

WELLNESS GUIDE

Experience Wellness at your fingertips

Recharge with Oasia Hotel Downtown

In collaboration with various fitness and wellness practitioners, Oasia Hotel Downtown offers a spectrum of activities catering to different wellness goals for your stay.



Daily Wellness Activities

Curate your own wellness journey with the various daily activities available on hotel premises beyond your room experience. As part of the all-inclusive Club stay experience, Club Room guests can enjoy complimentary daily wellness activities.

[View our Activity Schedule here](#)



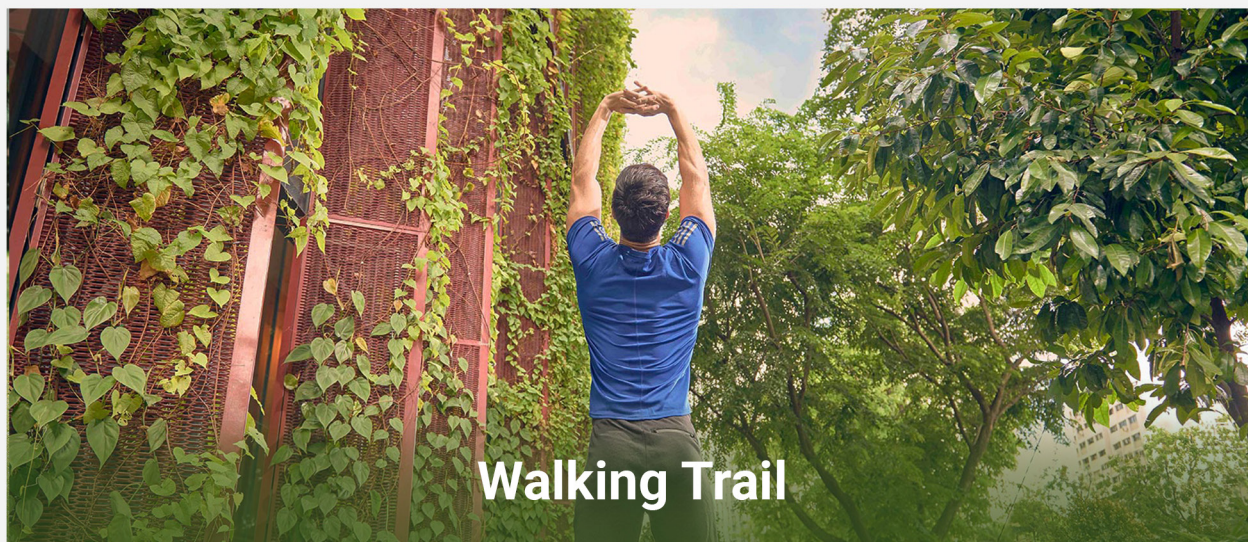
Fitness on Demand Videos

Equipped with yoga mats in our Club rooms, select from array of different fitness on demand wellness videos to work out in the comfort of your room.

[View our Fitness on Demand videos here](#)

Explore beyond Oasia Hotel Downtown

Step out of the hotel and embark on city explorations in the vicinity. For the adventurous, Oasia Hotel Downtown offers bicycle rentals for you to venture further from the city.



Walking Trail

For those who enjoy leisurely walks in the balmy tropics, explore hidden gems in the Tanjong Pagar precinct on foot. Discover landmarks that are unique to Singapore with a short trail that we have curated.

[Begin your Oasia Walking Trail here](#)



Cycling Trails

Journey further with bicycle rentals available. Club Room guests can enjoy complimentary bicycle rentals for city exploration. Discover the rich heritage and scenic waterfronts that Singapore has to offer as you embark on your personal wellness journey. Approach the Concierge for more information.

[Select your preferred cycling trail here](#)