



Zaazen Day Passes

A curated collection of immersive wellness experiences, thoughtfully designed to help you unwind, restore, and reset. Each ritual blends movement, recovery, and sensory therapies, crafted to meet you where you are, and take you where your body needs to go.

The Zen Circuit Pass

A dynamic balance of movement and recovery

Designed for those who seek both activation and release, this circuit blends guided movement with targeted recovery to leave you feeling energised yet deeply restored.

- Any 1 Private Movement Class or Private Reformer Pilates Class
- Any 1 Recovery Service (Infrared Sauna / Cold Plunge / Contrast Therapy / Red Light)
- Eucalyptus Infused Steam Bath

The Mind Body Wellness Ritual

A deeply calming, sensory-led experience

A gentle, inward journey that soothes the nervous system and restores balance, perfect for slowing down and reconnecting with yourself.

- 1 Private Sound Healing Session
- Any Facial of your choice

For Bookings 9911150457





The Zen Full Body Reset

A curated, full-body refresh

Created to release deep-seated tension and support recovery, this ritual combines therapeutic touch with advanced recovery to restore your body from within.

- 90 min Full Body Massage of your choice
- Any 1 Recovery Service (Infrared Sauna / Cold Plunge / Contrast Therapy / Red Light)
- Eucalyptus Infused Steam Bath



The Zen Complete Body Ritual


Our most immersive, head-to-toe experience

A comprehensive wellness journey designed to restore, sculpt, and revitalise, bringing together the best of movement, recovery, and skin therapy in one seamless experience.

- 60 min / 90 min Full Body Massage of your choice
- Any Facial of your choice
- Any 1 Recovery Service (Infrared Sauna / Cold Plunge / Contrast Therapy / Red Light)
- Eucalyptus Infused Steam Bath

60 min massage

90 min massage



Customised day passes are available on request. Please contact the front desk for more information.