



managed by



**\*All prices are inclusive GST 6%**

**\*NETT Price**

### **Ayurvedic Massage**

In Ayurvedic massage herbs and essential oils are used to improve the blood circulation and relieve stress. Certain ailments related to muscles, ligaments and the nervous system can be completely healed through this massage. It balances the body, helping it to function better and also rejuvenates the mind, promoting relaxation and clarity.

60 Minutes | 90 Minutes | 120 Minutes

RM 233.20          RM 279.85          RM 373.10

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### **Himalayan Signature Massage**

This unique massage is a very special treatment created by the expert therapists of Tranquility Spa & Wellness. Guests can choose the herbal oils or pure essential oil to be massaged, as their scents uplift the senses. All the popular ten steps namely; effleurage, one hand palming, thumb circling, kneading, rolling, thumb cleansing, wringing, thumb soothing, twisting, feathering and squeezing are taken from Ayurvedic, Swedish, Deep Tissue and Nepalese Himalayan Traditional method to pamper, rejuvenate, nourish and restore the energy.

60 Minutes | 90 Minutes | 120 Minutes

RM 268.20          RM 338.15          RM 443.10

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### **Swedish Massage**

Specially designed to relax muscles and soft tissue by applying pressure to them against deeper muscles and bones. Involving the use of kneading, stroking, friction, tapping, and vibration, Swedish massage aims to provide relief from stiffness, numbness, pain and other health problems. It can aid recovery, reduce scar tissue and provides an overwhelming sense of relaxation and wellbeing.

60 Minutes | 90 Minutes | 120 Minutes

RM 221.55          RM 268.20          RM 361.45

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## **Deep Tissue Massage**

Deep Tissue Massage focuses on the deeper layer of muscle tissues. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contacted areas, either following or going across the fibers of the muscles, tendons and fascia.

60 Minutes | 90 Minutes | 120 Minutes

RM 233.20          RM 279.85          RM 373.10

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## **Aroma Therapy Massage**

Aroma therapy uses one or more essential oils for the massage. Essential oils are derived from plant extracts and are used to address specific needs. Different oils are used to relax, energize, reduce stress and balance the body. The most common essential oils we use are Lavender, Sandalwood and Jasmine. Aroma Therapy massage is particularly suited to stress-related conditions or conditions with an emotional component.

60 Minutes | 90 Minutes | 120 Minutes

RM 233.20          RM 279.85          RM 373.10

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## **Traditional Malay Massage**

This traditional massage is target to sore muscles as well as a full relaxation using the basic oil and effleurage techniques of the body veins, muscle fibers and lymphatic systems.

60 Minutes | 90 Minutes | 120 Minutes

RM 221.55          RM 268.20          RM 361.45

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## **Trekker's Massage**

This massage is specially provided for those people going on or returning from a trek. It is a mixture of Thai and Ayurvedic Massage where the trekker is prepared for the road ahead or gets some relief from the road they have travelled.

90 Minutes | 120 Minutes

RM 349.80          RM 466.40

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## **Head & Shoulder**

This massage improves blood circulation to the head and eases neck and shoulder tension. It nourishes and strengthens the hair roots and the skin of the scalp and is ideal for those suffering from headaches and other head-related problems like eye strain.

30 Minutes | 45 Minutes | 60 Minutes

RM 116.60   RM 151.60   RM 221.55

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## Reflexology

Reflexology is based on the belief that there are reflex areas on the feet corresponding to all the parts of the body including major organs. It is believed that applying pressure to certain areas on the feet can affect internal organs and body systems, and therefore promote and maintain good health.

30 Minutes | 45 Minutes | 60 Minutes | 90 Minutes

RM 116.60   RM 151.60                      RM 221.55      RM 256.50

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## Spinal Massage

A spinal massage is best given as part of an overall back massage, though for an initial general massage it can be performed with or without the use of oil. Spinal massage relieves stress and back pain and helps to improve posture.

30 Minutes | 45 Minutes | 60 Minutes

RM 116.60   RM 151.60      RM 221.55

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## Shirodhara

Shirodhara is a unique treatment where specific medicated oils are continuously poured over the Third Eye (forehead / Head Meridian / Head Chakra) for an extended period. Stimulating the nervous system, it is an effective therapy for mental relaxation and disorders such as insomnia, stress, depression and anxiety. This is the perfect treatment to balance physical and emotional wellbeing.

90 Minutes | 120 Minutes

RM 443.10   RM 524.70

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## Picu

An effective Ayurvedic process that uses herb-infused cotton strips over certain areas of the body. Picu stimulates and strengthens the blood circulation and the metabolic rate. It is ideal for joint pain or stiffness and helps to make the body more flexible.

