

Take a break from the hectic pace of life
and retreat into the tranquil environment of St. Gregory.
For a few precious moments, feel like the world is behind you,
your energy revitalised and restored, and step out filled
with a lightness of being.

Pamper yourself with a wide range of face and body treatments
and traditional healing therapies, and let the healing hands of our
therapists bring you into a state of ultimate relaxation
ideal for your mind and body.



ST. GREGORY

THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

PARKROYAL on Beach Road

7500 Beach Road, Singapore 199591

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ST. GREGORY SIGNATURES

Relaxing Aromatic Body Bliss

60 mins SGD180

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

Elemis Pro-Glow Smooth Facial

75 mins SGD250

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

ST. GREGORY EXPERIENCE

St. Gregory Spa blends in a reinvigorating Asian wellness experience with the latest offerings in innovative spa and anti-aging products.

Set within an elegant urban oasis, our highly experienced and skilled therapists will whisk you away in renowned signature St. Gregory style.

Speedy Recovery

60 mins SGD170

Beauty Enhancer | 30mins
Neck & Shoulder Massage | 30mins

Jet Lag Relief

75 mins SGD190

Anti-Stress Back Bliss Massage |
30mins
Foot Massage | 30mins
Scalp Massage | 15mins

Oriental Therapy

90 mins SGD230

Traditional Chinese Tui Na Massage |
60mins
Traditional Chinese Foot Reflexology |
30mins

Total Wellness

120 mins SGD310

Beauty Enhancer | 30mins
Choice of Body Exfoliating Scrub |
30mins
Choice of Massage - Balinese or
Aromatic | 60mins

Perfect for Two

90 mins SGD450

Choice of Massage - Balinese or Aromatic | 60mins
- Elemis Skin Nourishing Milk Bath | 30mins

Prices are inclusive of Goods & Services Tax.

BRIEF ESCAPES

Anti-Stress Back Bliss

30 mins SGD100

A relaxing back massage with slow and deep manipulation, gradually relieving tension in the neck and back.

Neck and Shoulder Massage

30 mins SGD100

Relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energized.

Beauty Enhancer

30 mins SGD100

Dedicated to the executive constantly on the move, this is an instant radiance booster for dull and tired skin. It is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

Foot Massage

30 mins SGD80

Boosts localised lymphatic and blood circulation, improves sleep and overall well-being.

Scalp Massage

15 mins SGD50

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

ASIAN / ORIENTAL THERAPIES

TRADITIONAL CHINESE THERAPY

Traditional Chinese Tui Na Massage

60 mins SGD200

Tui Na, or “push” and “pull” in Mandarin, is an ancient Chinese therapy combining both massage and acupressure. Using a range of vigorous penetrating techniques such as squeezing, pushing, pulling and kneading to stimulate key pressure points, it unblocks and enhances the flow of “Qi” or vital energy in the body, thus relieving tension and restoring balance.

Traditional Chinese Foot Reflexology

30 mins SGD80

In Traditional Chinese Medicine, every meridian point on the soles of our feet reflex to a particular part of our body. A steady, even pressure is applied to massage and stimulate these points, thus clearing out toxins, removing energy blockages and improving blood circulation and overall wellbeing.

Gua Sha

15 mins SGD50

A Traditional Chinese therapy technique of applying pressure and friction to the skin to stimulate the connective tissues of internal organs, releasing blocked ‘Qi’ to promote blood circulation and eliminate toxins from the body. Also relieves muscular tightness and pain.

Ba Guan

15 mins SGD50

A cupping technique using vacuum suction to improve blood circulation, aid in muscular pain and balance the body’s energy or ‘Qi’. A flame is passed over the inside of a glass cup to create a vacuum, and the cup is then placed on key pressure points or affected areas of the body to stimulate ‘Qi’ and enhance the flow of energy throughout the body.

INDONESIAN THERAPY

Indonesian Balinese

60 mins SGD180

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

SKIN VITALITY

ELEMIS

Elemis Pro-Glow Brilliance Facial

75 mins SGD200

Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.

Elemis Pro-Glow Smooth Facial

75 mins SGD250

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

Elemis Pro-Glow Resurface Facial

75 mins SGD250

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

Elemis Feast Your Eyes

15 mins SGD50

Rehydrate your eyes while getting facial care.

SKIN VITALITY

THALION

Thalion Purifying Detox

45 mins SGD150

A super-grooming facial that decongests skin, working to eliminate blocked pores and accelerate skin recovery. Fast-acting ingredients reduce sensitivity and provide long-lasting defense against the effects of daily pollutants, leaving skin clean and clear.

