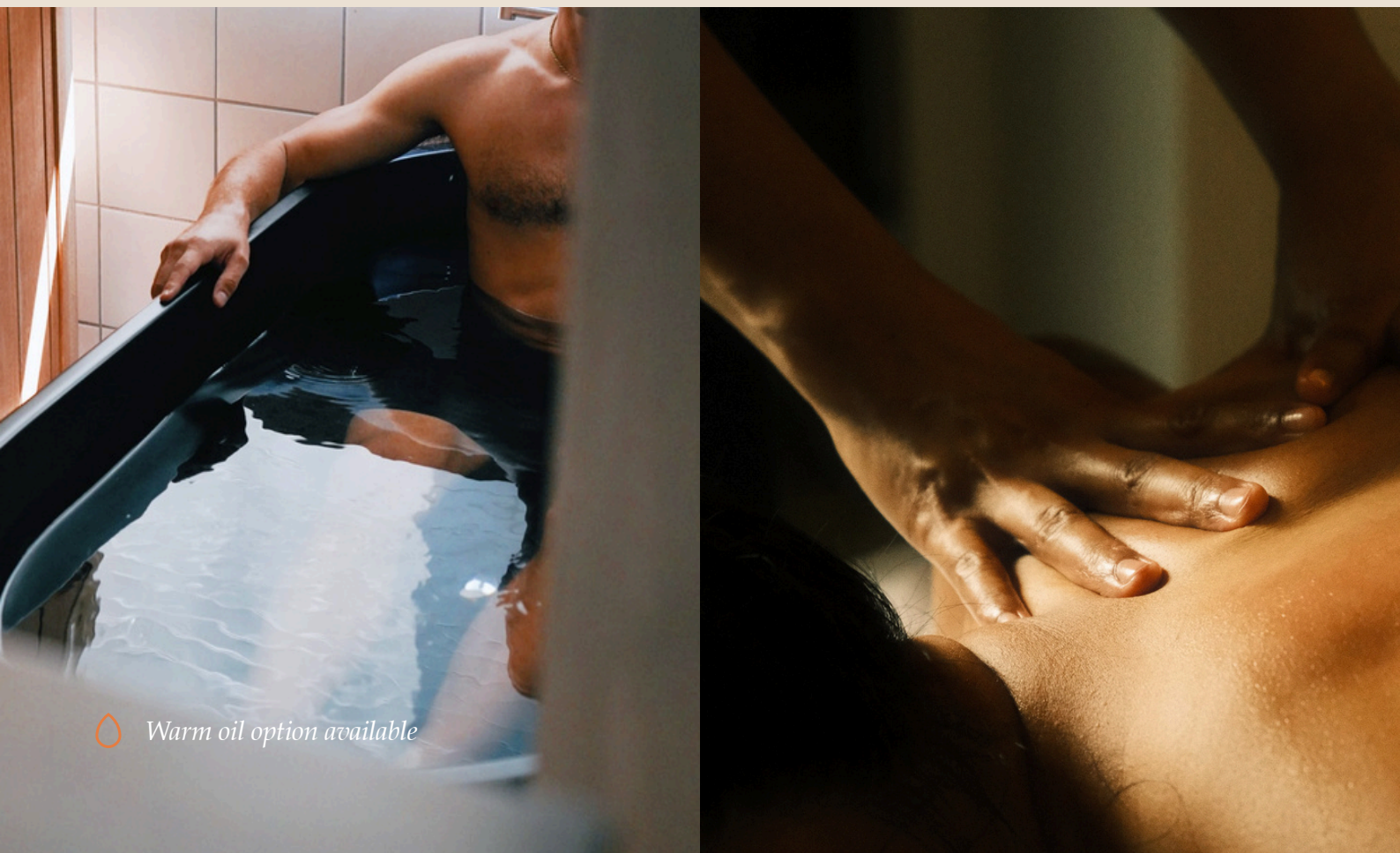
The most convenient bathhouse and massage pairing:  
infrared sauna and cold plunge (30 min), body massage (30 min).

This intentional combination amplifies the benefits of each practice: hot and cold therapy enhances circulation and supports detoxification, while massage therapy promotes deep physical and mental relaxation – accelerating healing and recovery.

