



how to enhance your experience at sên

arrive at least 5 minutes before your treatment time. if you are late, we may have to shorten your treatment in order to be on time for the next Member.

lockers are available however we advise you against bringing valuables to sên.

wifi is available during your time at sên.

please turn all cell phones to vibrate or mute for the consideration of other Members.

children under 12 are not allowed in sên, except for hair services at the salon.

please provide us at least 48 hours notice for cancellations and up to 24 hours for any changes to your reservations, to avoid being charged for your treatments.

buying a gift

sên gift certificates are simple to buy as a wonderful gift to give. we can make them for a specific treatment or in any monetary denomination you desire. place your order by phone, email or in person.

guests

guests must be accompanied by Member whilst at sên. an additional charge of 15% applies for all services rendered by your guests.

AVEDA
THE ART AND SCIENCE OF PURE PLANT ESSENCES

BABOR

caronlab
LABORATORY

KERSTIN
FLORIAN

O·P·I

SPARITUAL

VITAMIN

When the spa's humble beginnings started in 1998, it was but a 400 square feet space obscurely tucked away. Over the years, the support from Members saw the facility growing and being relocated to its current 4,000 square feet facility and being rebranded to sên, a name more befitting of the services we have come to offer.

Fast forward to 2013, the facility has run its course and it was time to transform it yet again to meet the evolving needs and tastes of our clientele. Through this round of upgrading, sên now provides an array of classic treatments inspired by wellness rituals in a modern and comfortable atmosphere.

With this new facility comes our renewed promise to uncompromised quality. From authentic brand products to sterilizing methodology, our treatments are authentic with therapeutic value designed to de-stress, soothe, pamper, and re-invigorate.

For a totally rejuvenating experience, allow our professional therapists to suggest a tailor-made day package.

sên body massage collection

with you in mind, these massages have been crafted by Masters and our team has been trained to deliver them to you.

the kf ultimate massage thai, accupressure, swedish and lymphatic technique calms • replenishes • tension reducing	90 min	\$138
performance therapy a firm to deep massage using trigger points and swedish technic relieves lower back aches, stiff neck and shoulders	60 min 90 min	\$92 \$138
aroma journey specialized technique with 9 therapeutic-grade essential oils soothes • detoxifies • heals • realigns	90 min	\$138

our sên facial collection

advance lift accelerarator by kerstin florian age-management technology of 'LED red light with impulse microcurrent' into the deep layers of the skin. ideal in a series of treatments for maximum results. plumps fine lines • triggers DNA regeneration • awakens cell function	90 min	\$198
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upgrades with lift accelerarator ampoules

pure vit c	10 min	\$65
intensive repair	10 min	\$65
caviar cells	10 min	\$65

sên journeys by kerstin florian

best times a back massage and a clarifying facial for all skin types	90 min	\$150
me time a full body massage and a correcting renewal facial; great for mature skin	120 min	\$200
time to re-charge an energizing body scrub and body massage; an all-time favorite	120 min	\$200
wrap me up feel the glow of a hydrating body wrap and a correcting pro peel facial	120 min	\$200

quick combo journeys

an awesome way for those with little time but want it all

to be performed together with treatments

neck / shoulder / arm / foot massages	15 min	\$25
	30 min	\$46
	45 min	\$65
	60 min	\$82
mini customized facial by kerstin florian	30 min	\$45
lash / brow tints	15 min	\$16
waxing (please refer to waxing menu*)		

essential massages

customized the therapist will use her knowledge & experience to deliver a massage based on your needs	60 min	\$82
increases blood circulation • stimulates lymphatic flow	90 min	\$123
remedial our sports therapist will work on your tensed areas	60 min	\$128
accelerates down time • prevents injury	75 min	\$148
	90 min	\$168
pre or post natal ♀ whether you are a new mommy or mommy to-be, treat yourself to a customized massage	60 min	\$82
relieve tension • alleviate swelling	90 min	\$123

polishes

thermal mineral depths / chamomile rich in minerals and aromatherapy oils	60 min	\$82
cleanses • smooth • luxurious		

cocoon me

detox a full exfoliation with minerals, cocooned in spirulina, finished off with a mini facial	110 min	\$200
eliminate • purifying • clarifying		
algae boost a dry body brush, cocooned in algae with loads of active ingredients	110 min	\$200
purifying • nourishing • firming		

my gorgeous body

my new back using moor mud that deep cleanses and clears blemishes, perfect for the night out!	60 min	\$95
refines • nourishes • smoothenes		
my new tan look gorgeously tanned without the harmful sun rays	35 min	\$74
effective • sunless • glowing		

face by kerstin florian

soothe basic facial with an aromatherapy base, perfect for young skin	60 min	\$72
cleanse • exfoliates • hydrates		
purify focuses to remove dull surface skin cells	75 min	\$118
deep cleansing • rejuvenates • nourishes		
ultimate collagen booster great anti-aging facial brimming with antioxidants and a spirulina mask	90 min	\$185
anti aging • healing • regenerates		
anti-gravity aims to correct and rebuild skin affected by environmental elements, peels or laser treatments.	90 min	\$185
oxygenating • antioxidant • cell healing		
essential exfoliation / mask upgrades		
multi acid peel	10 min	\$25
eye rescue	10 min	\$45
chitosan mask	10 min	\$80

premium upgrades with advance lift accelerator
immediate lift, smoothenes fine lines or reduce excess sebum

intense eye ampoule / luscious lips / congestion-free	20 min	\$60
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grooming ♀♂ essentials