Thalion Sensi-Marine

75 mins SGD200

This extremely gentle treatment soothes, reduces inflammation and fights against skin sensitivity which causes premature ageing of skin. It reinforces blood capillaries, diminishing neuro-sensitivity to reduce the skin's reaction to external stimuli and increasing its level of tolerance.

Thalion Energy & Radiance

75 mins SGD200

Highly concentrated in minerals, trace elements and vitamins, this treatment boosts the defence mechanisms of stressed and suffocated skin, protecting it against external aggressions. Regenerated and strengthened, the skin is smooth.

SKIN VITALITY

THALION

Thalion Intense White

75 mins SGD250

The patented active ingredient Pylawhite, extracted from a macro-seaweed and born of 5 years of research, acts at the heart of cells to reduce dark spots and brighten the complexion; vitamin C targets pigmentation defaults and boosts collagen production for a firming and anti-ageing action. Skin is firmer, complexion is luminous and dark spots are blurred.

Thalion Firm & Lift

75 mins SGD260

This comprehensive treatment uses a unique combination of active ingredients with marine and scientific expertise to firm and tone the skin, while maintaining its elasticity with anti-wrinkle effects.

Thalion Eye Lift Expert

30 mins SGD100

Instantly plumps the eye contour and protects from premature ageing. A real cell booster, it activates micro-circulation to produce immediate decongestion. The specific manipulations lift features and restore firmness to the eyelids.

BODY WELLNESS

BODY MASSAGE

Relaxing Aromatic Body Bliss

60 mins SGD180

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

Thalion Intense Revitalization Massage

75 mins SGD220

Mineral Therapies treatment combines the best of the beauty world and physiotherapy. It acts as a super charger to restore the body original mineral balance. A set of techniques to relax muscles and joints is performed. The body is put into a state of ultimate relaxation thanks to the signature massage, which associates deep muscular gestures and rebalancing action thanks to the power of seawater.

Thalion Ocean Bliss Massage

75 mins SGD220

The journey of the senses begins with a selection of scents that provides the treatment with sunny and joyful notes: Captivating Tiare fragrance or Sparkling Citrus. The body is enveloped in a delightful scrub, that sublimes the skin, then slowly immersed in a cocoon of well-being thanks to the Oceanic Bliss Massage. Marine and solar choreography and the Hypno-Slow technique provide an exquisite sensation of relaxation. The ritual ends with the application of a melting balm. A true interlude of peacefulness.

BODY WELLNESS

BODY EXFOLIATION

Elemis Intensive Cleansing Salt Scrub with Exotic Lime and Ginger

30 mins SGD110

The extraordinary cleansing power of salt will gently slough away dead skin cells and encourage the regeneration of new cells, thus invigorating the body and improving circulation.

Thalion Exfoliation Marine Salt Scrub

30 mins SGD110

An anti-ageing resurface care scrub with enveloping fragrance exfoliates and revitalizes your skin. Helps to optimize the elimination of impurities and dead cells, and support cellular renewal with essential elements, protecting skin from premature ageing and leaving it silky and luminous.

BODY DETOXIFICATION

Elemis Body Nectar Nourishing Wrap

60 mins SGD200

This lusciously fragrant, intensely moisturizing body wrap will transport you to the Far East. The velvet texture of the Monoi oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatic and skin condition oils do their work. An emotionally grounding experience for skin that has never felt silkier.

BALNEOTHERAPY

Elemis Skin Nourishing Milk Bath

30 mins SGD120

An ancient beauty treatment enjoyed by Javanese royalty, combining the power of aromatherapy with the richness of milk. Excellent for sensitive skin.

Thalion Thalasso Oligo Seawater Bath

30 mins SGD120

Offer your body an authentic Thalasso Oligo bath rich in magnesium to relax the body. This thalassic therapy offers all the trace elements and marine minerals essential to re-mineralize and revitalize your body.

NuCalm®

Slip into a state of deep calm with NuCalm - a neuroscience-backed experience designed to naturally guide your body into restoration. Through gentle neuroacoustic soundscapes layered with soothing music, NuCalm helps quiet the mind, slow the heart rate, and ease you into pure tranquility. Whether enjoyed as a standalone session or paired with your spa treatment, it's a journey inward — where true relaxation begins.

Rescue

40 mins **SGD80**

Rescue - original, core therapeutic anchor of NuCalm taking 15 years to create and perfect. Rescue is a patented immersive experience designed to balance the autonomic nervous system by placing the body in a state of parasympathetic dominance. It promotes healing through increased heart rate variability and cellular restoration, guiding the body into the optimal 'healing zone'.

