
DAMAI
SPA AND WELLNESS
MENU


RECONNECT
RECOVER
RECLAIM
HOLISTIC WELLBEING



DAMAI WELLNESS JOURNEYS

DAMAI ASIAN RENEWAL

120 mins | SGD380++ single | SGD720++ double

Rooted in Singapore's rich tapestry of healing traditions, this restorative journey blends the flowing touch of Malay Urut with the wisdom of Traditional Chinese meridian philosophy, encouraging balance and inner harmony.

The ritual begins with a calming foot-cleansing ceremony, where warm infusions and mindful touch ground the body and prepare it for renewal. A gentle sea-salt body scrub awakens the skin and eases surface tension, followed by guided breathing and a therapeutic back massage to calm the body and quiet the mind.

At the heart of the experience lies a focused abdominal massage, enriched with warm herbal compresses and comforting touch, supporting grounding and the smooth circulation of energy.

The journey concludes with harmonising Asian footwork and a soothing hand massage, leaving you replenished, balanced, and deeply centred.

MIND BODY RENEWAL

120 mins I SGD435++

A multisensory journey blending soothing soundscapes, vibroacoustic therapy, and intentional touch. Beginning with deep relaxation through the RLX BrainGym™ experience, the treatment continues with a SaltyMe™ magnesium salt exfoliation to gently smooth the skin, followed by a mineral-rich purifying wrap to detoxify and revitalise.

The journey unfolds with a Shiatsu-inspired meridian full body massage, complemented by face and scalp massage, trigger point therapy, gentle mobilisations, and targeted stretches to ease tension and restore vitality.

Harnessing the power of magnesium, botanicals, and guided breathing, the treatment relieves fatigue, calms the nervous system, and recharges energy.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



DAMAI

SCIENCE-BASED WELL-TECH EXPERIENCES

iDOME RECOVERY

120 mins | SGD445++

Designed to support muscle recovery, detoxification and skin rejuvenation, the Gharieni iDome experience promotes deep renewal by realigning the body's natural rhythms through the synergistic power of heat, light, and plasma therapy.

As gentle infrared waves stimulate circulation and encourage deep detoxification, plasma and light therapy using LED light revitalise the face, boosting collagen and enhancing cellular renewal. Enjoy a facial cleanse and tone and pressure-point stimulation and scalp massage, followed by an intuitive, therapeutic connective-tissue back massage. This multisensory journey will leave you feeling lighter, clearer, and deeply recharged.

iDOME RECHARGE & RESTORE

120 mins I SGD445++

This restorative experience is designed to support post-workout recovery, muscular relief, and full-body renewal. The journey begins with 45 minutes in the Gharieni MLX iDome, where far-infrared heat gently warms deep tissues, supports circulation, and eases muscle tension and stiffness.

The treatment continues with a tailored Stretch Massage, integrating fluid, dynamic stretching and precision techniques to release muscular tension, enhance joint mobility, and recalibrate the body's natural balance. Particularly beneficial for active or overworked bodies, it imparts a sensation of lightness, ease, and deep physical renewal.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



SCIENCE-BASED WELL-TECH EXPERIENCES

SLEEP AND RESET

120 mins | SGD370++

A journey designed to quiet the restless mind and ease the weight of insomnia, poor-quality sleep, stress, and mental overactivity. It combines two therapies, advanced neurotechnology and massage-based bodywork.

The experience begins in the RLX BrainGym™, where zero-gravity comfort, binaural sound, and vibroacoustic therapy gently guide brainwaves from mental overactivity into profoundly relaxed, sleep-ready states.

This is followed by an intentionally designed restorative sleep treatment to support the body's natural circadian rhythm. A magnesium-infused full-body massage, slow rhythmic touch, gentle breathwork, subtle vagus nerve stimulation, and grounding techniques encourage parasympathetic activation, while soft sound and tuning-fork vibrations deepen the sense of stillness and calm.

RLX BRAINGYM™ RECLAIM

60 mins | SGD150++

Powered by advanced technology, the RLX BrainGym™ is a science driven mind training journey that combines sound, targeted vibration, and zero gravity comfort to restore balance and clarity.

