

## **Ultimate Treatments**

### **TIME RITUALS™**

*1 hour 50 minutes - MYR 480*

### **Oriental Foot Therapy**

*60 minutes - MYR 270*

In the oriental philosophy, the soles of the feet are mirrors reflecting the systems and functions of the body. The feet rest on warm pebbles as they are bathed in warm water rich with fragrant oils. Your feet are then exfoliated and smoothed and Marma points on the feet and ankles are massaged. This treatment helps raise natural energy encouraging the release of tension.

### **Sikhao**

*30 minutes - MYR 180*

This exceptional skin softening body exfoliation combines sea salts from the Andaman Sea and a purifying body oil of cajuput and petit grain to leave the skin feeling fresh, smooth and revitalised.

### **Moisturising Scrub**

*30 minutes - MYR 180*

This delicate body scrub alleviates the stimulation of blood circulation to leave the skin soft and moisturized.

### **Path to Tranquillity**

*1 hour 50 minutes - MYR 480*

Pacify the mind with a complete de-stressing treatment. Calm your senses as a hot herbal poultice of sweet basil and kaffir lime, and a warm oil massage soothes your body. While tension is slowly eased away under a caring touch, you will be guided into serenity for total peace of mind.

### **Rejuvenating Body Delight**

*1 hour 50 minutes - MYR 480*

Gently ease away tension and rejuvenate your skin. A moisturising body scrub removes dead skin cells and gently prepares your skin for a replenishing body wrap. Natural extracts of pineapple and tamarind act in synergy to rebalance skin moisture and restore your vital energies. A relaxing massage using lemongrass essential oil is then applied on pressure points, muscles, joints and ligaments to provide you with a wonderful healing experience.

### **Borneo Rainforest**

*1 hour 50 minutes - MYR 480*

A refreshing foot ritual with fresh lemongrass and pandan leaf starts off the treatment. A stimulating boreh spice wrap follows a traditional herbal and milk body scrub. While the masque dries you relax with a head and face massage. A Traditional Urut massage completes the treatment for an overall balancing effect.

### **Ocean Waters**

*1 hour 50 minutes - MYR 480*

Start off with a spirulina foot ritual and stimulating foot rub. An invigorating marine salt scrub fully exfoliates your body and removes dead skins cells. Lymphatic drainage massage helps remove toxins from your body and a marine masque and wrap allows your body to perspire, for further elimination of toxins. The treatment concludes with the application of moisturising lotion.

### **Thai Herbal Energiser**

*1 hour 50 minutes - MYR 480*

Drift away tension while enjoying this unforgettable traditional hot Thai massage, unchanged since Thailand's Ayutthaya period of the 14th to 18th century. The balancing poultice opens the pores and brings deep medicinal heat to muscles to release tension and revitalise your mind. Then, an invigorating massage with the combining effects of peppermint and mandarin essential oils will take your body on a journey of total renewal.

### **Body Massage**

At Mandarin Oriental, Kuala Lumpur, massages are available in various forms from around the world, including Malay, Swedish, Chinese and Thai.

Select a facial to suit your needs. Our therapies include an exotic variety of natural herbs and extracts; such as the rejuvenating qualities of the lotus flower or the purifying essence of jasmine.

Experience the restoration of inner beauty with our spa treatments and add the finishing touches with our beautiful beauty treatments.

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#### **Traditional Malay Massage (Urut)**

*60 minutes/1 hour 30 minutes - MYR 270/MYR 360*

Based on the concept of moving wind, traditional urut Malaysian massage works methodically and rhythmically to enhance circulation and restore balance.

#### **Swedish**

*60 minutes/1 hour 30 minutes - MYR 270/MYR 360*

This traditional massage incorporates regulated pressure to release knots and tension in the body. Stimulating effleurage and long, strong movements effectively ease tired, aching back and limbs.

### **Deep Tissue**

*60 minutes/1 hour 30 minutes - MYR 270/MYR 360*

Elbows and forearms are used with this sophisticated massage to achieve a truly effective deep tissue massage.

### **Aromatherapy**

*60 minutes/1 hour 30 minutes - MYR 270/MYR 360*

A deeply therapeutic holistic treatment combining the power of essential oils with the best of eastern and western massage techniques. Physically relaxing and calming, whilst mentally uplifting and clearing.

### **Thai**

*60 minutes/1 hour 30 minutes - MYR 270/MYR 360*

Blending gentle rocking, rhythmic acupressure and assisted stretching to deeply relax and revitalise body and mind. A traditional form of massage performed on the comfort of a futon. Benefits include increased flexibility, relief of joint and muscle tension and balance of the body's energy system.