60 Minutes | 90 Minutes | 120 Minutes

RM 232.20                      RM 279.85                      RM 373.10

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## Hot Stone

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles. The heat is comforting and helps to detoxify and balance the body's energy centers. It is good for people who have muscle tension but prefer a lighter massage.

90 Minutes | 120 Minutes

RM 349.80                      RM 489.70

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## Thai Massage

The application of hand, knee, foot and elbow comprises the Thai Massage. It stretches the muscles, increases, the joints and balances the flow of energy throughout the body to promote healing and well- being. Thai massage provides fully illustrated, step-by-step instruction to enable one's body parts.

60 Minutes | 90 Minutes | 120 Minutes

RM 233.20    RM 279.85    RM 373.10

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## Traditional Newari Massage

Traditional Newari Massage one of the techniques inherited from Newar Society (One of the Oldest Ethnic Group of Nepal). ALL the steps are traditionally derived and scientifically developed. Now this Massage is gaining popularity in many countries in Europe and America. This massage is basically focused in ***marma ( meridian )*** points of the body which helps to cure and provides relaxation as well.

60 Minutes | 90 Minutes | 120 Minutes

RM 233.20            RM 279.85            RM 373.10

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## Body Wrap

It is nourishing treatment develop for dry to normal skin type. You will be slathered layers of algae, seaweed, mud, clay, chocolate or coffee which are known for healing qualities & mineral content. You will be wrapped up in heated blanket - while the heat helps to open the pores and the nutrients from the product enter into the skin to nourish which reduces muscular pain, joint aches as well as weight loss.

45 Minutes

RM 303.15

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### **Four Hand Massage:**

In Four-Hand Massage two therapists work on you at the same time, mirroring each others' movements. Four-handed massage comes out of the Ayurvedic tradition, where it is called **Abhyanga**. To synchronize, one therapist takes the lead and the other follows. Four-handed massage feels like you are completely enveloped in sensation and can be quite a wonderful experience.

60 Minutes | 90 Minutes | 120 Minutes

RM 349.80 RM 466.40 RM 583

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### **Six Hands Massage**

It is the luxurious treatment designed by our Spa to provide a highest level of customized care and ideal treatment for rejuvenate, relax and refreshment. We provide treatment from 3 therapists at a time with the same pressure, rhythm and strokes and pamper our guests. It will boost the energy level and one can experience the royal treatment.

60 Minutes | 90 Minutes | 120 Minutes

RM 524.70 RM 699.60 RM 874.50

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## Vasti

Vasti, one of the best Ayurvedic therapies, are used to cleanse, relax, soothe, nourish and rejuvenate the body in four different areas. Mainly there are four kinds of Vasti; Kati Vasti, Janu Vasti, Greeva Vastti and Uro Vasti. It is performed by collecting the luke warm medicated oil in different area ( knee, lower back, chest, neck) of the body. In these therapies, a circular dam of dough is sealed around the indicated area where constantly replenished warm therapeutic oils are poured and kept. These oils are specifically prepared to penetrate deep into the tissues in order to soften, warm and detoxify these vital points which affect the whole body. We try to optimize the effect of Vasti treatment followed by massage.

### **i) Kati Vasti (Back)**

This treatment is very effective in treating the lower back pain, sciatica, slipped disc, neurological disease of lower limb etc.

### **ii) Janu Vasti (Knee)**

This is recommended for the treatment of Sprains, Ligament tear, post surgical distress, age related degeneration and sport injuries.

### **iii) Greeva vasti (Neck)**

Warm medicated oil is allowed to stand on back of neck as which is very useful in maintaining normal structure and working of neck region.

### **iv) Uro Vasti (Chest)**

Uro Vasti is a warming procedure of the chest area and the heart. This treatment is beneficial for heart disease, muscular chest pain, asthma and respiratory problems.

60 Minutes

RM 256.50

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## **BODY STEAMING**

Opens the pores of your skin to aid body detoxification

15 Minutes

RM 46.65

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## **MILK or HERBAL BATH**

A relaxing bath that helps to soften the skin hence improves the skin appearance

15 Minutes

RM 58.30

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## **SYILING COIN THERAPY**

Massage with coin. It helps to reduce unwanted wind in your body.

20 Minutes

RM 58.30

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## **TRADITIONAL "LULUR"**

Whitens skin, leaving your body smelled fresh and skin suppler Massage with coin. It helps to reduce unwanted wind in your body.

20 Minutes

RM 139.90

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## **BODY SCRUB**

Removes dead skin.

