

Domingos Folgado

Innovative Wellness Consultant
& Therapist





Rejuvenate Mind, Body & Soul

London-based Domingos Folgado is a highly regarded international wellness consultant. A graduate of the Instituto Medico Naturista de Lisboa in his native Portugal, Domingos has over 20 years of experience in various healing modalities, including naturopathy, therapeutic massage, personal training, pilates, acupuncture, and KORE therapy. He brings inspiring bespoke treatments, group wellness sessions, and innovative therapies for guests such as the deeply restorative 'Fire Cupping therapy combined with Tui Na massage'.



Facial Rejuvenation with Acupuncture and Gua Sha

60 minutes

Fresher, younger, brighter looking skin that breathes! Inspired by traditional Chinese medicine, this treatment goes much beyond a facial. Specific acupuncture points are selected, stimulating the body to expel toxins, remove fluid, increase blood flow, and promote new cell growth. Leading to a visible reduction of fine lines, wrinkles, and definition of the jawline. A natural alternative to Botox treatments, you will start seeing improvements after your first session.

\$250++

Amnu Fu

45 minutes

A deep oil therapeutic massage focused on the abdominal region - the engine of the mind, the body, and the spirit. This signature Five Elements abdominal massage with tongue diagnosis, is one of the most beneficial treatment systems for the human body, according to Chinese medicine. It ensures that all your organs are operating efficiently, and releases blockages in the bowels while stabilizing internal organs, clearing trapped toxins, discharging waste products, working lower back tensions, and promoting weight loss.

\$180++

All prices are subject to a 10% service charge and all prevailing government taxes.

Chakra Hot Stone Aroma Therapy

90 minutes

Harnessing the properties of hot stones to provide power and warmth to tired muscles, inducing deep relaxation. This therapy combines ten different cultural touches to balance emotions and calm the spirit. The stones are placed on key energy points of your body, followed by a firm, rhythmic full body massage with exotic hot oils.

\$280++

K.O.R.E Therapy

50 minutes

An extraordinary combination of Eastern and Western medicine for a fast recovery. A methodical muscle and functional testing are used to check the muscle power in a number of physical positions, highlighting injured and imbalanced areas. We analyse the weakness to identify underlying causes such as restrictions in the nerves, blood, or Qi flow, and design effective treatments to help you recover.

\$180++

All prices are subject to a 10% service charge and all prevailing government taxes.



Aromaflex

60 minutes

Pure indulgence from your neck to your toes! Let your stress and tension float away with a 30 minute destress back, neck, and shoulder massage. Followed by a 30-minute foot reflexology session.

\$225++

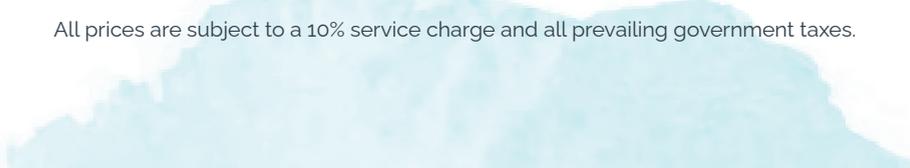
Body Blitz

50 minutes

Walk into a world of sensory heaven! Can't decide between a massage or a facial? Enjoy the best of both worlds. The Body Blitz eases away all your stress and tension to induce a deep sense of calmness. The treatment starts with a relaxing 25-minute body massage followed by a 25-minute refreshing Gua Sha facial, leaving you with fresh and beautifully glowing skin.

\$180++

All prices are subject to a 10% service charge and all prevailing government taxes.





Fire Cupping Therapy Combined With Tui Na Massage

60 minutes

Experience a powerful combination of thousands-of-year-old Chinese healing practices. Cupping therapy is an ancient alternative medicine in which a therapist places special cups on your skin for a few minutes to create suction. This treatment, a powerful form of deep-tissue massage, helps reduce pain and inflammation by stimulating blood circulation. Tui Na, which translates to pushing and pulling, is an ancient Chinese massage to relieve symptoms, leaving you healed and relaxed.

\$225++

Detox and Revitalize, Restore and Recover (Multi-Session Packages)

This multi-day programme harnesses Domingos' distinct specialisms to provide a full holistic overhaul that will leave you physically and mentally renewed. Inclusions: Amnu Fu (a 5 elements abdominal massage with tongue diagnosis), Fire Cupping, Facial Rejuvenation (with acupuncture), Gua Sha and Tui Na massage, Total Body Conditioning (physical training), boot-camp-style session (physical training), Chakra Hot Stone massage, Cranial Balancing therapy, de-stress acupuncture, and pilates.

3 Days - \$800++ | 5 days - \$1250++ | 7 days - \$1,500++ | 14 days - \$2,900++

All prices are subject to a 10% service charge and all prevailing government taxes.

PERSONAL TRAINING & PRIVATE SESSIONS

Personal Training Journey

Tailor-made private sessions. Take advantage of Domingos' expertise to maximise results, learn optimal exercises, improve practice, and enhance your lifestyle.

3 Days - \$350++ | 5 days - \$600++ | 7 days - \$750++

Kick Start (Single Session)

60 minutes

A unique opportunity to reach your fitness goals! Domingos creates personalised workout and wellness plans, along with specialised sports specific and postural analysis. You also get to train with him and maximise your results with this guided workout session. His bespoke prescription helps with losing weight, building strength, toning muscles, and increasing flexibility. Domingos will motivate you to change your life and see that you can do it healthily and learn optimal exercises, such as Cardio Boxing, to enhance your lifestyle.

\$145++

All prices are subject to a 10% service charge and all prevailing government taxes.

COMPLIMENTARY WELLNESS WORKSHOPS

Detox for Health & Weight Loss

Your chance to learn the keys to good health and happy life from our wellness expert. This informative and interactive workshop will provide some tips on how to naturally detox your body.

Mondays & Wednesdays
17:00hrs at Spa

Healthy Joints

Our wellness expert will share his insightful knowledge on how nutrition and exercises can help in maintaining good joint health, improving your bone strength and posture.

Saturdays
17:00hrs at Spa

Early Morning Stretches

Stretching is a gentle way to ease yourself into the day. So start your day right with guided stretching techniques taught by an expert, as you gaze upon the beautiful, restorative lagoon views.

Saturdays
09:00hrs at Gym