### **Haki® Stretch & Relax**

*50 minutes - MYR 270*

Making its debut in Asia and available only at The Spa at Mandarin Oriental, the haki® stretch & relax method harmonises tired muscles and releases body tensions in the area of the shoulders, neck and head with soft pressure and vibrations to leave you feeling balanced, relaxed and rejuvenated.

### **Haki® Sacral**

*30 minutes - MYR 200*

Specially designed to alleviate hip and lower back tension. Gentle swaging and rocking movements improve energy flow and agility.

### **Traditional Malay Massage (Urut) - In room**

*60 minutes/1 hour 30 minutes - MYR 330/MYR 440*

### **Swedish Massage - In room**

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### **Aromatherapy Massage - In room**

*60 minutes/1 hour 30 minutes - MYR 330/MYR 440*

### **Back, Neck & Shoulder Massage - Poolside**

*20 minutes - MYR 100*

### **Foot Massage - Poolside**

*20 minutes - MYR 100*

### **Facials**

Select a facial to suit your needs. Our therapies include an exotic variety of natural herbs and extracts; such as the rejuvenating qualities of the lotus flower or the purifying essence of jasmine.

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**Back, Neck & Shoulder Massage - Poolside**

*20 minutes - MYR 100*

**Foot Massage - Poolside**

*20 minutes - MYR 100*

**Balancing White Orchid**

*1 hour 20 minutes - MYR 380*

Balancing organic facial with an exotic synergy of white orchid extract and jasmine essential oil to purify and decongest oily skin.

**Regenerating Pink Lotus**

*1 hour 20 minutes - MYR 380*

Regenerative organic facial ideal for sensitive or maturing skin. A stimulating blend of pandan leaf and pink lotus extract alleviate fine lines and assist cell renewal and oxygenation.

**Enriching Neroli**

*1 hour 20 minutes - MYR 380*

Nurturing organic facial with a rejuvenating blend of lotus flower and neroli extract to reduce dryness and improve circulation.

**Deep Cleansing Facial**

*1 hour - MYR 300*

Deeply cleansing and purifying, this treatment includes steam and extraction to rebalance all skin types, ensuring a visible reduction of excess oil and impurities.

**SKINN Men's Vital Facial**

*1 hour - MYR 300*

A deep exfoliation removes impurities, followed by a quenching facial mask to re-hydrate the skin. Then, a vital energy point massage through the application of a cranial herbal poultice over the back, neck, shoulders and head eases away stress and tension. Finally, health and vitality is restored to the face with a floral elixir and hydrating gel.

**SKINN Men's Ultimate Facial**

*1 hour 20 minutes - MYR 380*

The treatment includes deep exfoliation followed by a relaxing massage over the face, neck and shoulders to ease away tension and leaves skin hydrated and feeling vitalized.

**Soothing Eye**

*50 minutes - MYR 260*

Let your eyes be pampered and rejuvenated with this amazing eye treatment that gently nourishes and soothes your eyelids while combating fine lines, puffiness and dark circles.

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**Mandarin Oriental Manicure**

*50 minutes - MYR 190*

For ultimate grooming of the hands

**Mandarin Oriental Pedicure**

*50 minutes - MYR 190*

For ultimate grooming of the feet

**French Polish Hand**

*20 minutes - MYR 80*

**French Polish Feet**

*20 minutes - MYR 80*

**Hand or Foot Mask**

*30 minutes - MYR 80*

**Eye Brow Shaping/Waxing**

15 minutes - MYR 50

**Waxing**

Available - upon request.

**Spa Programs**

Reserve our Couples Retreat and journey together on your path to wellbeing. Alternatively share the luxuries of our spa with a friend or as a special gift.

Our packages include complimentary use of our heat and water experience before your treatment, and healthy spa cuisine at the Cascades Restaurant, with glorious views of the city.

**Couple's Retreat**

3 hours 15 minutes - MYR 1,800

Dissolve tension while enjoying an unforgettable Thai Herbal Energizer treatment, followed by a Regenerating Pink Lotus Facial for her and a Men's Vital Facial for him.

**Ladies Day Spa**

3 hours 30 minutes - MYR 1,150

Gently ease away tension and rejuvenate your skin. A moisturising body scrub is followed by your choice of relaxing massage to promote total relaxation and invigoration of your senses. Follow with a Specialised Facial to suit your needs and finish off with a manicure.

**Business Men's Best**

2 hours 30 minutes - MYR 900

Designed to deep cleanse and purify the body with a total skin exfoliation. A Traditional Malay Massage (Urut) massage enhances circulation and restores balance. Finally, a Men's Vital Facial eases away stress and tension in order to restore health and vitality.