



THE
Sama
WELLNESS

WELLNESS MENU

ABOUT US



The Sama Wellness is more than a wellness destination – it's a movement towards shared growth and inner balance.

Rooted in the belief that wellness is a collective journey, Sama Wellness unites spa therapies, fitness, recovery, and education to create a supportive ecosystem for individuals and communities to thrive.

A woman with dark hair in a bun is lying on her stomach on a massage table, receiving a back massage. A therapist's hands are visible on her shoulders and upper back. In the background, another person is lying on a table, also being massaged. The scene is dimly lit with warm, golden light, creating a relaxing atmosphere.

THE *Sama*
WELLNESS

SPA MENU

REST

Signature Sama

Symbolising infinity, Signature Sama employs flowing figure-of-eight techniques to create a bespoke therapeutic journey from head to toe. Rhythmic movements encourage energetic harmony, enhance vitality, and cultivate a profound sense of ease and equilibrium.

Wellness Goals: Deep Relaxation • Tranquillity • Equilibrium

Sleep Well

Drift into deep relaxation with this calming wellness therapy that supports restorative sleep. Gentle rhythmic massage eases physical tension, quiets the mind, and promotes a healthy circadian rhythm for lasting well-being.

Wellness Goals: Restful Sleep • Nervous System Support • Circadian Balance

Go Om

Begin your journey with the resonant tones of meditative singing bowls, guiding the mind into stillness. Combined with soulful massage techniques, this immersive ritual nurtures emotional wellness, encourages mindfulness, and creates a heightened sense of inner peace.

Wellness Goals: Mental Clarity • Inner Peace • Emotional Wellbeing

Couple Side by Side

Our favourite couple's therapy. Bond and rejuvenate together with a custom-crafted aromatherapy massage, reconnect and rekindle through quality time spent together.

Wellness Goals: Quality Time • Reconnection • Togetherness

REST

Unwind body and mind through calming therapies that encourage deep relaxation, quality sleep, and inner calm.



	Members & Residents	Non Members & Non Residents
Duration		
60 minutes	\$75	\$90
90 minutes	\$100	\$130

RESTORE

Jetlag No More

Restore your circadian rhythm with gentle stretching and flowing massage techniques that enhance flexibility while reducing fluid retention and puffiness in the legs, feet, and face.

Wellness Goals: Circadian Balance • Lymphatic Flow • Lumbar Comfort

Stone Stress Soother

Warm basalt stones deliver soothing heat deep into the muscles, while Swedish massage techniques ease physical strain and lingering discomfort.

Wellness Goals: Thermal Comfort • Muscular Relief • Soothing

Echinacea Immunity Boost

A circulation-boosting massage infused with echinacea and immunity-enhancing essential oils to strengthen the body’s natural defences, boost vitality, and awaken the senses.

Wellness Goals: Immune Vitality • Microbial Defence • Antiviral Support

Zinc Cellular Restoration

Zinc-rich body oil nourishes the skin, promotes cellular renewal, and strengthens its natural barrier for a healthier, more radiant complexion.

Wellness Goals: Cellular Renewal • Skin Defence • Antioxidant Support

RESTORE

Support the body’s natural recovery with therapeutic rituals that promote resilience, cellular renewal, and overall well-being.



	Members & Residents	Non Members & Non Residents
Duration		
60 minutes	\$75	\$90
90 minutes	\$100	\$130

REVITALISE

Magnesium Muscle Melt

A medium-pressure massage using magnesium-infused body oil to ease muscular fatigue and exercise-induced stress. Ideal after physical activity, it improves flexibility, enhances mobility, and supports muscle recovery.

Wellness Goals: Performance Recovery • Muscular Recovery • Mobility Enhancement

Knots Kneading

An intensive recovery massage combining acupressure, kneading, and deep tissue techniques to optimise soft tissue function. Ideal after strenuous activity, it helps release metabolic build-up, improve flexibility, and prepare the body for peak performance.

Wellness Goals: Lactic Acid Release • Athletic Recovery • Post-Workout Recovery

Power Back

A deep-pressure massage targeting the back and calves to relieve muscular congestion, improve mobility, and restore comfort after physical exertion.

Wellness Goals: Strength Recovery • Ease Muscle Ache • Spinal Comfort

Zen and Stretch

A fusion of Eastern and Western techniques using warmed herbal oils and assisted stretching to improve flexibility, encourage energetic alignment, and leave the body feeling refreshed and revitalised.

Wellness Goals: Vitality • Meridian Alignment • Mind-Body Renewal

REVITALISE

Recharge tired muscles and awaken renewed energy through performance- focused therapies that enhance mobility, flexibility, and physical recovery.



