

The background of the cover is a light cream color with a subtle, artistic watercolor wash in shades of beige and light brown. Scattered throughout are fine, golden-brown speckles and thin, irregular lines, giving it a textured, organic feel. The text is centered and reads:

**W**hispering  
Wellness

Treatment Menu

***Whispering Wellness***, where tranquility speaks volumes. Discover a sanctuary of relaxation and rejuvenation, where every whisper guides you towards inner harmony and well-being, leaving you with an unforgettable experience.

*Our treatments offer a serene getaway, allowing you to unwind and prepare for your journey ahead.*



# SPA RETREAT

## WELLNESS RETREAT

Escape to a haven of serenity with our exclusive Wellness Retreat. Begin your journey with a luxurious body wrap, featuring a warm, soothing blend of natural ingredients chosen for their detoxifying and hydrating properties. This meticulously designed treatment nourishes, detoxifies, and revitalizes your skin. Next, immerse yourself in the tranquil warmth of our Jacuzzi, where tension dissolves and worries fade into oblivion. Allow the gentle bubbles to envelop you as you surrender to a state of pure bliss. Finally, indulge in our Signature Massage, expertly tailored to your preferences, with a blend of aromatic oils to soothe your senses and melt away the stresses of daily life. Feel the cares of the world drift away as skilled hands work their magic, leaving you feeling completely refreshed and restored.

**120min | RM488**

## MASSAGE RITUALS

### PRESTIGE SIGNATURE MASSAGE

Experience the embodiment of genuine relaxation, where we tailor the massage to your body's unique requirements. Our personalized approach combines Javanese massage techniques with your preferred pressure, ensuring a truly indulgent experience. Luxuriate in the aromatic embrace of your chosen essential oil, this exclusive massage experience will leave you feeling calm, relaxed, and rejuvenated.

**60min | RM238    90min | RM318    120min | RM398**

### URUTAN MALAYSIA

Rooted in centuries-old Malaysian healing traditions, the Urutan Malaysia is a harmonious fusion of reflexology, Indian Head Massage, Chinese Qi Gong Breathing, and the soothing Malaysian Herbal Foot Soak. As a testament to Malaysia's rich cultural heritage, this massage honors traditional practices while embracing the modern quest for holistic wellness, providing a deeply relaxing and rejuvenating experience.

**120min | RM428**



## HOT STONE MASSAGE

Warm basalt stones, combined with gentle pressure, helps release muscle tension and improve circulation, thereby promoting detoxification and a deep sense of relaxation. The use of aromatic oils enhances the experience, providing a soothing sensory journey that leaves you feeling revitalized and renewed. Experience the healing power of this ancient ritual, a truly luxurious and deeply therapeutic experience.

**90min | RM378    120min | RM458**

## HERBAL COMPRESS MASSAGE

This unique healing therapy blends various massage techniques with warm herbal poultices to alleviate physical tension and mental stress. The herbal poultices transmit medicinal heat to release muscle tension, stimulate circulation, and improve mobility. Exotic scents of tamarind leaves, turmeric, ginger, camphor, citronella, and lemongrass add an extra layer of sensory delight, creating a truly immersive and revitalising treatment. An ideal choice for those with muscle tension or mobility issues, as well as anyone seeking a deeply calming and renewing experience.

**90min | RM378    120min | RM458**

## FOOT MASSAGE

Revive tired legs and feet with this foot refresher. Feel the tension dissolve as skilled hands expertly knead and apply pressure to alleviate muscle fatigue and re-energize your feet. Step out with happier feet, ready to embrace a brighter day ahead.

**60min | RM168    90min | RM248**

## HEAD, SHOULDER AND BACK MASSAGE

Escape the urban hustle and bustle with this quick relief. The head, shoulders, and back are the body's energy centers that may become strained due to stress and long hours at the desk. This massage utilizes pressure point techniques to target these areas. Let your therapist knead your stress and tension away with this simple yet effective massage aimed at enhancing flexibility and improving blood circulation within the upper body.

**30min | RM138**



# FACIAL COLLECTIONS

## YOUTHFUL GLOW

A therapeutic treatment designed to delight your senses as the Alqvimia formulation works its magic to replenish and revitalize your skin. Emphasizing hydration, firming, and brightening, this indulgent treatment is tailored to intensely rejuvenate and nourish the skin, resulting in a luminous, youthful radiance. Relax and unwind as our skilled therapists pamper you with techniques that promote elasticity and firmness, unveiling a refreshed, vibrant, and dewy appearance. Rediscover your natural glow and embrace the beauty of radiant, youthful skin.

**90min | RM338**

## SOOTHING RADIANCE

Soothe your skin and elevate its radiance with this treatment, specially crafted to calm and decongest the skin. Through a blend of soothing botanicals and advanced decongesting agents, this treatment works tirelessly to clarify the complexion, leaving it refreshed and rejuvenated. Feel the tension melt away as the gentle massage techniques enhance circulation, promoting a radiant, luminous glow. Rediscover the harmony within your skin and emerge revitalized, balanced, and radiantly serene.

