

Wellness & Rejuvenation: Yoga Retreats, Spas & Healthy Cuisine

Prepared by TourGrids



Destination
Singapore



Duration
5 Nights 6 Days



Starting from
Rs. 76,000 / person

ITINERARY ROUTE

↔ **Marina Bay · 3N**

↔ **Sentosa Island · 2N**

<https://tourgrids.com/packages/singapore/singapore-5-nights-6-days-package-964>

Overview

Wellness & Rejuvenation: Yoga Retreats, Spas & Healthy Cuisine — A luxurious 5-night / 6-day Singapore escape designed for deep relaxation, mindful movement and clean, nourishing food. This Singapore tour package blends upscale wellness experiences with iconic city highlights. Ideal as a Singapore Luxury tour package or Singapore Luxury package within the popular 5 and 6 Singapore Luxury tour package options.

Highlights:

- Daily yoga sessions led by certified instructors (sunrise & sunset options)
- Signature spa treatments at world-class wellness centres
- Healthy & nourishing cuisine—plant-forward menus and cooking workshop
- Iconic Singapore experiences: Gardens by the Bay, Marina Bay, Sentosa beach yoga, Botanic Gardens
- Luxury stays in the Marina Bay area and a beachfront Sentosa resort

This package is tailored for travellers seeking balance, detoxification, and gentle movement in a luxury setting.

✓ **What's Included**

- ✓ 5 nights accommodation: 3 nights in Marina Bay + 2 nights in Sentosa Island at luxury properties
- ✓ Daily yoga sessions (sunrise/sunset options) and specialized workshops
- ✓ 2 signature spa treatments per person + welcome ritual
- ✓ Healthy breakfasts daily, 3 chef-curated healthy dinners, 1 cooking workshop
- ✓ Private airport transfers (arrival & departure) and inter-resort transfer
- ✓ Guided wellness activities: mindful walks, sound bath, mobility session
- ✓ Personalized wellness consultation and post-trip plan
- ✓ Entrance fees to mentioned attractions where applicable

✗ **Not Included**

- ✗ International flights to/from Singapore
- ✗ Visa fees, travel insurance, and personal expenses
- ✗ Gratuities for guides, drivers, and hotel staff (recommended)
- ✗ Optional activities with extra charges (e.g., paddleboarding rental if chosen)
- ✗ Any items not specified under inclusions
- ✗ Important: All spa treatments and optional activities are subject to prior reservation and availability.

Day-by-Day Itinerary

Day

1

Arrival, Gentle Grounding & Welcome Ritual

Arrive at Changi Airport and private transfer to your luxury hotel in Marina Bay. Settle in and enjoy a calming welcome ritual – herbal foot soak and a guided 30-minute breathing session to release travel stress. Evening welcome dinner featuring a light, nutrient-dense menu with plant-forward options.

Tip: Early check-in is subject to availability; a luggage drop and access to the club lounge can be arranged.

Day

2

Sunrise Yoga, Spa Introduction & Marina Bay Relaxation

Start with a rejuvenating sunrise yoga session on the hotel terrace (Hatha/Vinyasa blend). After breakfast, enjoy a signature spa consultation and a 60-minute therapeutic massage tailored to your needs. Afternoon at leisure – stroll through Marina Bay Sands Promenade or visit the ArtScience Museum for light, mindful exhibits. Evening: nutrition talk on clean eating and a chef-curated healthy dinner.

Note: Yoga classes accommodate all levels; props provided.

Day

3

Gardens by the Bay, Mindful Movement & Relaxing Sound Bath

Morning guided walk in Gardens by the Bay focusing on breathing and mindful walking among the Supertrees. Midday: healthy cooking workshop showcasing plant-based local flavours (hands-on). Late afternoon: restorative yoga followed by a 45-minute sound bath experience to promote deep relaxation. Dinner at a wellness-focused restaurant.

Tip: Wear comfortable shoes for the garden walk and layers for the cool conservatories.

Day

4

Transfer to Sentosa, Beach Yoga & Luxury Spa Afternoon

Private transfer to Sentosa Island. Enjoy a beachfront sunrise or sunset yoga session on the sands near Palawan or Tanjong Beach. Afternoon at a luxury resort spa: choose between a detox wrap, aromatherapy massage, or hydrotherapy circuits. Evening: beachfront light supper with fresh seafood and plant-forward sides.

Note: Beach yoga is weather-dependent – indoor alternatives available.

Day

5

Nature Walk, Active Recovery & Personalized Wellness Consultation

Morning guided nature walk in Southern Ridges or an optional gentle paddleboarding session (intro level) for core strength and balance. Post-activity active recovery session with foam rolling and mobility coaching. Late afternoon personalized wellness consultation to plan post-trip maintenance and receive a custom nutrition and movement plan. Farewell sunset meditation on the beach.

Tip: Sunscreen and hydration are essential for outdoor activities.

Day

6

Final Relaxation & Departure

Enjoy a relaxed morning with an optional gentle yoga flow and antioxidant-rich breakfast. Time for last-minute shopping at VivoCity or a calm walk along the coastline. Private transfer to Changi Airport for departure.

Note: Late check-out can be arranged on request (subject to availability).

🔗 Frequently Asked Questions

🔗 What is the best time to visit Singapore?

Singapore has a tropical climate year-round (25–32°C), making it a great destination anytime. The prime seasons are December–February (cooler breezes, festive lights, vibrant events), June–July (school holidays, retail promotions), and September (F1 Grand Prix week). The monsoon season (November–January) brings frequent showers but cooler evenings. Summer (March–June) has hotter afternoons with occasional thunderstorms. Expect brief daily showers throughout the year, so pack a compact umbrella. December and Chinese New Year period see higher crowds and accommodation rates. For Indian travelers, the weather is quite similar to Indian summers but with more humidity and regular rain showers.

