

SANGHA Retreat by OCTAVE Institute Fact Sheet

SANGHA Retreat is an innovative health and wellness retreat, close to the global hub of Shanghai, yet perfectly situated on the serene Yangcheng Lake, located in the enchanting destination of Suzhou. Combining Eastern wisdom backed by Western science, guests experience an awakening to a life of greater personal wellbeing through the understanding of the relationship between mind, body and spirit, leading to lasting transformation. With a focus on raising consciousness, it has been created for the need of our time by visionary Fred Tsao, fourth-generation shipping magnate and family business steward.

Location

- Known as the “Venice of the East,” Suzhou is one of the oldest cities in the Yangtze Basin, dating back 2,500 years. It is home to thousand-year-old temples; water towns with canals and boats; classical gardens, nine of which are on the UNESCO World Heritage List; restaurants famous for local fish, vegetables and Suzhou noodles; and shops renowned for high-quality silk and embroidery.
- The city sits in China’s Jiangsu Province, at the center of the Yangtze River Delta, and SANGHA Retreat is a 1.5 hour-drive from Shanghai.



AT ONE Clinic

A wellness center of international standards founded on Western and Chinese integrated and functional treatments, the clinic offers holistic health and lifestyle solutions to balance and integrate the mind, body and spirit. Comprehensive wellness assessments determine each guest’s personalized program to address the six habits of life: eating, breathing, sleeping, movement, thinking and awareness. A customized wellness plan is then developed to determine the optimum diet, treatments, and activities that will help to achieve meaningful and impactful results. Our experts are available throughout each stay for the most beneficial and fulfilling experience and to help guests achieve a new level of mental and physical wellbeing.

AT ONE Accommodations

Blending intuitive design with stunning natural vistas, SANGHA Retreat's 68 suites and villas provide luxurious comfort and calming minimalism, complementing the wellness programs and enhancing your journey.

- 41 (570-sq-ft) Junior Suites with King beds, living area and balcony
- 13 (570-sq-ft) Junior Suites with Twin beds, living area and balcony
- 3 (915-sq-ft) Spa Suites with direct elevator access to the AT ONE Healing Spa. Spa Suites feature separate living area, Thai massage bed, outdoor deck, and chromotherapy shower with needle and rain shower heads and steam.
- 2 (1,420-sq-ft) One-Bedroom Lakeview Premier Suites
- 1 (2,130-sq-ft) Two-Bedroom Lakeview Penthouse (1 King; 1 bedroom with 2 Queens)
- 7 (4,300-sq-ft) 4-bedroom lakeside villa
- 1 (8,600-sq-ft) 7-bedroom lakeside villa

Junior Suite: Spacious and modern, our 570-square-foot Junior Suites are perfectly conducive to reflection, relaxation and rejuvenation. Guests are given the choice of one King or two Twin beds, as well as premium amenities, living area and balcony, with picturesque views of our pool and the Yangcheng Lake.

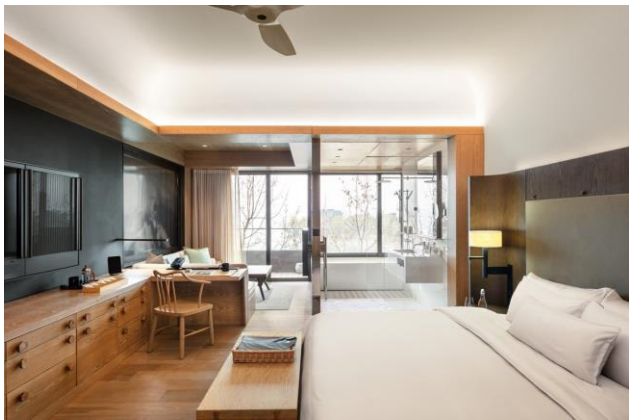
Spa Suite: Our three 915-square-foot Spa Suites provide the utmost privacy and serenity for those looking to incorporate a piece of our AT ONE Healing Spa into their accommodations. Specially-designed with discretion in mind, each Spa Suite features a separate driveway entrance, private elevator to the spa, an outdoor deck and reflection pool, living area, indoor Thai massage bed and a multi-jet chromotherapy shower.

One-Bedroom Premier Lakeview Suite: Nature and architecture harmoniously combine at SANGHA Retreat, and the thoughtfully-appointed One Bedroom Premier Lakeview Suite is the ideal place to enjoy the blend of comfort and scenery. Accessed exclusively by private elevator and situated on the top floor of SANGHA Retreat, this flawlessly-designed 1,400-square-foot suite has spacious living and dining rooms, complemented by unmatched views overlooking the retreat and Yangcheng Lake.