bikini	♀	♂
bikini / groin line (x)	\$28	\$35
extended bikini / groin line (xx)	\$42	\$52
brazilian and labia / boyzilian (xxx)	\$54	\$74
hollywood (xxxx)	\$64	
lower body		
lower back	\$20	\$28
lower leg*	\$30	\$38
upper leg	\$36	\$44
back of thighs / inner thighs	\$15	\$20
full leg	\$59	\$67
buttocks	\$20	\$26
upper body		
under arm / half arm	\$24	\$30
full arm / chest / stomach	\$34	\$42
nipples / navel	\$9	\$11
full back	\$55	\$68
hand & feet*		
fingers / toes	\$9	\$11
top of feet / back of hand	\$11	\$13
face*		
eyebrow / lip / chin / ears	\$16	\$18
neck	\$24	\$30
forehead / sideburns / jawline / cheeks	\$18	\$22
full face	\$50	\$70
other grooming essentials		
tints*		
lash / brow	20 min	\$16
shave		
essential shave	25 min	\$40
purifies • exfoliates • rejuvenates		

face by babor

tripe algae perfect for congested skin with ingredients that purify and reduce sebum production	60 min	\$118
protein • re-mineralized • renews		
regenerate ideal for tired and stressed skin; the active ingredient collagen will penetrate and rejuvenate the skin's elasticity	80 min	\$138
smoothenes • relaxes • cell recovery		
resurface a natural exfoliation that exfoliates and lightens pigmentation	90 min	\$185
micro-dermabrasion • lightening • renewal		
nano cell facial designed to regenerate and help reduce lines and wrinkles	90 min	\$198
regeneration • firming • boosting		
enhancements twinkle eyes	20 min	\$55
boost firming • hydration		

hair All our full cuts come complete with wash & blow dry.
Enjoy 20% off dry cuts.

cuts & blow dry	♀	♂	
grown-ups	\$40	\$26	
teen (under 18)	\$26	\$21	
child (under 12)	\$18	\$18	
fringe	\$8	\$8	
shampoo	short	medium	long
shampoo	\$17	\$21	\$25
shampoo & blow dry	\$21	\$26	\$31
child shampoo & blow dry (under 12)	\$15		
shampoo & up-do or iron	\$31	\$36	\$41
shampoo, blow dry & set	\$26	\$31	\$36
blow dry	\$17	\$21	\$25
child shampoo & up-do or iron (under 12)	\$21		
rebonding			
soft rebonding	\$286	\$327	\$388
fringe rebonding	\$90		
color & tints			
includes pre-color treatment for optimum absorption			
1 color tint	\$130	\$140	\$150
2 color tints	\$215	\$225	\$235
3 color tints	\$235	\$245	\$255
virgin tint - whole head, foil highlights, 1 color	\$215	\$230	\$265
virgin - whole head, 1 color	\$120	\$130	\$140
color retouch - roots (2" max)	\$110		
must have add-ons			
post treatment remedy	\$35		
balances hairs ph • conditions • color enhancer • better absorption of product			
brazilian keratin treatment	\$440	\$460	\$480
aims to straighten curls & waves and to reduce frizz			
essential maintenance - hair therapy			
either post a chemical service or enjoyed on its own as part of a maintenance hair regime			
intensive hair rescue	\$119	\$129	\$139
moisture hair repair	\$119	\$129	\$139
scalp remedy	\$119		
hair & scalp combo	\$169	\$179	\$189
Invati	\$128	\$138	\$148
intensive hair loss solution, recommended weekly in a series of eight reduces hair loss • ayurvedic herbs • detoxifies			

nails For each manicure or pedicure, select the jasmine or geranium collection from *spa ritual*.

		manicure	pedicure
weekly essentials	40 / 45 min	\$31	\$41
soak • scrub • massage • polish			
monthly essentials	80 / 90 min	\$75	\$85
more pampering with luxurious serums, tonics and massage			
nourishing • luxurious • the works			
must have add-ons			
anti-aging intense treatment	20 min	\$25	\$30
cuticle rejuvenator	10 min	\$18	\$20
mask of the day	20 min	\$25	\$30
callous eliminator	10 min		\$5
optional add-ons			
french / designer polish / duo polish		\$4	
nail art		from \$1.00	
rhinestones		from \$0.60	
maintenance			
shape	10 min	\$8	\$8
repolish	10 min	\$10	\$10
shape & polish	15 min	\$15	\$15
shape & cuticle clean-up	20 min	\$15	\$15
shape cuticle & polish	25 min	\$20	\$20
nail repair (silk wrap)	10 min	\$8	
file my feet	15 min		\$15
gels		single	set
natural nail overlay • ○ •		\$10	\$90
extension w tips/sculptured • ○ •		\$15	\$140
extension w tips/sculptured in-fill		\$8	\$70
extension w tips/sculptured in-fill removal		\$6	\$55
removal		\$5	\$45
gelish*			
gelish experience		\$65	
soak off • manicure • gelish polish			
other gelish needs			
soak off only*	20 min	\$10	
polish only*	20 min	\$25	
add-ons for gelish			
french		\$10	
gradation		\$15	
princess polish on-the-go		\$8	
shape • polish			

To schedule appointments, please call 6739 4449 / 6739 459 / 6739 311 or email spa@amclub.org.sg

OPERATION HOURS

Monday to Saturday 10:00 a.m. - 8:00 p.m.
Sunday 9:00 a.m. - 6:30 p.m.

www.amclub.org.sg

