



For Immediate Release

Wellness Retreat at Capella Singapore

Singapore, 10 February 2015 – The road of good intentions towards keeping fit and living a healthy lifestyle is often hard fought. To help guests embark on their journey of wellness, Capella Singapore introduces Singapore's first wellness retreat programme.

Capella Singapore will be working with a team of locally acclaimed Dieticians from Eat Right Singapore to specially create healthy set menus based on human nutritional needs. The experience is further personalised with a one-to-one consultation with a certified Dietician upon check in. The three-day two-night package presents a holistic wellness journey, where guests will enjoy a Personal Training and Sunrise Yoga session as well as a luxurious massage at the award-winning Auriga spa.

Situated just minutes away from the city, Capella Singapore offers an easy escape; with 30 lush acres of tranquil gardens juxtaposed against the magnificent South China Sea. The Capella Singapore Wellness Retreat package is the perfect start one's wellness journey in the midst of a hectic urban lifestyle.

From **\$950++ per person or \$1,250++ for two per night** for a Premier Garden Room, with a minimum of two nights stay, the package includes:

- 60 minute private consultation with a Dietician
- Daily nutritionist approved breakfast lunch and dinner at The Knolls
- 60 minute Personal Training session
- 90 minutes massage at Auriga spa
- 60 minute Sunrise Yoga

A choice of nutritionist approved snacks is also available for guests during their stay. Full itinerary is available in Annexure A.

All Capella Singapore Wellness Retreats must be made 72 hours in advance, any changes or cancellations to the reservation must be made at least 48 hours prior to arrival. For any cancellations made less than 48 hours in advance, the full cost of one night will be charged.

For all hotel bookings, please contact the Capella Singapore Reservations Team at +65 6591 5000 or email reservations.singapore@capellahotels.com.

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Annex A: CAPELLA SINGAPORE WELLNESS RETREAT ITINERARY

Day 1

Arrival at Capella Singapore
Consultation with a Dietitian
7:00pm Wellness Dinner set at The Knolls

Day 2

7:30am 60 Minute Personal Training Session
9:30am Wellness Breakfast set at The Knolls
12:00pm Wellness Lunch set at The Knolls
90 Minute Auriga spa massage
7:00pm Wellness Dinner set at The Knolls

Day 3

8:00am 60 Minute Sunrise Yoga Session
9:30am Wellness Breakfast set at The Knolls
Check out

Terms and Conditions

- *To book the 90 minute massage treatment, please contact Auriga spa at +65 6591 5023 / spa.singapore@capellahotels.com. The 90 minute massage must be utilised within the wellness retreat stay dates.*
- *For any changes to the personal training session and yoga session, please contact Auriga spa at +65 6591 5023 / spa.singapore@capellahotels.com.*
- *For changes pertaining to dining times, please contact The Knolls at +65 6591 5046 / knolls.singapore@capellahotels.com.*
- *All changes to preset appointments are subject to availability and additional charges may be incurred.*



WELLNESS RETREAT MENU OPTION 1

Breakfast

- Freshly squeezed Fruit Juice (Orange/Pear/Apple/Kiwi)
- Salmon Maki Roll
- Assorted Cereal and Low-Fat Yoghurt

Snack

- Cured Salmon on Rye Bread with Fresh Garden Salad
- Freshly-Squeezed Fruit Juice

Lunch

- Tomato Tartar with Coriander and Onion
- Quinoa with Slow-Cooked Egg with Seasonal Vegetables
- Daily Cut Fresh Fruit Salad

Snack

- Cucumber and Cheese, Finger Sandwiches on Brown Bread
- Freshly Brewed Tea

Dinner

- Thai Beef Salad
- Baked Cod Fish with Olive Mozzarella Crust Seasonal Fresh Vegetables
- Homemade Tiramisu



WELLNESS RETREAT MENU OPTION 2

Breakfast

- Freshly-Cut Tropical Fruits
- Eggs Florentine
- Double Oat Muesli with Fresh Berries

Snack

- Steam Lobster Dumpling
- Booster Shots

Lunch

- Végétale Crudités Salad with Lemon Dressing
- Gluten-Free Pasta with Bolognaise Sauce
- Konnyaku Jelly Surprise

Snack

- Granola with Honey
- Low - Fat Yogurt Smoothie

Dinner

- Tuna and Smoke Anchovies with Potato Arugula Salad and Bistro Vinaigrette
- Slow - Cooked Chicken Leg Confit with Provençal Vegetable and Chicken Jus
- Cheese platter of the day with Dried Fruit



About Capella Singapore:

Located on Singapore's premier resort destination, Sentosa Island, Capella Singapore offers an inspiring natural setting while providing easy access to Singapore's financial and shopping districts. The flagship property for Capella Hotels and Resorts in Asia promises the ultimate in personalised service and represents a new standard of luxury in Asia, combining the best of old and new Singapore. Capella Singapore offers the most spacious accommodations in Singapore. The 112 guestrooms include two Colonial Manors, villas that feature private plunge pools and outdoor bathtubs, suites and premier rooms. In addition, Capella Singapore offers the opportunity for extended stays with full access to the hotel's facilities via The Club at Capella Singapore. These long stay offerings include 72 sea-facing suites and duplexes and 9 manors with private pools. For more information or to plan an event at Capella Singapore, please visit www.capellasingapore.com.

About Eat Right

Eat Right is a nutrition consultancy founded by Derrick Ong, an Australian qualified Accredited Practising Dietitian. Eat Right provides personal Dietary Consultations, Corporate Nutrition and Wellness Programmes and Culinary nutrition Solutions to clients wishing to attain a better state of health and wellness. For more information visit us at www.eatright.sg or drop by our clinic at 9 Penang Road, Park Mall #07-15 Singapore 238459.

Media contacts

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