ALERA

Treatment Menu

CHOOSE YOUR RHYTHM

1st Floor | Tues – Sun, 12 PM – 9 PM

SIGNATURE EXPERIENCES

Alera Reset — 90 Minutes | 495

A deeply restorative full-body massage designed to ease tension, calm the nervous system, and return the body to balance.

Alera Renewal Journey — 120 Minutes | 695

A complete sensory ritual combining exfoliation and tailored massage to restore, and bring the body back into rhythm.

BODY THERAPIES

Signature Relaxation Massage — 60 / 90 Minutes | 295 / 425

A calming massage using slow, flowing movements to ease tension and invite deep rest.

Deep Relief Massage — 60 / 90 Minutes | 325 / 465

A targeted treatment using focused pressure to release deep muscle tension.

Tailored Massage — 60 / 90 Minutes | 325 / 465

A personalised massage shaped around your body's needs.

Lymphatic Drainage Therapy — 60 / 90 Minutes | 345 / 485

A gentle treatment stimulating lymphatic flow and detoxification.

Warm Stone Therapy — 90 Minutes | 525

A relaxing experience using heated stones to release tension.

ENHANCEMENTS AND ADD-ONS

Sole Harmony – Foot Reflexology — 30 Minutes | 125

Scalp & Mind Relaxation — 30 Minutes | 115

Targeted Back Add-On — 30 Minutes | 125

TARGETED THERAPIES

Back Relief Therapy — 45 Minutes | AED 225

Head, Neck & Shoulder Release — 45 Minutes | AED 215

Recovery Massage — 45 Minutes | AED 225