**90min | RM338**

## BRILLIANT EYES

An indulgent treatment for the windows of your soul, this treatment combines the finest Alqvimia products with the natural properties of jade to deeply regenerate delicate skin around the eyes, reducing wrinkles and signs of expression. As the cool touch of jade glides across your skin, our expert therapists employ gentle manual draining techniques to encourage lymphatic circulation and relaxation. Awaken to a luminous and rejuvenated gaze as the brilliance of your eyes shines through with newfound clarity and radiance.

**60min | RM238**

## ESSENTIALLY BEAUTIFUL

Step into a realm of indulgence with this facial and eye treatment, a harmonious blend of rejuvenation and serenity crafted to unveil your natural radiance. Begin the journey with our exquisite facial ritual. Specially curated to offer a personalized experience, the finest ingredients and techniques are selected to address your skin's unique needs. Continue the pampering with our specialized eye treatment, where tender care and precision revitalize the eyes. Luxuriate in the sensation of tension melting away and emerge Essentially Beautiful.

**120min | RM438**



# HAND AND FOOT THERAPY

## ON THE RUN

Experience a condensed yet comprehensive nail care session, encompassing trimming, shaping, polishing, and application of cuticle oil care.

Manicure

**45min | RM88**

Pedicure

**45min | RM98**

## THE CLASSIC

Step into a timeless pampering session to refresh and beautify your hands and feet. After expert trimming, shaping, polishing, and application of cuticle oil care, choose from our wide array of colors to add the perfect finishing touch.

Manicure

**75min | RM108**

Pedicure

**75min | RM118**

Manicure (Gel)

**75min | RM128**

Pedicure (Gel)

**75min | RM138**

## PAMPERED TIPS

Treat your tips to some intensive care. Nails are meticulously trimmed and shaped to perfection, followed by a luxurious scrub to exfoliate and foot filing to smooth calluses. Complete the treatment with polishing and application of cuticle oil care, before adorning your nails with gel color of your choice. Revel in this pampering experience that will leave your tips looking and feeling absolutely fabulous.

Manicure

**90min | RM168**

Pedicure

**90min | RM188**

# ENHANCEMENTS

## REVITALIZING FOOT SOAK

Customize your foot soak experience with a warm, aromatic bath infused with natural salts and a soothing herbal ginger concoction. As you sink into the comforting warmth, the therapeutic properties of the soak work to soften your skin, reduce swelling, and relieve tired, aching feet. The gentle bubbles and calming fragrances create a serene atmosphere, allowing you to unwind and de-stress, preparing you perfectly for your next treatment.

**10min | RM28**

## EAR CANDLING THERAPY

Experience the soothing and holistic benefits of our Ear Candling Therapy. This ancient practice promotes deep relaxation, enhances hearing, and alleviates sinus pressure and headaches. Uncover the unique benefits of Ear Candling Therapy and leave your session feeling refreshed, rejuvenated and revitalized.

**15min | RM58**

## EAR AND SHOULDER BLISS

Experience the perfect combination of relaxation with our soothing session of ear candling therapy. This ancient practice is complemented by a therapeutic neck and shoulder massage, specifically designed to relieve tension and knots, leaving you prepared and refreshed for your next journey.

**30min | RM108**



# SPA ETIQUETTE

MAKE THE BEST OUT OF YOUR SPA MOMENT

Your spa experience is your time and we are committed to ensure you enjoy it to the fullest. We encourage open communication about your treatment expectations with your therapist, which will allow them to tailor your experience.

## RESERVATIONS

We encourage guests to schedule their appointments in advance to ensure your preferred treatment or therapist is available. Reservations made on the day of service and walk-in appointments are always welcome, based upon availability.

## CANCELLATIONS

All bookings must be guaranteed to either your hotel room or with a valid credit card. Any treatment cancelled on treatment day will be subject to a charge equal to 50% of the value of the treatment(s). Failure to arrive for your scheduled treatment will incur a charge equal to 100% of the value of the treatment(s).

## SPA ARRIVAL

In order to allow yourself adequate time to relax, we kindly request that you arrive 15 minutes prior to your scheduled appointment time.

## HEALTH MATTERS

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after treatment.

## SPA ATTIRE

Treatment robes will be provided, along with a choice of disposable underwear. You may choose to wear your own clothing or enjoy the treatment without attire. Please select what feels most comfortable for you. Rest assured that our therapists will always use draping techniques to respect your privacy.

## VALUABLES

We strongly advise against bringing any valuables during your visit, and accept no responsibility for the loss of money or valuables of any kind.



## MINIMUM AGE

All guests under the age of 16 must be under supervision of their parents or guardians at all times.

## USE OF ELECTRONIC DEVICES

We advise against electronic devices (including mobile phones) in the spa area as these detract from your experience and may disturb other guests. Please keep your mobile phone on silent mode at all times.

## PAYMENT METHODS

We accept cash (local currency only) and all major credit cards. You may also charge all treatments and services to your room account.

## GIFT CERTIFICATES

Treat a friend or loved one to an indulgent experience with our gift certificates, the perfect gift for any occasion. Please contact our spa receptionist for more details.

### **WHISPERING WELLNESS**

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