



THErapy · FITNESS · AESTHETICS · ACTIVE-AGEING

## SPA MENU

TREATMENT	DURATION	PRICE
<b>MASSAGES</b>		
<b>Massage Therapy</b>		
<b>Aromatic Body Bliss</b> A blissful massage to relieve tension, stress as well as soothe muscle aches, resulting from long journeys and jet lags. Using a combination of Thai, Ayurvedic, Javanese, Swedish and Shiatsu massage techniques, this massage will rejuvenate the body, mind and soul.	60 mins	RM300
<b>Shiatsu</b> An invigorating full body massage incorporating a special Eastern pressure point massage technique for effective relief from stress-related tension and deep relaxation for a revitalised body and mind.	50 mins	RM244
<b>Balinese</b> A rigorous and luxurious massage that boosts circulation to relieve strained muscles and eliminate toxins. Deep pressure and percussion movements will ease tension and rebalance the body.	50 mins	RM244
<b>Tropical Javanese</b> A heavenly combination of honey and yoghurt rubdown with traditional massage strokes to ease tension and invigorate the body, leaving skin soft, glowing and moisturised.	50 mins	RM250
<b>Anti-Stress Back Massage</b> This treatment relieves stress related tension on the back, neck and shoulder areas. Performed with special acupressure points applied on the scalp, it will relieve tension and relax tired bodies.	30 mins	RM159
<b>BODY TREATMENTS</b>		
<b>Body Scrubs</b>		
<b>Lulur</b> A conditioning body treatment featuring tumeric as the main ingredient to provide a unique cleansing property. This exfoliation and polishing process softens, refines and revitalises skin texture, leaving it smooth, silky and glowing.	30 mins	RM150
<b>Boreh</b> An invigorating scrub using exotic spices to soften the skin, stimulate circulation of the blood as well as treat aching muscles and joints.	30 mins	RM150
<b>Aromatic Ginger Salt</b> A therapeutic scrub that gently exfoliates dead skin cells, leaving skin moisturised, silky, smooth and renewed.	30 mins	RM150
<b>Aromatic Rose Salt</b> A gentle scrub containing pure essential oils to moisturise and exfoliate dead skin cells for an enriched and refreshed body.	30 mins	RM150
<b>Bath Treatments</b>		
<b>Ginger and Herbal Bath</b> A ginger-based warming, refreshing and clearing herbal bath to detoxify the body and improve blood circulation. Ideal for joint pains, tired and aching muscles.	30 mins	RM150
<b>Milk Bath</b> Slip into a warm sensual milk bath to soak your stresses away. This ancient beauty treatment, used by Javanese Royalty, is the ultimate skin nourishing treat with its luxurious skin-softening milk.	30 mins	RM150
<b>Traditional Body Treatment</b>		
<b>Herbal Compress</b> The warm herbal compress containing a concoction of a variety of herbs stimulates blood circulation, relaxes aching muscles and eases away stress and tension. It is an effective additional healing therapy to any massage for an enhanced relaxation experience.	30 mins	RM150
<b>Body Wraps</b>		
<b>Mococa Borneo Body Wrap</b> A warm wrap with intoxicatingly delicious cocoa, coconut milk and coffee to soothe and nourish the skin whilst delighting the senses. Hydrating and calming to irritated skin conditions, this richly soothing body wrap leaves a soft delicious fragrance. Theobroma cocoa has anti-oxidant and calming properties and contains a rich source of vitamins and minerals.	30 mins	RM250
<b>Dead Sea Mud Wrap</b> Incorporation of a mineral rich body mud, this wrap provides cleansing, detoxifying and healing properties to relax, oxygenate and invigorate the body. A heated blanket treatment is used to further enhance the results.	30 mins	RM250

Menu of services may be refined from time to time.  
 All prices are inclusive of 6% Goods & Services Tax (GST).

## FOOT TREATMENT

<b>Foot Massage</b> A relaxing foot massage effectively stimulates and improves blood circulation to promote hormone balance, remove toxins, relieve back pain, improve quality of sleep and overall well-being.	<b>30 mins</b>	<b>RM117</b>
<b>Foot Spa</b> Indulge in a relaxing foot treatment with a gentle scrub, massage and mask. A treatment that leaves your feet luxuriously soft and velvety smooth.	<b>30 mins</b>	<b>RM127</b>

## FACIALS

<b>COMFORT ZONE Active Pureness Treatment</b> All skin conditions, including very delicate, dehydrated and mature skin. It is particularly effective on impure, wrinkled, oily skin and those prone to acne.	<b>60 mins</b>	<b>RM190</b>
<b>COMFORT ZONE Hydramemory Treatment</b> For dry, dehydrated and depleted skins in need of moisture and a fresh, plump appearance.	<b>60 mins</b>	<b>RM190</b>
<b>COMFORT ZONE Skin Resonance Treatment</b> For delicate and sensitive skin and subject to couperose.	<b>60 mins</b>	<b>RM190</b>
<b>Mens Facial Treatment</b> All skin conditions, including very delicate, dehydrated and mature skin. It is particularly effective on impure, wrinkled, oily skin and those prone to acne.	<b>60 mins</b>	<b>RM220</b>
<b>COMFORT ZONE Glorious Skin Treatment</b> For skin lacking elasticity and with evident expression lines.	<b>90 mins</b>	<b>RM390</b>
<b>COMFORT ZONE Longevity Face Treatment</b> Ideal for all ages, all skin types and all climates throughout the year.	<b>30 mins</b>	<b>RM160</b>

## SPA RITUALS

<b>Therapeutic Rejuvenation</b> Ignite your senses with this combination of rejuvenating body therapy and revitalising facial for a truly relaxing experience. The full body massage which focuses on key pressure points is followed by a hydrating facial that leaves your body completely rejuvenated and a radiant glow to your complexion. - Aromatic Body Bliss Massage - COMFORT ZONE Facial	<b>120 mins</b> <b>60 mins</b> <b>60 mins</b>	<b>RM350</b>
<b>Energising Retreat</b> Invigorate and destress with a combination of a full body 'finger pressure' massage technique and special acupressure points applied on the scalp. Recommended for frequent travellers and people-on-the-go. - Shiatsu and Anti-Stress Back Massage	<b>90 mins</b>	<b>RM318</b>
<b>Essential Revival</b> Revive your senses and release tensions with a warm herbal compress after an invigorating 'finger pressure' massage. Relaxes aching muscles and eases away stress and tensions. - Shiatsu and Thai Herbal Compress	<b>90 mins</b>	<b>RM300</b>
<b>URBAN RETREATS</b>		
<b>Refresh and Renew</b> After exfoliation, the body is pampered with a relaxing acupressure points massage to eliminate deeply rooted tension, release stress and reduce muscle pain. - Aromatic Rose Scrub and Anti-Stress Back Massage	<b>60 mins</b>	<b>RM224</b>
<b>Relax and Recharge</b> Relax in a refreshing bath infused with a detoxifying blend of herbs and spices, followed by a stimulating foot massage to promote decongestion and nourish the skin and body. - Herbal Bath and Foot Massage	<b>60 mins</b>	<b>RM212</b>

Menu of services may be refined from time to time.  
All prices are inclusive of 6% Goods & Services Tax (GST).