Two-Bedroom Penthouse Lakeview Suite: The exquisite Penthouse Lakeview Suite features more than 2,100 square feet of comfort for those seeking the ultimate wellness experience, with choice of one King or two Queens. The thoughtful design elegantly balances luxury with calming minimalism, complementing the retreat's wellness programs and enhancing the guest experience. Spanning two bedrooms and an expansive living area complete with a gas fireplace, this suite provides a peaceful environment to become immersed in the meditative views of our pool and the Yangcheng Lake.

Four-Bedroom Villa: Each villa is an opulent residential-style oasis with intuitive design that incorporates gorgeous vistas, high-end furnishings and ample space. Offering more than 4,000 square feet of tranquility and comfort, the Four-Bedroom Villa is ideal for groups and families, providing the privacy of a home away from home in one of the most serene locations on our property, all with scenic views of the Yangcheng Lake.

Seven-Bedroom Villa: The sumptuous Seven-Bedroom Villa tastefully reflects the enchanting culture and natural beauty of the area, encouraging guests to connect with the surroundings and facilitating the path to achieving a new level of well-being. A wide range of comforts and amenities are on hand in this 8,600-square-foot sanctuary that can accommodate as many as 12 guests. Featuring the finest furnishings and spacious living space for entertaining, our premier villa is a true respite with the most breathtaking views of the property and Yangcheng Lake.



In-Room Amenities

- Quartz crystal mandalas under each bed to enhance the flow of energy through the body and clear the mind of negativity. Crystals are cleansed and replaced after each stay.
- Curved ceilings to promote the flow of positive energy throughout the room.
- All-organic Egyptian cotton bedding and allergen-free woven rugs
- Menu of pillow offerings to promote a good night's sleep regardless of sleeping style or preferences
- Bedside lighting panel and motion-activated lights for minimal disruption during the night
- Turndown wellness surprises, such as personal notes, floral bedtime tea and raw nuts.
- Filtered water replenished daily in glass bottles
- Electric kettle, coffee and herbal tea
- High-speed wireless
- 8 BY OCTAVE signature line of gentle bath products

Sound Healing & Meditation Dome

SANGHA Retreat's impressive Sound Healing and Meditation Dome is built with precise dimensions to radiate the energy captured from the rising sun, as well as to provide incredible acoustics for an unforgettable aural experience. In addition to the outer rim of quartz crystals, the dome also sits on these crystals to enhance the healing and meditative effects of the treatments and classes held there.

Living Habits

Designed around the body's circadian rhythm, SANGHA Retreat's Living Habits program offers a variety of activities and practices to help guests achieve a new level of wellbeing. Featuring a schedule that changes daily, guests are encouraged to experience meditation and sound healing, practice ancient Tai Chi movements while overlooking the Yangcheng Lake or participate in an informative lecture on topics such as TCM seasonal eating.

- Gym, cardio, resistance, free weights, circuit
- Pilates, Gyrotonics, Thai Boxing, core-strength training
- Harmonious movement through dance, yoga and Tai Chi
- Sound healing and meditation
- Creative living, expressed in culinary, handiwork, and calligraphy classes
- Mindfulness classes to train the mind and increase awareness
- Topical and seasonal wellness talks on stress management, longevity and women's health

Architecture and Interior Design

The 47-acre retreat flows naturally alongside water, gardens, and unifying courtyards, building a sense of a cohesive community with much architectural merit. Guided by tradition and sustainability, the human-scaled architecture of SANGHA Retreat and OCTAVE Institute is rooted in nature. The award-winning design creates a calm and meditative space where guests feel at home and connected to each other and the environment. Designed collaboratively by: [Tsao & McKown](#) New York, with Calvin Tsao as creative director and lead architect, [Nery + Hu](#) Shanghai and Yung Ho Chang of [Atelier FCJZ](#) Beijing/Shanghai



THOUGHT FOR FOOD

Guided by Executive Chef Paul Then, one of Singapore's most celebrated chefs, the THOUGHT FOR FOOD culinary program offers the best of taste and nutrition. With over 30 years of experience, he has been an integral part of multiple Michelin-starred restaurants and has been featured in various television programs across Asia. He combines a dedication for French culinary traditions with an intimate knowledge of Asian ingredients and flavors.

Fresh, sustainably farmed, local ingredients are showcased throughout the property's menus, channeling the culture of the region through its delicate flavors. In collaboration with the AT ONE Clinic, a customized culinary journey is created for each guest using responsibly-sourced ingredients.

- Nutritious, mindful gastronomy, mostly organic and local whenever possible, presented artistically and defined by flavor and taste
- Customized menus developed for each guest to suit their palate, preferences and transformational goals
- Juice and soup cleanses for guests looking to renew or restart their metabolism
- 24-hour nut and juice bar designed to satisfy cravings and those on the go with healthy options



AT ONE Healing Spa

The 65,000 square foot AT ONE Healing Spa optimizes mind, body, and spiritual balance through treatments designed to restore and rejuvenate. Natural elements such as water, light, heat, sound, and energy are combined with state-of-the-art wellness technology to provide a holistic healing experience. The design is at once welcoming, luxurious, and understated, perfectly arranged to inspire harmony and relaxation. Explore the exquisite menu of beauty treatments, massages, scrubs, wraps, and traditional therapies, as well as the tempting array of facilities on offer.