🔗 How do I get to Singapore from India?

Flying is the most practical option from India to Singapore's Changi Airport (SIN), consistently rated among the world's best airports. Flight times are approximately 4–6 hours from major Indian cities like Delhi, Mumbai, Bangalore, and Chennai. Major airlines operating this route include Singapore Airlines, Air India, IndiGo, and Scoot. Changi Airport features the stunning Jewel complex with the world's tallest indoor waterfall (Rain Vortex). From the airport, take the MRT (Mass Rapid Transit) directly into the city, which takes about 45 minutes to reach the central areas. Taxis and ride-hailing services like Grab are also readily available for door-to-door convenience.

❓ **Do Indian citizens need a visa for Singapore?**

Yes, Indian passport holders generally require a pre-approved visa to enter Singapore. You must apply for a Singapore visa through the official channels before traveling. Additionally, all travelers must submit the SG Arrival Card online within 3 days before arrival – this is mandatory regardless of visa status. The process is straightforward but requires advance planning. Visa requirements can change, so always check the latest requirements on the official Singapore immigration website or consult with the Singapore embassy/consulate before your trip. Tourist visas are typically valid for multiple entries within a specific period, allowing flexibility for regional travel if you plan to visit nearby countries like Malaysia or Indonesia.

❓ **How do I get around Singapore?**

Singapore has an excellent public transport system. The MRT (Mass Rapid Transit) and LRT are fast, air-conditioned, and extensive – the easiest way to explore the city. Public buses are clean, frequent, and cashless. Use contactless Visa/Mastercard payments or buy an EZ-Link/NETS card for seamless travel. Tourist day passes are available for unlimited rides. Ride-hailing apps like Grab, Gojek, and TADA operate island-wide, while traditional metered taxis are reliable. Walking is pleasant in downtown areas with shaded paths, and cycling is popular along park connector networks. Important tip: No eating or drinking is allowed on public transport, and fines apply for violations.

❓ **Where should I stay in Singapore and what accommodation options are available?**

Singapore offers diverse accommodation options across different areas. Marina Bay is ideal for iconic experiences with hotels like Marina Bay Sands (famous infinity pool) and The Fullerton Hotel. Orchard Road provides shopping convenience with properties like Shangri-La Singapore. Sentosa Island offers resort-style stays like Capella Singapore for a tropical retreat. For cultural immersion, consider hotels near Chinatown or Little India. Budget-friendly options include YOTEL Singapore and lyf Funan for smart, centrally-located stays. Luxury seekers can choose Raffles Singapore or The Ritz-Carlton Millenia. Book early during peak seasons (December, Chinese New Year, F1 weekend) when rates increase significantly. Most areas are well-connected by MRT, making location less critical.

🔍 What are the must-visit attractions in Singapore?

Top attractions include Marina Bay Sands SkyPark for panoramic city views and Gardens by the Bay with its iconic Supertrees and climate-controlled domes. Sentosa Island houses Universal Studios Singapore, S.E.A. Aquarium, and beautiful beaches. The UNESCO-listed Singapore Botanic Gardens offers serene nature walks and the National Orchid Garden. Mandai Wildlife Reserve features the world-famous Singapore Zoo, Night Safari, River Wonders, and Bird Paradise. Cultural districts like Chinatown, Little India, and Kampong Gelam showcase Singapore's multicultural heritage with temples, mosques, and heritage streets. Don't miss Jewel Changi Airport's Rain Vortex and shopping complex. The Southern Ridges, including Henderson Waves bridge, provides 10km of elevated green walkways with stunning city views.

🔍 What local food should I try in Singapore?

Singapore's food scene is UNESCO-recognized and phenomenal. Must-try dishes include Hainanese Chicken Rice (national favorite), Chilli Crab and Black Pepper Crab, Laksa (coconut-spicy noodle soup), and Satay with peanut sauce. For Indian-Singaporean specialties, try Roti Prata, Fish Head Curry, Murtabak, and Teh Tarik. Visit hawker centers like Maxwell Food Centre (famous Tian Tian Chicken Rice), Lau Pa Sat, and Tekka Centre for authentic experiences. Indian vegetarians will find excellent options at Komala Vilas, MTR Singapore, and Saravana Bhavan. Don't miss local breakfast of Kaya Toast with kopi. For upscale dining, try Jumbo Seafood for chilli crab or Michelin-starred Candlenut for Peranakan cuisine. The variety spans from street food to fine dining.

★ Traveller Reviews



Sita Nair

★★★★★ 5/5

Excellently Organized

The entire trip was excellently organized! Transfers, sightseeing, and hotels were all top-notch.



Anjali Sharma

★★★★★ 5/5

Wonderful Family Trip

Our family loved the Singapore tour! The guide was knowledgeable, and we enjoyed the Merlion and Gardens by the Bay.



Ravi Kumar

★★★★★ 5/5

Amazing Experience!

I had a fantastic time exploring Singapore! The tour package was very well organized and covered all the major attractions.



Mohit Joshi

★★★★★ 5/5

A Food Lover's Paradise!

The local food tour was a highlight of my trip. I enjoyed a variety of delicious dishes!



Vinay Mehra

★★★★★ 5/5

Unforgettable Night Safari

The Night Safari tour was surreal! A unique experience that I would recommend to everyone.

⚡ Why Choose TourGrids?

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