PowerNap

20 mins **SGD40**

PowerNap works in harmony with your body's natural parasympathetic nervous system, using complex neuroscience and technology to achieve one simple goal – deep restorative relaxation.

Focus

15 mins **SGD30**

Focus is not just for the moments you need to concentrate, it is a tool to cultivate a long-term, healthy relationship with your mental capabilities. With regular use, experience a significant improvement in your overall cognitive functions and stress management.

HEALING THERAPY

Japanese Traditional Usui Reiki (Energy Healing)

60 mins SGD250

Rooted in the Japanese tradition, Usui Reiki is a gentle hands-on healing technique that channels universal life force energy to restore balance within the body and mind. This deeply meditative experience helps clear energy blockages, relieve stress, and awaken your inner harmony.

Japanese Traditional Usui Reiki with Alchemy Crystal Sound Healing

75 mins SGD280

Blending Japanese Traditional Usui Reiki with the pure, resonant tones of Alchemy Crystal Singing Bowls, this treatment amplifies energy flow and gently restores balance to the body and spirit.

PHYSIOTHERAPY

Physiotherapy

60 mins SGD250

Restore movement and relieve tension with personalised one-on-one physiotherapy guided by our dedicated trainer. Whether for recovery or revitalisation, each session is tailored to your body's unique needs to support strength, balance, and mobility.

Water Therapy

60 mins SGD250

Float into wellness with a customised water therapy session in the pool. Led by our dedicated trainer, this gentle aquatic experience promotes joint relief, muscle relaxation, and fluid body movement, all in the soothing embrace of water.

INFORMATION & POLICY

Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours:

11am to 8pm from Monday to Friday.

10am to 8pm on Saturday, Sunday and Public Holidays

Reservations

Advance reservations are recommended as appointments are subject to availability. 50% pre-payment is required at the time of booking to secure the appointment.

Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have including pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, which may affect your treatment.

Check-in

Please check in at St. Gregory at least 10 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your use. You may wish to bring along your swimwear if you are using the Day Spa facilities.

Cancellation

Guests who cancel or reschedule their appointments less than 6 hours from their appointment slots will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no-show.

Punctuality

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- the treatment for the remaining time booked, or
- an alternative treatment when available

Payment

Payment can be made via cash in Singapore dollars or major credit cards (Visa, Mastercard, Amex, JCB). All prices are inclusive of GST. (GST Reg. No. M2-0010-445-5)

INFORMATION & POLICY

Valuables

The management of St. Gregory and PARKROYAL on Beach Road will not be responsible for the loss of any money or valuables brought into its premises or the surrounding public areas.

Spa Ethics

Male clients must be appropriately clothed in shorts and a towel in the steam room.

Mobile Phones

In consideration of other guests, please refrain from using mobile devices when you are in the spa premises.

Product Return

Refunds can be offered for all unopened products when accompanied by a receipt and returned within five working days excluding Saturday, Sunday and Public Holidays. Opened products with or without receipts cannot be returned or exchanged.

An exception on a case-by-case basis will be made for those suffering from medical and/ or allergy conditions certified by registered doctors and/or dermatologists in Singapore.

Package Refund

Refunds can be offered for all unused packages when accompanied by a receipt and returned within 5 working days excluding Saturday, Sunday and Public Holidays.

Clients who suffer from medical condition(s) or have undergone an accident requiring an unknown recovery period may claim for the balance of the unused package (within the stipulated date of expiry) or exchange the balance for other suitable treatments. A supporting report by a registered doctor in Singapore on the medical condition must be provided at any point of time.

Minimum Age Requirement

Guests must be at least 18 years of age to utilize the gym facilities. Spa services are available to guests aged 17 and above. Junior guests aged five to 16 years and accompanied by a legal guardian may use services that require them to be dressed appropriately according to the treatment.

INFORMATION & POLICY

Guide Dog

This standard applies to licensed guide dogs accompanying person(s) with visual disability.

The visually impaired will be allowed to use our lifestyle facilities when required. Reservations made must clearly mention that guest is a visually disabled person and he/ she will be met in the lobby and guided to the spa area by our spa associate. Thereafter, the guide dog will be led by a Security associate to an isolated area within the premises that is equipped with pet necessities i.e. bowl, mat and pet goodies. The guide dog will be handed over to its owner in the lobby after the treatment.

The guide dog is strictly not allowed in our common facilities area.

Customer Care

We aim to provide a holistic spa journey for you. Please feel free to contact our associates for any assistance or information. Your feedback and suggestions are much appreciated.

CaseTrust

CaseTrust can be contacted at Tel: +65 6277 5100 or Email: casetrust@case.org.sg

For a complete set of St. Gregory's terms and conditions and its policies, please proceed to the Spa.
