

# SPA MENU



Welcome to the **Swasana Spice Pavilion**, where we take you on an epic voyage of wellness that incorporates Asia's massive treasure trove of spices.

The right blend of present-day preparations and ancient treatments indigenous to the region are fused together to ensure your complete well-being and rejuvenation.

Luxuriate in the enchanting ambience and be mesmerized by the enthralling aroma of spices as we take you to a new level of pleasure.

## **NATURAL**

Indulge in a natural state of being as you purify yourself with the ultimate in the Spa extravagance. Blending the age-old healing properties of spices with the exotic magical allure of the east.

## **PAMPER**

Discover your inner sanctuary as you awaken the senses to a realm of total tranquility. With our combination of enticing spices, our treatments are designed to invoke a sense of harmony, serenity and calm.

## **BALANCE**

Awaken the body to the needs of today and tomorrow with a fortifying fitness regime amidst the enchanting aroma of spice.

## **REJUVENATE**

Conscientious attention to detail here produces an utterly unrivalled blissful experience.

## **SERENITY**

The combination of gracious and caring therapist, peace, serenity and the captivating yet endearing blend of age-old spices creates a complete, wholesome experience.



## **SPA GUIDELINES**

### **Is it necessary for me to reserve my treatment?**

Yes, you need to call or visit the spa for your treatment reservation at your earliest convenience to avoid any disappointment. If you are an in-house guest, please dial (0) between 10:00 am to 10:00 pm.

### **How early should I arrive?**

Guests are recommended to arrive 15 minutes before their treatments to check in and relax. Guests who arrive late will limit the time for their treatments, thus it will lessen the effectiveness and pleasure of the treatment. Your treatment will have to end on time in order not to delay the next guest's treatment.

### **What if I have a health concern?**

We would appreciate if you could notify our reception or manager on duty before reservation is made. If you have any concern on high blood pressure, allergies, or other physical illness/disabilities, it is important that you let us know.

### **Can I enjoy a spa treatment if I am pregnant?**

Our spa manager/receptionist on duty will advise you on the treatments that are safe to enjoy during pregnancy.

### **What do I wear during treatment?**

We will provide you with hygienic disposable briefs, however, you are welcome to wear your own bikini/brief, if you so desire. During treatment, our therapist will perform draping techniques to ensure your privacy.

### **What about my valuables?**

We suggest that you leave your valuables in the hotel safe box as we will not be held liable for any loss or damage.

### **Can I cancel my reservations?**

The treatments you select are reserved especially for you. Should you wish to cancel them, please notify us minimum of six hours prior to the appointment to avoid a 50 % cancellation fee.

### **What are other important points I should consider?**

A tranquil, relaxed and quiet atmosphere adds to a spa's ambience. We would appreciate if you lower your voice and turn off all cellular phones and pagers when you are in the Spa. While we respect your need to smoke, we wish to inform you that the spa is a smoke free zone.

### **What mode of payment can I use?**

In-house guests may charge their spa services to their hotel room bills. However, we also accept cash and all major credit cards.



## BODY MESSAGES

### Swasana Massage

90 mins RM 450

The Swasana is our signature massage. It is a blend of Asia's three most popular massages - Balinese, Thai and Malay.

### Balinese Massage

60 mins RM 315 / 90 mins RM 450

Passed on from generation to generation, this massage combines stretching, long strokes, skin rolling as well as palm and thumb pressure techniques. The deep penetration of blended pure essential oil, heightened by the firm but gentle touch of the therapist improves the circulatory, lymphatic, muscular and nervous systems.

### Malay Spice Massage

60 mins RM 315 / 90 mins RM 450

Using warm, spiced aromatherapy oil, this massage uses long kneading strokes that focus on the muscles and pressure is applied to various points on the body. Good for removing 'wind' from the body. Asians believe that these are be gaseous toxins that cause bloating and discomfort.

### Thai Massage

60 mins RM 315

This is an ancient art of body therapy for relaxing, energizing and transformation. It involves interactive manipulation of the body using passive stretching and gentle pressure along energy lines without the use of oil. This firm massage increases flexibility, relieve muscular and joint tension, stimulate internal organs and balances the body and energy systems.

### Deep Pressure Massage

60 mins RM 315

It is believed that by applying pressure to specific points on the body, optimal circulation can be achieved. This massage does not need oil, instead stretching and ancient pressure point techniques are used. It will leave your body with a feeling of well-being and balance.

\* All the above prices are inclusive of 6% Goods and Services Tax.  
All the above information is correct at the time of printing.



## BODY MESSAGES

### Warm Stone Massage

90 mins RM 450

Smooth, warmed stones glide across your body in long flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, additional warmed stones are placed on the body's various energy points to encourage the body's natural healing ability.