20 Minutes

RM 139.90

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### **LULUR HERBAL TREATMENT**

Soften skin, helps reduce unpleasant body odour and generally refreshes the whole body. Process: hydrophil, steam, body massage, traditional lulur (scrub), shower, herbal bath, body lotion & hot ginger drink

120 Minutes

RM 349.80

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### **MIX HERBS TREATMENT**

Washes away fatigue, leaving your body smelling pine fresh and helps stimulates blood circulation. Process: hydrophil, steam, body massage, herbal bath, body lotion & hot ginger drink

90 Minutes

RM 279.85

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### **SILKY MILK BATH TREATMENT**

Cleanses and whitens the body, removes blemishes and makes skin more supple. Process: hydrophil, lulur (scrub), showers, steam, body massage, body mask, milk bath, body lotion & hot ginger drink

150 Minutes

RM 373.10

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### **TANGAS TREATMENT**

Softens and lightens skin, reduces vaginal discharge and leaves entire body scented. Process: hydrophil, lulur (scrub), showers, steam, body massage, herbal bath, body lotion, vaginal and body smoke & hot ginger drink

150 Minutes

RM 373.10

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## **SPA TREATMENTS**

### **SENSUAL ROSE**

Nature's own aphrodisiac, the sensual Rose scent and Sandalwood oils used for centuries to relief nervous tension, soothe emotions and the spirit. An ancient recipe for love, believed to be amorously stimulating.

150 Minutes |

RM 408.10

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### **WHITENING CAMPHOR**

For a brighter looking skin, a gentle and natural blend of lemon and Camphor oils to help remove impurities as well as dead skin cells. Generally tones & tightens dull complexion.

150 Minutes |

RM 408.10

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### **CONTOUR CANANGA**

A natural treatment containing the essential oil of lemon, known to assist in combating cellulite and poor blood circulation. Also consists of patchouli and Cananga oils. This treatment is particularly beneficial for matured skin.

150 Minutes |

RM 408.10

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### **REVIVING PLUMERIA**

The essential oils of Lemon and Mint are used in this treatment to relieve physical and mental tiredness. The body and mind feels fresh again and the skin is left feeling supple all over.

150 Minutes |

RM 408.10

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\*\*\*\*\* Process for all Spa Treatment : Hydrophil, body scrub, shower, steam, body massage, body mask, herbal bath, body lotion & hot ginger tea.

## **ANTI OXIDANT COFFEE LEMON**

Intoxicating natural high anti-oxidant coffee blend with Lemon essence that nourishes the skin to its best and improves blood circulation that helps reduce cellulites and body fats.

150 Minutes |

RM 408.10

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## **CHOCO CHOCO SENSATION**

A chocolaty affair blended with essential Rose oils, rich in nutrients and a natural exfoliant for a perfect soft and smooth moisturized skin.

150 Minutes |

RM 408.10

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**NORMAL DRY – SHORT HAIR**

RM 23.30

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**NORMAL DRY - LONG HAIR**

RM 29.15

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**SHAMPOO & NORMAL DRY– SHORT HAIR**

RM 40.80

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**SHAMPOO & NORMAL DRY – LONG HAIR**

RM 52.45

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**HAIR SPA**

90 Minutes

RM 174.90

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**CREAMBATH TREATMENT**

90 Minutes

RM 151.60

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**HAIR MASK**

90 Minutes

RM 151.60

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**HAND & FEET SPA TREATMENT**

**MANICURE | FRENCH MANICURE**

60 Minutes | 90 Minutes

RM 81.60 | RM 104.95

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**PEDICURE**

60 Minutes

RM 93.30

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**MANICURE & PEDICURE**

120 Minutes

RM 163.25

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**NAIL POLISH**

15-20 Minutes

RM 29.15

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**WAXING**

**FULL LEG**

RM 221.55

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**HALF LEG**

RM 174.90

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**BIKINI LINE**

RM 93.30

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**UNDERARM**

RM 75.80

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**UPPER LIPS**

RM 64.15

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**EYEBROW**

RM 52.45

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**HALF ARM**

RM 75.80

**FULL ARM**

RM 145.75

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## **FACIAL**

### **ESSENTIAL FACIAL**

Normal & teenage skin.

60 Minutes |

RM 186.55

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### **INTENSIVE ESSENTIAL FACIAL**

Facial cleansing without serum.

90 Minutes |

RM 209.90

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### **CORRECTIVE AROMATIC FACIAL**

Anti-Wrinkle, Spot & Acne

90 Minutes |

RM 233.20

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### **WHITE & CLEAR FACIAL**

Eliminate brown spots / freckles.

90 Minutes |

RM 209.90

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### **MINILIFTING FACIAL**

Removes dead cells, eliminate wrinkles and rejuvenates matured skin.

120 Minutes |

RM 233.20

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### **BOTULIKE FACIAL**

Remove dead cells, brighten skin, and eliminate wrinkles and skin. Anti-aging functionality and suitable for matured skin.

90 Minutes |

RM 233.20

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### **EYE CARE TREATMENT**

Refreshing the eyes and eliminate wrinkles and eye bag.

15 Minutes |

RM 69.95

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