Recline in a weightless position that eases spinal pressure, while binaural soundscapes and vibrational programmes guide the mind into deep relaxation, restorative sleep, focus, and recovery. This dual auditory and tactile stimulation calms the nervous system, lowers stress hormones, and nurtures meditative states, clarity, and resilience.

The journey concludes with enhanced sound and vibration therapy, complemented by a soothing scalp, neck, and foot massage.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



DAMAI

SCIENCE-BASED WELL-TECH EXPERIENCES

RLX BRAINGYM™ MINI PROGRAMME EXPERIENCES

We offer specialised sound therapy and vibroacoustic programmes designed to create targeted wellbeing experiences. These sessions work with natural brainwave states, patterns of electrical activity linked to relaxation, sleep, and consciousness, helping to support both mental clarity and physical restoration.

STRESS RELIEF

25 mins I SGD80++

Designed for deep relaxation and meditative restoration, this programme gently guides brainwaves into calming alpha and deeply restorative theta states.

Supports: stress reduction, nervous system reset, mental clarity, emotional balance

SLEEP WAVE

20 mins I SGD80++

Created for those experiencing “busy mind syndrome”, this programme helps the brain transition quickly from thinking mode into the deepest delta sleep state.

Supports: insomnia, restless mind, poor sleep quality, mental overactivity

WEIGHT MANAGEMENT

20 mins I SGD80++

The sessions are designed to be used in succession, gently guiding subconscious patterns related to habits and behaviour.

Supports: healthy weight management, habit awareness and behaviour calibration

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



DAMAI

MASSAGE THERAPIES

DAMAI SIGNATURE MASSAGE

90 mins | SGD290++

This nurturing, full-body holistic oil massage guides you into a state of deep relaxation. Following a foot-cleansing ritual, generous amounts of warm oil are applied to nourish the skin, while rhythmic massage techniques focus on vital energy points to release tension, stimulate circulation, and restore balance.

GUA SHA SYMPHONY

90 mins I SGD290++

Drawing on traditional East Asian bodywork, this Gua Sha–centred treatment focuses on releasing muscular tension, stimulating circulation, and encouraging the smooth flow of Qi. Gua Sha techniques are applied alongside rhythmic massage and targeted acupoint work along key meridians to ease physical strain.

The treatment concludes with a focused facial massage incorporating Gua Sha and acupoint techniques to help relieve eyestrain, reduce puffiness, and refresh the complexion, leaving the body relaxed and rebalanced.

RESTORATIVE SLEEP MASSAGE

90 mins | SGD290++

A profoundly calming full-body ritual designed to support the body's natural circadian rhythm and ease the nervous system into a deeply restorative, sleep-ready state. The journey begins with a warm, soothing foot ritual and grounding lower-leg massage infused with magnesium to release physical tension and signal the body to slow.

This is followed by rhythmic massage, gentle breathwork to soften mental activity, subtle vagus nerve stimulation, slow rhythmic holding, haptonomic body rocking, and grounding touch that encourage parasympathetic activation, complemented by soft sound and the vibrational elements of a tuning fork.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



DAMAI

MASSAGE THERAPIES

LYMPHATIC DETOX MASSAGE

60 mins | SGD195++

Light, rhythmic pumping actions are applied along the lymphatic pathways to encourage detoxification, reduce stagnation, and enhance immune resilience. Warm, toning massage oil infused with sea fennel and rosemary deepens comfort, supporting lymphatic drainage, reducing fluid retention, and improving skin tone, while acupressure and face reflexology release stress and restore energetic flow. Mindful breathwork completes the ritual, reconnecting you with your body's natural rhythm and leaving you lighter, calmer, and renewed.

DEEP TISSUE MASSAGE

60 mins | SGD220++ | 90 mins | SGD325++

Designed to release overworked muscles, this powerful, deep tissue massage uses flowing and firm strokes to alleviate aches and stiffness and improve circulation. Tailored to your needs, it focuses on the forearms, back, shoulders, hips, and glutes, restoring balance, enhancing movement, and renewing energy levels for ultimate relaxation and recovery.