### Stress Relief Massage

30 mins RM 185 / 60 mins RM 315

This treatment focuses on the neck, shoulder and back areas and it loosens and relaxes the muscles that are tense due to daily stress. Firm pressure also helps to ease any muscle stress resulting from strenuous exercise or repetitive activities.

### Foot Massage

30 mins RM 185 / 60 mins RM 315

This is the ultimate treat for your feet. Based on ancient therapeutic principles of our forefathers, this foot massage will help to release toxins and restore your body's energy flow. It feels like heaven on earth.

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## BODY TREATMENTS

### Royal Javanese Lulur

50 mins RM 270

Made from Rice Powder, Turmeric and Cinnamon, this well known Javanese Royal Court beauty ritual will soften, refine and rejuvenate the skin. Turmeric is believed to be antiseptic and anti-aging. The ritual will conclude with moisturizing of the skin with fermented milk.

### Coffee Scrub

50 mins RM 270

This rich aromatic scrub made with a blend of finely ground coffee and rice powder scented with pandan and kaffir lime will smoothen your skin and elevate your mood. The experience concludes with a tomato conditioner to nourish your skin.

### Tongkat Ali Scrub

50 mins RM 270

Designed specially for him, this mixture of Rice Powder, Red Clay and grounded Tongkat Ali leaf will give a deep exfoliation to the skin. The scrub is blended with aphrodisiac spices and essential oils of cardamom, nutmeg and patchouli.

### Himalayan Salt Glow

50 mins RM 270

This deep exfoliating treatment blends mineral rich sea salt with rose water. Applied using small circular strokes, it removes dead skin cells, improves circulation, helps eliminate toxins and moisturizes the skin. Conclude with a shower and emerge with softer and more radiant skin.

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## **BODY TREATMENTS**

### **Spice Herbal Wrap**

**60 mins RM 315**

This traditional warm wrap concocted with a blend of local herbs and spices, brings effective relief to fever, headaches and muscle aches. It is especially suitable for cold weather and rainy seasons. The heat deeply penetrates your body to increase blood circulation.

### **Sea Mud Wrap**

**60 mins RM 315**

All the benefits of the sea are contained in this unique full body mask. It helps to detoxify and stimulate the skin while encouraging cellular metabolism. The rich mineral mask will tone the body and improve the skin elasticity and firmness. It is also effective for countering fluid retention.

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## FACIALS

### **Seri Dewi Facial**

**60 mins RM 315**

This relaxing and gentle facial uses pure and fresh ingredients. Rich in vitamins, it has a fresh fruity aroma. Acupressure is done on all the points on the face to increase blood circulation around the face.

### **Hydrating and Revitalizing Treatment**

**75 mins RM 385**

The maintenance and hydrating facial treatment is good for giving the skin a boost with renewed suppleness and freshness. Recommended for dehydrated skin and aging skin that suffers from chronic dryness.

### **Face Detox Treatment**

**75 mins RM 385**

This is a detoxifying and purifying treatment that normalizes the skin and helps to stop the growth of bacteria. It is recommended for congested and mild acne skin conditions.

### **Soothing and Anti Redness Treatment**

**75 mins RM 385**

A soothing treatment that works towards minimizing facial redness and dilated blood capillaries, resulting in a more visibly even toned and balanced skin condition. Anti-redness and soothing serum are combined to calm and strengthen the skin.

### **Lightening and Radiance Treatment**

**90 mins RM 450**

An intensive lightening treatment, it evens out hyper-pigmented skin and leaves a radiant glow. The aging process causes the skin to become thicker and lose its elasticity. Dead skin cells accumulate on the surface of the epidermis and obstruct cell renewal. Fruit acids in this Alpha Hydroxy Acid (AHA) exfoliating treatment gently dissolve dead cells and impurities, allowing the skin to retain its luminosity.

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## ADDITIONAL

### RELAXING BATH TREATMENTS

#### Milk and Rose Petal Bath

30 mins RM 185

The soft movement of the water will treat your body with a gentle massage while the milk nourishes your skin and the scent of roses will relax your body and soul.

#### Aromatherapy Floral Bath

30 mins RM 185

Relax your body in a warm treat of floral bath. Our special blend of aromatherapy oil of Lavender and Peppermint is perfect for relieving stress and rekindling your spirits.

#### Herbal Steam Infusion

30 mins RM 75

It is good for colds and is recommended before a massage to help the aromatherapy oil work at their maximum level.

