



THE SPA
GYM



B R E A T H E . . .

You are now a million miles from the nine-to-five. The pure fresh air and tranquil surroundings that fill your senses also serve to clear your mind and allow your inner self to relax and rejuvenate.

With a tantalizing array of treatments and therapies, we invite you to enter a world of peace and shed your tired and weary self in favour of an invigorating mind, body and spirit.

Our professional therapists will soothe away your tension and stress, blending age-old traditions of the healing power of touch.

With the exotic and magical allure of the East, our treatments can be designed to fulfil your personal requirements.



THE MASSAGE JOURNEY

Deep Tissue Massage

Help release tension between knotted muscles, this treatment concentrates on releasing blocked energy points to balance the flow of 'Qi' throughout the whole body, leaving you light and rested. (**)

60 minutes RM 362 | 90 minutes RM 467

Fusion Massage

'Traditional Urut' which also means Traditional Massage is a combination of Swedish and Shiatsu massaging techniques which helps with relieving pressure points and eliminating fatigue from the body. (**)

60 minutes RM 327 | 90 minutes RM 432

Mother To Be

Specially created for expectant mothers. This gentle, soothing and comforting massage helps with improving blood circulation, releasing tension to both feet and back. (*)

60 minutes RM 327

The Spa'S Baths (Only recommended with any other treatment)

Traditional Mandi Serai & Malaysia Tea | 30 minutes RM 117

Bliss Bath (By: Li'tya) | 30 minutes RM 117

Ocean Dreaming Tub Treatment (By: Li'tya) | 30 minutes RM 117

Remark | (*) Light Pressure | (**) Light to Medium Pressure | (***) Firm Pressure

All prices are in Malaysian Ringgit and subject to 10% service charge and prevailing tax.



SIGNATURE

Fitness Refresh

This massage relaxes all tension in the body by working the muscles and skin using agile, graceful strokes and gentle, comforting movements.

The kneading, treading and smoothing movements will leave you feeling relaxed and calm.

This massage works the body with parallel movements resulting in a feeling of well-being, a rested mind and relaxed body. (**)

90 minutes RM 455

4 Teas Elixir Journey

Made of bamboo powder, our luxurious Nepalese tea scrub helps remove dead skin cells and provides a silky tone to your skin by combining the natural elements of Apricot Oil and Shea Butter. It also helps improve the skin's hydration, leaving you feeling moisturised and finish with a Fitness Refresh massage created to release tension in the body.

- Body Scrub
- Fitness Refresh Massage

(By: Li'tya)

90 minutes RM 455

All prices are in Malaysian Ringgit and subject to 10% service charge and prevailing tax.



FACIAL

Hydration Strategy Brilliance

The perfect escape for tired and dull skin. This delicate treatment uses *Ridokis* massage tools when stretching the nape of the neck. A full cleansing and exfoliation of the skin before a relaxing and tantalizing Shiatsu massage which allows you to fall into deep relaxation.

60 minutes RM 327

Purity-radiance Ceremony

A profound purifying facial, the Purity ritual join cleansing methods following a serene and relaxing back massage. Once the skin is cleansed, it will then be treated with a detoxifying mask with extracts from the *Complexe 4 Thés* and Lupin flowers

60 minutes RM 327

Anti-ageing Ceremony

A luxurious treatment which helps halt the aging of skin with the ultimate lifting and firming techniques. Feel your skin get younger with every step of the treatment using traditional tools such as *Ridokis* and *Nuout-na* for a new and younger you.

90 minutes RM 455

All prices are in Malaysian Ringgit and subject to 10% service charge and prevailing tax.



THE INDULGENCE PACKAGE

New You

Begin your refreshing journey with a back relieving massage and a soothing facial. Be pampered from head to toe with a tension relieving scalp and foot massage while on your way to a whole new you.

Back Relief Massage | Mini Face Care | Scalp Massage | Foot Massage

90 minutes RM 432

The Grand Experience

Unwind and submerge into tranquility with a warm tea infused bath created to improve circulation after a long and busy week. Feel your body instantly relaxed with a soothing full body massage which will help you recover and reenergise.

Tea Infused Bath | Back Relief Massage | Scalp Massage | Foot Massage

90 minutes RM 455

Coconut Renewal

Organically exotic, this treatment helps with the removal of dead skin cells. Fall into deep relaxation with a massage which particularly meets your needs.

Coconut Body Scrub | Customised Massage

90 minutes RM 432

Sea Regeneration

Starting with a stimulating and invigorating massage, this regenerating journey will help with the flow of 'Qi' throughout the whole body followed by an exfoliating full body therapy using native Wild Rosella Pink Dessert Salt which helps with cleansing and purifying the skin leaving it soft and supple.

Sea Salt Scrub | Fusion Body Massage

90 minutes RM 432

(By: Li'tya)

All prices are in Malaysian Ringgit and subject to 10% service charge and prevailing tax.



MASSAGE & FACIAL FOR HIM

Just Men

Deep and powerful, just for men. A massage both invigorating and stimulating, which focuses on muscle tissues with a variety of techniques, careful application of pressure, sustained strokes, tapping and stretching, leaving skin and muscle relaxed and mind refreshed.
(**)

60 minutes RM 327 | 90 minutes RM 432

Executive Facial

Dedicated to treating irritated skin, this treatment helps soothe at the same time provide radiance and purification. A combination of deep cleansing and Shiatsu massage, followed by a detoxifying mask enriched with Complexe des Thés.

60 minutes RM 327

Remark | (*) Light Pressure | (**) Light to Medium Pressure | (***) Firm Pressure

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The Spa & Gym

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