This powerful synergy of purification and recovery not only relieves overworked muscles but also restores balance to body and mind, leaving you light, supple, and ready to move with strength and ease.

ENHANCEMENTS

iDOME FAR INFRA-RED HEAT BODY EXPERIENCE	45 mins	SGD148++
LED AND PLASMA LIGHT FACE THERAPY	30 mins	SGD128++
TARGET MASSAGE (choose from feet, shoulders, neck)	30 mins	SGD99++
BODY SCRUB	30 mins	SGD98++

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



SKIN LONGEVITY FACIALS

111SKIN HARLEY STREET SIGNATURE REPARATIVE FACIAL

60 mins I SGD320++

A high-performance facial designed to deeply nourish and hydrate. Originally created by Dr. Yannis Alexandrides to accelerate post-surgery healing, this treatment epitomises the best of 111SKIN's famed surgically inspired skincare. Harnessing the power of the exclusive NAC Y²™ complex to strengthen the skin barrier and prevent inflammation, it magnifies the restorative effects of the Reparative Collection to enhance your complexion. Suitable for all skin types, the formulation is especially effective in calming and soothing damaged, inflamed, and irritated skin.

BLACK DIAMOND NON-SURGICAL LIFT FACIAL

90 mins I SGD420++

An opulent anti-ageing facial and luxurious experience that harnesses the power of 111SKIN's most potent range, the Intensive Collection, to promote a youthful, sculpted appearance. This treatment includes gentle exfoliation to reveal smoother, more even skin tone, and employs products enriched with renewing and brightening actives, delivered through Fine Diamond Particles and the patented NAC Y²™ formula.

A combination of Wrinkle Minimising Wand application and signature deep facial muscle massage techniques ensures the face is lifted, firmed, and sculpted along its natural contours, for a truly youthful and revitalised appearance.

CRYO GLOBE REGENERATIVE FACIAL

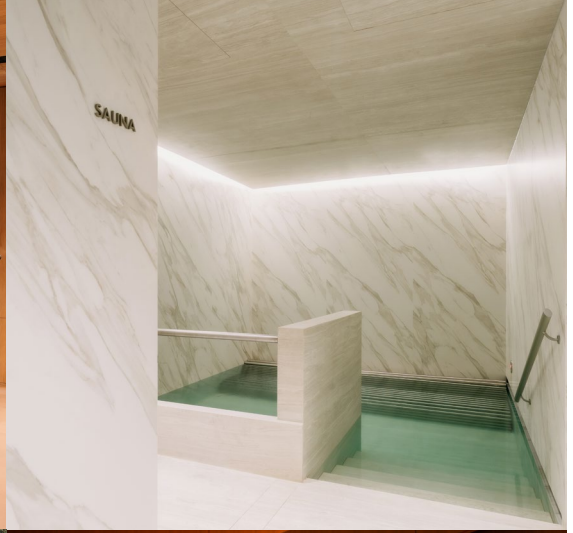
90 mins I SGD420++ | 60 mins | SGD320++

An energising treatment designed to revive tired, dull skin and restore a fresh, awakened glow. Using cryotherapy-inspired cold globes, this refreshing facial stimulates circulation and enhances oxygen flow to the skin, visibly reducing puffiness while improving tone and luminosity.

Gentle temperature contrasts, combined with rhythmic movements, stimulate microcirculation and support lymphatic drainage, delivering a fast-acting visible refresh through cooling techniques and revitalising skincare, leaving the complexion firmer, clearer, and visibly renewed.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.