### HAND AND FEET CARE

#### Exclusive Spa Manicure

75 mins RM 210

A pampering hand treatment and manicure all in one, which includes hand soak, hand scrub, hand massage as well as a manicure consists of cleaning, trimming and filing of finger nails. A conditioning and hydrating paraffin wrap is also included as a treatment for the cuticles, nails and skin.

#### Exclusive Spa Pedicure

75 mins RM 210

This is an exclusive pedicure as well as treatment for dry feet. It is a combination of specialized treatments which include, cleaning, trimming and filing of toe nails, followed by a refreshing foot mask.

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## SPA PACKAGES

### Essence of Spice

90 mins RM 450

Your treatment begins with a herbal steaming treatment followed by an Aromatherapy Floral Bath and concludes with a choice of Relaxing Balinese Massage or Seri Dewi Facial.

### Cinnamon Mesra

120 mins RM 580

The body and face treatments work in total harmony in bringing on a sense of wellness and beauty and will begin with a warm floral foot bath, followed by a Balinese Massage and end with our Seri Dewi Facial using only freshest of ingredients.

### Asmara Dana

120 mins RM 580

The treatment is specially designed for couples, honeymooners, and those celebrating a special occasion. Two hours of indulgence designed to purify your inner and outer self. An exfoliating body scrub is performed, and pampering continues with a romantic milk rose petal bath and the experience concludes with a totally relaxing body massage.

### Impian Swasana

150 mins RM 690

Immerse yourself in a total spa experience with this beautifully arranged series of treatments. Begin your journey with a deep cleansing body scrub followed by a warm rejuvenating aromatherapy floral bath. Next, enjoy the relaxing Balinese Massage and conclude with a refreshing facial. The experience will end with a pampering glass of healthy spa drink.

### Cendana Luxury (Gentlemen)

180 mins RM 810

Exclusively designed for man of today, this treatment begins with a stimulating body exfoliation to cleanse and energise. Next comes the therapeutic muscle massage to relieve those aches and pains, followed by a purifying facial that is perfectly suited to the male complexion.

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## SPA PACKAGES

### **Impiana Indulgence**

**300 mins RM 1080**

This is the ultimate spa experience created for total pampering. Enjoy a luxurious and unforgettable experience that begins with a feet pampering ceremony, followed by body exfoliation. Then, experience our herbal steam infusion before you indulge in a warm aromatherapy floral bath. Your pampering continues with a relaxing Balinese Massage that leaves you with a deep sense of contentment. Treatments take a short break as you enjoy the healthy and tasty Swasana Spa Cuisine which will be served. Take the time to relax during this short break between your treatments. You will be treated thereafter to a deep cleansing maintenance facial using state of the art skincare from Swiss Line once you are ready to resume. The products and the pampering will bring about truly visible results to your skin as well as an unforgettable spa experience. As your treatments come to an end, relax and savour this wonderful experience in our breathtaking lounge with a cup of hot ginger tea.

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## SPA PRODUCTS



Essential Oil Blend



Massage Oil



Shower & Bath Gel



Moisturising Lotion

### CALM

Embrace the warmth and calmness with Swasana Spa's captivating blend of pure plant essences. With exotic flowers, Calm range of products is deeply calming and sensual.

Essential Oil Blend	10ml
RM 65	
Massage Oil	100ml
RM 65	
Shower & Bath Gel	220ml
RM 70	
Moisturising Lotion	220ml
RM 75	

### ENERGISE

Feel the energy of Swasana Spa's captivating blend of pure plant essences. Energise range of products will awaken the senses and uplift the spirit.

Essential Oil Blend	10ml
RM 65	
Massage Oil	100ml
RM 65	
Shower & Bath Gel	220ml
RM 70	
Moisturising Lotion	220ml
RM 75	

### RELAX

Enjoy the relaxed feeling of Swasana Spa's captivating blend of pure plant essences. Relax range of products will bring balance and serenity to the soul.

Essential Oil Blend	10ml
RM 65	
Massage Oil	100ml
RM 65	
Shower & Bath Gel	220ml
RM 70	
Moisturising Lotion	220ml
RM 75	

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## SPA PRODUCTS



### Exfoliating Aromatherapy Body Bar

These aromatic everyday cleansing soaps contain pure and natural essential oils that exfoliate and buff your skin to perfection.

Botanica Aroma	100 gm	RM 22
Coffee Mint	100 gm	RM 22



### AROMATHERAPY RELAXING EYE PILLOW RM 48

Relax with our therapeutic eye pillow to ease feelings of stress and tension, alleviate headaches and encourage relaxation. Perfect for yoga and meditation purposes too. The aroma of lavender essential oil and the soothing gentle pressure on the eyes and sinuses will leave you with an instant feeling of relaxation and ease.

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