	Members & Residents	Non Members & Non Residents
Duration		
60 minutes	\$75	\$90
90 minutes	\$100	\$130

NURTURING –PRE & POST PARTUM

Mama to Be

A nurturing full-body massage for mothers-to-be after the first trimester. Gentle techniques promote healthy circulation, ease pregnancy discomfort, and enhance overall comfort.

Wellness Goals: Maternal Wellbeing • Healthy Circulation • Pregnancy Comfort

Light Legs & Mindful Moments

A soothing scalp, foot, and lower leg therapy that relieves feelings of heaviness while encouraging comfort, circulation, and relaxation.

Wellness Goals: Swelling Relief • Leg Lightness • Mental Calm

Postpartum Harmony

A nurturing full-body massage that supports recovery after childbirth, easing muscular fatigue while promoting circulation and renewed comfort.

Wellness Goals: Postnatal Recovery • Body Reconditioning • Maternal Wellbeing

Comfort Calves & Mind Ease

A focused therapy for the scalp, neck, shoulders, calves, and feet that relieves fatigue, encourages circulation, and restores a welcome sense of lightness.

Wellness Goals: Leg Comfort • Shoulder Release • Energy Restoration

NURTURING –PRE & POST PARTUM

Thoughtfully tailored therapies that comfort, support, and nurture mothers through every stage of their prenatal and post natal wellness journey.



	Members & Residents	Non Members & Non Residents
Duration		
60 minutes	\$75	\$90
90 minutes	\$100	\$130

SPA TREATS ADD-ON / EXPRESS À LA CARTE

Knot Today

Pressed for time? A focused back, neck, and shoulder massage designed to ease tension and restore comfort.

Basalt Hot Stones

Enhance your massage with warm basalt stones to relax muscles, encourage circulation, and deepen relaxation.

Head in the Clouds

A soothing scalp, neck, and shoulder therapy that promotes circulation, calms the nervous system, and restores serenity.

Sole to Soul

Put your feet up and relieve aches and pains with massage techniques applied to the meridian lines of the legs and the reflex zones of the feet.

Aloe Afterglow

Cool and comfort sun-kissed skin with soothing aloe vera gel, restoring hydration for a refreshed after-sun glow.

Dry Brushing

Gently exfoliates the skin while encouraging lymphatic circulation and promoting a smoother, more radiant appearance.

SPA TREATS ADD-ON / EXPRESS À LA CARTE

Personalise your wellness journey with focused 30-minute therapies, enjoyed on their own or as enhancements to complement your selected treatment.



Duration	Members & Residents	Non Members & Non Residents
30 minutes as Spa Treats add on	\$25	\$40
30 minutes as Express À La-Carte Treatment	\$50	\$70

wellness etiquette

WELLNESS RESERVATIONS

For wellness enquiries or reservations, please contact our wellness concierge at +65 6050 4999 by phone, via WhatsApp or email at: enquires@thesamawellness.com

Advance booking is recommended to schedule your preferred treatment time.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your treatment when making your reservation.

Bathhouse and Fitness Recovery services are not recommended for pregnant women.

Guests who appear to be under the influence of alcohol will be declined access to treatments and wellness facilities.

ATTIRE

Disposable underwear is available during treatments upon request. Swimwear and Slippers are required when using the bathhouse and pool facilities.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables at home or in your room before coming to Sama Wellness.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of Sama Wellness before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in the event of late arrivals.

wellness etiquette

DURING TREATMENT AND USE OF BATHHOUSE

In consideration of other guests. Smoking, camera and active mobile phones are not permitted in the wellness areas.

Sama Wellness is a sanctuary of peace and harmony, so please be mindful of the volume of your voice when speaking so as not to disturb other guests.

Swimwear and Pool footwear are required when accessing The Bathhouse.

Externally purchased food and beverages cannot be brought in and consumed in the wellness areas.

GIFT CERTIFICATES

Gift certificates are available for purchase. A Certificate of Insurance will be issued upon purchase of Sama Wellness membership and/or gift certificates.

AGE REQUIREMENT

Guests having wellness treatments and Bathhouse access must be at least 18 years of age.

CANCELLATION POLICY:

For cancellations or changes in appointments, a minimum 24-hour advance notice is required to avoid being charged in full.

REFUND POLICY

All items sold are not refundable or exchangeable.

LOSS OR DAMAGE

We will not be held liable for any loss or damages to personal belongings during your visit.

ACCIDENTS OR INJURIES

We will not be held liable for any accidents or injuries sustained during your visit.

PRICES

All prices are in Singapore Dollars and are inclusive of prevailing service charge, goods and services tax.



OPENING HOURS

THE SAMA WELLNESS SPA:
10 AM TO 9 PM
(LAST TREATMENT ENDS AT 9 PM)

THE BATHHOUSE:
10 AM TO 9 PM

SWIMMING POOL:
7 AM TO 9 PM

GYM: 24 Hours



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