

FACT SHEET

WELLNESS

As travellers dedicate time to pursuing the art of well-being, Marina Bay Sands shines the spotlight on wellness, with in-house experiences and curated in-room amenities catering to both leisure and business visitors. *Where Mind & Body Connect*, a wellness programme for hotel and public guests, is a cornerstone of the integrated resort's suite of wellness experiences, while *THRIVE at Marina Bay Sands* is dedicated to business delegates.

Where Mind & Body Connect

Held at Sands SkyPark, the comprehensive wellness programme aims to enhance physical, mental, emotional and spiritual well-being. The holistic range of activities is open to both hotel and public guests. All guests are welcome to join the 60-minute classes held every morning at SkyPark Observation Deck, as they enjoy a workout amidst a sky-high view of the bustling urban city.

Guests can choose to ease into a deep state of calm at Sound Meditation as soothing sounds and resonant vibrations leave them rejuvenated, or the cardio-centric Soul Flow, where guests are encouraged to channel their inner dancer. Guests who prefer low-impact activities may consider Pilates, Hatha Yoga and Vinyasa Yoga, all focusing on flexibility and breathwork.

Held at the world's most spectacular rooftop infinity pool, exclusive 40-minute Aqua Fit sessions invite hotel guests to explore balance and coordination through a range of movements in water.

Activity	Time	Location
Sound Meditation, Hatha Yoga, Vinyasa Yoga, Pilates, Soul Flow	7.30am daily	SkyPark Observation Deck Hotel Tower 3, Level 56
Aqua Fit* <i>*Complimentary and exclusive to hotel guests only</i>	7.30am, Tuesday 5.30pm, Wednesday	Infinity Pool Hotel Tower 1, Level 57

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Hotel guests enjoy complimentary classes, while public guests may sign up for classes at S\$48 per session. Bookings can be made at <https://www.marinabaysands.com/campaign/wellness.html>.

THRIVE at Marina Bay Sands

THRIVE at Marina Bay Sands is a collaboration between the integrated resort and BEAMexperience to present a rejuvenating suite of intellectual, mental and physical wellness experiences to event organisers and delegates. From Sound Meditation to Energy Forecasting, each guided experience is designed to heighten awareness and build resilience, leading participants to think and function at a higher level.

THRIVE PHYSICALLY spotlights three experiences, inspired by *Where Mind & Body Connect*, while *THRIVE INTELLECTUALLY* features five experiences grounded in evidence-based theory and delivered in a workshop format by a certified Positive Psychology Practitioner.

The programme can also be conducted at many of the unique event venues found around property, such as the Sands Theatre foyer, AVENUE Lounge and ArtScience Museum's VR Gallery, catering to event organisers' preference.

A wellness sanctuary in each guest room

Wellness has been imbued in all guest rooms and suites. The Paiza Royal Collection suites feature bespoke Savoir beds constructed by hand using centuries-old techniques and filled with layers of hand-teased horse tail, Mongolian yak wool and pure cashmere. One of the highlights is the Horizon Suite, a one-bedroom spa sanctuary spanning 330 square metres, with a Himalayan salt wall, a traditional Hammam, a dry sauna and massage tables. There is also a well-equipped gym, perfect for guests on a personal wellness retreat.

Suites in The Paiza Collection offer a pillow menu, allowing guests to pick their favourite pillow to ease into a restful sleep. The 160-strong Butler Services team draws a warm evening bath with relaxing notes of myrrh, frankincense and patchouli, before placing satin silk eye masks by guests' bedside. A Night Fridge featuring a water programme curated by a water sommelier as well as artisanal teas with morning and evening brews from Ette Tea Company are available in suites within this collection. Other amenities include high-quality FRETTE bedding and linen complemented by luxury down and feather bedding by local company Ploh.



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Thoughtfully designed to promote wellness amidst a city retreat, the television in all hotel rooms and suites is an entertainment device, information system and sleep aid all-in-one, equipped with easy-to-follow workout videos. For guests who prefer an energising run in the morning or to unwind with an evening jog, the RunGo app is accessible via a QR code for guests to explore the precinct. The television also offers a playlist of ambient sounds echoing the natural rhythms of a rainforest or simply white noise to create a soothing atmosphere in preparation for sleep.