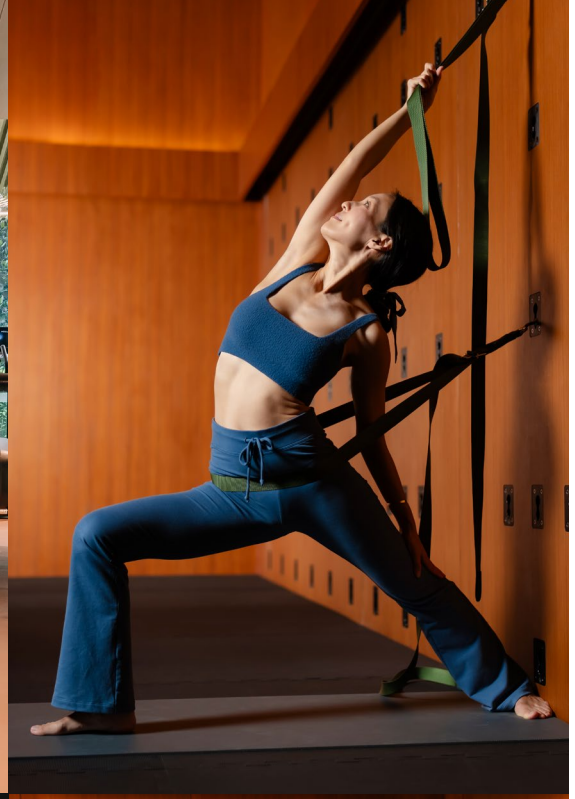
DAMAI

Experience a tranquil Damai wellness sanctuary, where every detail is crafted with your wellbeing in mind. From biophilic spaces and hydrotherapy to movement studios and gym facilities, together with science-based well-tech and traditional spa therapies, discover restorative experiences that bring balance and renewal.

The state-of-the-art facilities include:

- 400 SQ M FITNESS CENTRE
- HYROX-ACCREDITED TRAINING ZONE AND FACILITIES
- SPA WITH HYDROTHERAPY FACILITIES
- YOGA AND PILATES STUDIO
- 25M OUTDOOR SWIMMING POOL
- OUTDOOR HYDROTHERAPY WELLNESS CIRCUIT
- MOVEMENT LAWN









FITNESS AND MOVEMENT

FITNESS CENTRE

Elevate your fitness routine and achieve your wellness goals at the Fitness Centre, featuring state-of-the-art equipment designed to support every workout regimen. The extensive 400 sq m gym includes cardio equipment, strength-training machines, free weights, pin-resistance and weight-resistance machines functional and mobility tools.

Personal training sessions and packages are available.

HYROX TRAINING ZONE

Take your training further at the first HYROX-accredited hotel training facility in Southeast Asia. Purpose-built for high-performance conditioning, this dedicated zone within the Fitness Centre features functional equipment and programming inspired by the global fitness race that blends endurance, strength, and natural movement.

Whether you are an experienced athlete or exploring a new challenge, the HYROX Training Zone offers a dynamic space to elevate your performance with purpose.

HYROX training packages are available.

DAMAI HOUSE

Damai House is a 93 sq m spacious studio specialising in yoga, Pilates and movement classes.

A unique feature is the MBT (Mind Body Therapy) wall, a versatile training system for strength, flexibility, and rehabilitation. It supports a wide range of movement exercises and caters to all fitness levels.

Enhance your wellness journey with our group classes or one-on-one private tuition.

For the movement class schedule, please visit our website here, reach out to our Damai team at damai.sg@hyatt.com, or call +65 6416 7132.

RETREATS

Damai offers various urban retreat programmes throughout the year, providing a chance to step away from the pace of city life and immerse yourself in restorative experiences or new training practices without leaving the hotel. The programmes range from holistic journeys that nurture both body and mind to movement-training and development programmes.

Accessible to in-house guests and local members alike, the retreats provide a convenient way to recharge, whether through a weekend wellness immersion, a tailored day package, or ongoing classes integrated into daily routines.

Prices are in Singapore Dollars, subject to 10% service charge and prevailing government taxes.



DAMAI

SPA & FITNESS CENTRE

Grand Hyatt Singapore, 10 Scotts Rd, Singapore 228211

T +65 6416 7132 **E** damai.sg@hyatt.com singapore.grand.hyatt.com

HYATT name, design and related marks are trademarks of Hyatt International Corporation.
©2008 Hyatt International Corporation. All rights reserved. Reg. No. 198601909E