



CHAVANA  
— SPA —



The Pacific Sutera Hotel

**Journey of the Senses** 2 hrs 25 mins RM680  
Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Infrared Detox Sauna or Aromatherapy Floral Bath ~ Traditional Balinese Massage ~ ELEMIS Taster Facial.

**Frangipani Body Glow** 2 hrs RM660  
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger, massaged into the skin to slough away dryness ~ shower ~ embalm the body with ELEMIS Frangipani Monoi Body Oil ~ receive a relaxing mini facial whilst wrapped in the fragrant cocoon ~ Traditional Balinese Massage.

**Ocean Detox Wrap** 1 hr 50 mins RM530  
Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. A foil wrap is used to encourage the elimination of toxins, while a scalp massage manages to seemingly cleanse your mind. After a detoxifying infrared sauna session and cleansing tea, lie down, close your eyes and sink into heaven with a body massage using a purifying blend of essential oils.

**Spa Discovery** 1 hr 20 mins RM350  
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Traditional Balinese Massage ~ Elemis Taster Facial.

**Heaven & Earth** 1 hr 20 mins RM340  
This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

**Chavana Massage** 1 hr 20 mins RM660  
50 mins RM415  
Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

**Traditional Balinese Massage** 1 hr 20 mins RM360  
50 mins RM225  
Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

**Muscle Ease Massage** 1 hr 20 mins RM360  
50 mins RM225  
A deep tissue massage that relaxes the tired muscles, easing muscular tension and stress related knots.

**Asian Foot Massage** 50 mins RM205  
Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

**Express Massage** 30 mins RM120  
For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress.

**Purity Facial** 50 mins RM225  
Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

## ELEMIS

**ELEMIS Pro-Collagen Age Defy** 1 hr RM585  
Tackle fine lines and wrinkles with the clinically proven\* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

**ELEMIS Superfood Pro-Radiance** 1 hr RM350  
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven\* to leave skin plumper, radiant and lit up with good health.

**ELEMIS Sensitive Skin Soother** 1 hr RM350  
Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

**ELEMIS Anti-Blemish Mattify & Calm** 1 hr RM350  
A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin.

*\*Independent Clinical Trials.*

**ELEMIS Body Nectar Nourishing Wrap - Frangipani** 45 mins RM350  
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

**ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger** 45 mins RM350  
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

### **Spa Add-on**

**Infrared Detox Sauna** 20 mins RM115

**Infrared Detox Sauna Program** 5 x 20 mins RM525

### **Gift Certificate**

Gift certificate purchase is available for all spa treatments or at a value amount. Please contact our Spa Reception for further details.

### **Homecare & Gifts**

Luxury skin and body care products along with beautiful gifts are available at our spa boutique.

## **Spa Basics**

### **Should I reserve my treatments?**

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

### **When should I arrive?**

Please arrive at the spa 15 minutes before the scheduled time to check-in and change.

### **What if I have special health considerations?**

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

### **What if I'm late for my appointment?**

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

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

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

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

We advise guests not to bring valuables to the Spa as we do not accept liability for loss. For all other personal items we provide lockers.

### **What if I need to cancel a spa reservation?**

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

### **What about payment for spa services?**

You may charge spa services to your hotel bill. We accept all major credit cards (VISA, AMEX, MASTERCARD and JCB.)



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**Chavana Spa**

**The Pacific Sutera Hotel**

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A Mandara Spa Company