

## NEW WELLBEING EXPERT (WE) TREATMENTS FROM AROMATHERAPY ASSOCIATES MAKE ASIA DEBUT AT THE FULLERTON SPA



**SINGAPORE, 11 MAY 2018** –The award-winning Fullerton Spa has been selected as the Asia launch pad for the four new Wellbeing Expert (WE) treatments by UK-based company, Aromatherapy Associates in June 2018. The new set of new treatments is the brainchild of aromatherapy expert, Anne Murray from Aromatherapy Associates, an advocate of mindful beauty which stems from a belief in holistic care for the mind, body and soul to improve overall wellbeing. Each of the new WE treatments: “WE Relax”, “WE De-Stress”, “WE Revive” and “WE Strengthen” seeks to deliver a luxurious spa experience that transcends the confines of The Fullerton Spa treatment room, allowing guest to carry on the benefits of wellness even when they return to the daily grind.

Arrive at The Fullerton Spa and begin with a detailed consultation on both your physical and emotional requirements. Depending on your state of being, our trained therapist will recommend one of the 60-minute WE treatments to suit your needs, working on targeted areas of your body to restore wellness and health. Choose “WE Relax” if your body needs a calming



touch to ease the anxious tensions and let our therapist work her nimble hands over your back, scalp, face, neck and shoulders. For the overactive mind or the weary body, experience the benefits of “WE De-stress” to release your stress knots. Opt for “WE Revive” if you are feeling drained and let the energising strokes of massage knead your body back into an uplifted state of mind and health. Rebuild the healing powers of your body and spirit with “WE Strengthen” as our spa therapist focus on key areas of your back, face, neck, shoulders, abdomen and feet to guide your body to a state of rest and resilience. Refer to **Annex A** for a detailed description of the 4 WE treatments.

During the WE treatment, the body will be eased with specialised massage techniques; the mind will be trained with powerful mindfulness exercises; and the spirit will be nurtured as the therapists focuses their full intention on the purpose of the treatment. Leave the woes of the world outside the spa treatment room; focus on the restorative powers of the massage; and experience the benefits of pure essential oils extracted from the finest natural ingredients, hand blended in a London laboratory with each WE treatment that is paired with an Aromatherapy Associates product collection.

At the end of the spa treatment, allow our therapist to guide you through a simple affirming ritual to enhance the positive effects of the massage before you step out of The Fullerton Spa feeling refreshed, rejuvenated and ready to take on the world anew.

Each of the WE Treatments is priced at S\$160\*. The Fullerton Spa at The Fullerton Hotel Singapore is open daily from 10.00 a.m. to 10.00 p.m. For spa reservations or enquiries, please call The Fullerton Spa at (65) 6877 8182/8183 or email [thefullertonspa@fullertonhotels.com](mailto:thefullertonspa@fullertonhotels.com)

*\*Prices are subject to service charge and prevailing government taxes.*

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**ANNEX A**



**A) WE RELAX:** A treatment to promote deep calm, better sleep, and less anxiety using products from the Relax Collection.

With its centering and grounding techniques, this treatment will bring a sense of calm and serenity. Perfect for day or evening, depending on which Relax blend you choose: Deep or Light Relax. Massage movements are focused on the back, scalp, face, neck and shoulders, and your therapist will share practices to help you truly and mindfully relax.

**B) WE DE-STRESS:** A treatment to quiet a busy mind and ease an aching body, using products from the De-Stress Collection.

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose: De-Stress Mind or De-Stress Muscle. Your therapist will guide you in maintaining a stress-free mindset as you return to everyday life.

**C) WE REVIVE:** A treatment to restore vitality to a weary body and spirit, using products from the Revive Collection.

Feel your physical and emotional energy returning with this revitalising treatment, choosing from Revive Morning or Evening blends. Back, legs, neck and shoulders benefit from energising massage, while gentle, nurturing face and abdomen techniques will regulate digestive and hormonal fluctuations. Your therapist will guide you in mindfully building your day to day vitality.

**D) WE Strengthen:** A treatment to instill resilience and courage in difficult times, using products from the Inner Strength Collection.

Choose this treatment using our Inner Strength blend when you need to rebuild the healing and rebalancing powers of your body and spirit. With supportive techniques used on the back, face, neck, shoulders; nurturing abdominal work, and movements to open the foot reflexes, you will feel physically soothed and emotionally more resilient. Your therapist will help you become mindful of your ability to access your own inner strength whenever you wish.

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### **About The Fullerton Hotel Singapore**

2018 marks the 90<sup>th</sup> anniversary of the Fullerton Building, home to The Fullerton Hotel Singapore. Gazetted as Singapore's 71st National Monument, the hotel once housed the General Post Office, The Singapore Club and the Chamber of Commerce. It is a luxury hotel with 400 rooms and suites carefully designed to provide both business and leisure travellers with a sanctuary of serenity and comfort in which to retreat and rejuvenate. Dynamically located in the heart of the financial and arts districts, the hotel successfully blends rich heritage with contemporary style and personalised service to offer guests a world-class accommodation experience. Epicureans can enjoy a delectable array of dining selections. There are a total of 5 restaurants and bar in the hotel, namely Town Restaurant which presents international buffets and an a la carte menu, Jade features Cantonese cuisine, The Courtyard offers an Indian buffet, Japanese buffet and Afternoon Tea, and The Lighthouse Restaurant & Rooftop Bar with breathtaking views of Marina Bay serves authentic Italian cuisine. Post Bar, which features the original ceiling and pillars of the General Post Office, is the popular choice amongst the trendy elite. [www.fullertonhotels.com/the-fullerton-hotel](http://www.fullertonhotels.com/the-fullerton-hotel)

### **About The Fullerton Spa**

An exercise in understated luxury, The Fullerton Spa is perfect as an ideal private hideaway for guests and business travellers to relax and unwind, providing a perfect retreat within the neoclassical tranquillity of The Fullerton Hotel Singapore. Offering holistic rejuvenation in a tranquil, meditative setting, The Fullerton Spa uses the product line by the award-winning UK based company, Aromatherapy Associates where all products are created only natural ingredients, the purest extracts and essential oils that are paraben free.

The Fullerton Spa was awarded the "Luxury Business Hotel Spa (Southeast Asia)" by the World Luxury Spa Awards in 2017 and also won the CLEO Body Awards 2018 for "Best Relaxing Treatment" for Asian Heritage Spa Treatment in 2018. <https://www.fullertonhotels.com/the-fullerton-hotel/spa.html>