- Extensive menu of treatments and rituals including massage, body scrubs, body wraps, hot soaks, facials, skincare, Ayurveda and crystal therapy.
- 26 treatment rooms including VIP Suites with private changing rooms, private steam bath, scrub tables, lounge and relaxation pool
- Men's lounge area, Experience Showers, Vitality pool, Finnish sauna, heated recliners.
- Women's lounge area, Experience Showers, Vitality pool, bio sauna, heated recliners, mani-pedi salon
- Spa Cafe, for pre- and post-treatment lunch and dinner
- Spa boutique
- Rotation Room for spinning meditation
- Heated Aquatonic therapy pool and sauna

Hydrothermal Circuit:

- Hydrotherapy Aquatonic Jets (in pools)
- Cold Plunge Pools
- Steam Room (Laconium)
- Kneipp Walk
- Hamman
- Infrared Sauna
- Himalayan Salt Cave
- Herbal Steam Room
- Finnish Sauna
- Ice Fountain
- Tropical Showers
- Music Experience Loungers

SANGHA Retreat Programs

At the core of SANGHA Retreat's offerings are its new enhanced wellbeing programs, designed to create lasting transformation:

- Ancient Chinese Wisdom: Experience the benefits of ancient healing practices such as acupuncture, cupping, Tai Chi and gong meditation, all based on thousands of years of Traditional Chinese Medicine.
- Traditional Spinal Alignment: Release stress and chronic pain from the spine and improve posture while learning to maintain a healthy state of mind.
- Seasonal Gut Management: Enhance gut health through ancient Chinese seasonal nutrition, educational sessions and treatments.
- Relax and Reconnect: Destress by reconnecting with yourself and your surroundings. Learn how to better manage professional success and healthy relationships.
- Age Renewal: Experience techniques and treatments that will leave you feeling and looking younger.
- Sleep Recovery: Improve sleep habits through the help of the Sleep Lab, practitioners, Traditional Chinese Medicine doctors and massage therapists.



Programs are inclusive of:

- Comprehensive wellness assessment at the AT ONE Clinic
- Post-assessment consultation and personalized treatment and activity schedule
- Daily breakfast, lunch, dinner and soft drinks at the on-site THOUGHT FOR FOOD restaurant. The restaurant serves nutritious, healthy food using local and seasonal ingredients prepared à la minute and according to the diet and/or preferences of each guest. Non-alcoholic beverages, including water, fresh cold-pressed juices, coffee, espresso and tea are all included.
- Access to 24-hour self-serve snack and juice bar, including a selection of three fresh, cold-pressed juices replenished throughout the day, as well as a variety of healthy snacks, such as raw nuts, house-made granola bars and banana chips
- Use of fitness facilities and all activities on the AT ONE Living Habits Practice Calendar
- Access to men's and women's lounge areas at the AT ONE Healing Spa
- Use of hydrothermal circuit at the AT ONE Healing Spa
- Roundtrip airport transfers for up to three guests

Awards

- 2019 *Spa China* Magazine, Best Spiritual Spa Treatment of the Year
- 2019 China Meeting Industry Convention, Best Creative MICE Destination
- 2018 *Interior Design* Magazine, Best of Year Winner: Beauty/Spa Project
- 2018 AL Design Awards, *The Journal of the American Institute of Architects*: Commendable Achievement and Exterior Lighting

How to Get There

- Daily flights from U.S. gateway cities to Shanghai Pudong International Airport (PVG) are offered by many airlines including United, Delta, American Airlines and Cathay Pacific. SANGHA Retreat provides a private car and driver transfer for the approximately 1.5 hour-drive.
- Private and charter jets land at one of two airports within a 60-minute drive to SANGHA Retreat.
- A Chinese visa is required for foreign visitors and can be easily obtained through China visa services in the U.S.

Useful Information

- English-speaking staff
- Local currency is Renminbi (RMB). Major U.S. credit cards are accepted.
- Attire is casual, relaxed clothing
- Time zone: Chinese Standard Time (CST)

Website & Social Channels

Website: www.sangharetreat.com

Facebook: www.facebook.com/SanghaRetreat

Twitter: www.twitter.com/SanghaRetreat

Instagram: www.instagram.com/sangharetreatbyoctaveinstitute

Reservations

For more information and reservations, please contact as follows:

Reservations: [+86 \(512\) 6788 1666](tel:+8651267881666)

Email: reservations@sangharetreat.com or visit sangharetreat.com. Reservations can also be made through [Hidden Doorways Travel](#)

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