



PRESS RELEASE

IMMEDIATE USE

INTERNATIONAL WOMEN'S DAY AT CAPELLA SINGAPORE



(Singapore, 22 February 2023) Commemorate this International Women's Day with Capella Singapore as we celebrate all the strong and resilient women who played a significant role in our life. This Saturday, 11 March 2023, embark on a specially curated a full-day wellness journey by Auriga Spa, and for a day of bliss and relaxation.

Start your wellness journey at 7.30 am with **Feminine Embodiment** session. Immerse yourself as you tap deep within to relax with guided meditation and breathwork to release tension, inspire, shift energy and connect your body and self. The class will be followed by **HIIT The Flow** with Technogym, a high-intensity workout that combines strength training and cardio to boost energy levels.

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Business Registration No. 53111722k



At 10:30 AM, guests will enjoy a delicious **Recovery Breakfast** that features nutritious and wholesome foods. Enjoy an array of breakfast highlights such as Homemade Vegan Coconut Granola; Capella Avocado Toast with a Fluffy Egg White Omelette; and ending off with Buttermilk Vanilla Pancakes alongside a Fruit Platter of Mangoes and Blackberries.

Followed by a **Tea Blending Workshop**, where participants will learn the art of tea blending and create their own signature blends to take home. In this Tea Blending Workshop, discover how herbs can play a role in supporting our physical & mental well-being. Create your unique tea blend based on various targeted health benefits for your liking or your loved ones.

The afternoon will kick off with another session of **HIIT The Flow** with Technogym, followed by an **Auriga Nourishing Lunch**, specially curated to promote vitality and nourishment. Highlights include Green Asparagus Soup; Oven Baked Norwegian Salmon with Turmeric; and an Organic Chia Seed Pudding.

As the sun sets, guests will be treated to a **Crystal Astrology + Under The Stars Sound Bath**. This unique experience combines the healing power of crystals with the soothing sounds of a sound bath, set against the backdrop of a starry night sky. The day will end with a **Mandala, Sound & Cacao Ceremony**, a heart-opening and meditative practice that uses sacred geometry, sound, and cacao to help participants connect with their inner selves.

Rejuvenate and commemorate this International Women's Day **\$750++ person** for a full-day wellness journey with Auriga Spa. Enjoy complimentary access to the Purification Water Experience and 25% off all spa treatments throughout your journey here with Auriga Spa.

More information on International Women's Day offering at Capella Singapore may be found [here](#).

– ENDS –



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ABOUT CAPELLA SINGAPORE

Located within 30-acres of lush rainforest on Sentosa island, Capella Singapore has cemented itself as one of the most luxurious hotels in the region over the last decade. Inspired by Tanah Merah's Malay translation red earth, architects Foster + Partners, led by Sir Lord Norman Foster, designed the resort to sit in harmony with surrounding nature, combining old-world colonial charm with contemporary chic.

Capella Singapore offers some of the most spacious accommodation options in Singapore – the 112 guestrooms include two Colonial Manors, complete with private pools. Capella Singapore also offers the opportunity for extended stays with full access to the hotel's facilities via Capella The Club Residences Singapore. These long stay offerings include 72 sea-facing suites and duplexes and 9 manors with private pools.

Website: www.capellahotels.com/singapore

Instagram: [@capellasingapore](https://www.instagram.com/capellasingapore)

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