### **Includes:**

Semi-Private Bathhouse (30 min), Body Massage (30 min)  
Choice of: The Classic, The Meridian, Deep Tissue

**60 min     \$93**



 Warm oil option available



# Packages

Flexible credits that can be used for both massages and bathhouse sessions.  
For body massage gift, choose from The Classic, The Meridian or Deep Tissue.  
Complimentary guest access for Semi-Private (SP) Bathhouse: +1

## Social

**\$600**

3-month validity

Gift:

60-min SP Bathhouse

60-min Footsie

## Habitual

**\$1200**

6-month validity

Gift:

60-min SP Bathhouse

60-min Body Massage

## Ritual

**\$1800**

12-month validity

Gift:

60-min SP Bathhouse

90-min Body Massage





# Unlimited Bathhouse

Your most convenient access to enjoy regular contrast therapy sessions.

Monthly memberships will renew automatically each month (change or cancel anytime).

Complimentary guest access for Monthly Anytime & Off-Peak: Semi-Private +1, Private +3

## Monthly Anytime

Semi-Private

**\$290**

Private

**\$460**

Gift:

30-min Fotsie/Handsie

## Monthly Off-Peak

Semi-Private

**\$265**

Private

**\$435**

## 10-Day Trial

Semi-Private

**\$95**

(one-time purchase)





# *Spa Etiquette*

## **Reservations & Arrival**

We highly recommend making reservations in advance to secure your preferred appointment time. Book online, via WhatsApp (+65 8939 6128) or by email (hello@hideaway.sg). A valid credit card is required to secure your reservation (but you will not be charged yet); payment will be made on the day of your visit. Kindly note that, due to limited availability, reservations that remain unconfirmed for more than 24 hours will be released as a courtesy to other guests.

Please arrive 15 minutes before your appointment to enjoy the full experience. Late arrivals will not receive an extension of treatment time.

## **Bathhouse**

Swimwear is required in the bathhouse. Towels, shower and locker facilities are available.

The 30- or 60-minute indicated in your booking includes shower and changing time. To ensure the next guest can enjoy their session on time, we kindly ask all guests to check out by the end of their scheduled appointment. Extended stays are subject to an additional 30-min or 60-min rate.

For your wellbeing, and out of courtesy to other members, we recommend no more than one bathhouse session per day. Recovery is most effective when the body has adequate time to rest and recover between sessions.

## **Health Conditions**

Please inform us of any health conditions, allergies or injuries when booking your visit or upon arrival. Our sauna and cold plunge facilities are not recommended for pregnant guests. Access to our treatments and bathhouse will be declined to guests who are under the influence of alcohol.

## **Courtesy**

We strive to maintain a tranquil environment for everyone and kindly ask for your cooperation in respecting the peacefulness and privacy of all guests. We welcome both male and female guests; however, guests under the age of 18 are not permitted. Please refrain from the use of mobile phones or cameras, and observe quiet zones within the spa premises.

## **Loss or Accidents**

We will not be liable for any loss or damages of personal belonging or for any accidents or injuries sustained within our premises.



# *Spa Etiquette*

## **Homecare**

A selection of skincare and body products used in your treatments are available for purchase to continue your Hideaway ritual at home.

## **Cancellation Policy**

To avoid full charges, please provide at least 12 hours' notice for any changes or cancellations. We appreciate your understanding that arriving late will shorten your scheduled treatment time to accommodate subsequent appointments.

For group bookings (with full venue hire), a 50% deposit is required to secure the appointment, with the remaining 50% payable on the day of your visit. For any changes or cancellations, please provide at least 24 hours' notice to avoid forfeiting your deposit.

## **Refund Policy**

We offer a 5-working-day cooling period (excluding Saturday, Sunday & public holidays), during which you may request for a full refund on unused packages or products. We allow packages to be transferable or exchangeable for products/services, after the 5-working-day cooling period (excluding Saturday, Sunday & public holidays). No refunds will be granted once the package has been partially used.

## **Memberships & Gift Cards**

Give the gift of Hideaway with our gift cards. Digital gift cards are available online; physical gift cards are available in-store. If you are using a gift card, please present it at reception upon arrival. All memberships and gift cards purchased will be insured by our appointed agency (up to 12 months) in line with CaseTrust accreditation.

## **Operating Hours**

### **Bathhouse**

Weekdays: 9am to 10pm  
Weekends & PH: 10am to 10pm

### **Massages**

Weekdays: 11am to 10pm  
Weekends & PH: 10am to 10pm

All prices are inclusive of GST.

\*Last treatment at 9pm (60 min)