

A close-up photograph of a woman with dark, wavy hair, her eyes closed in a serene expression. She is holding a pink lotus flower bud near her face. The background is a soft, out-of-focus green. In the top right corner, there is a faint, stylized logo consisting of two vertical lines and a curved element.

serenity can't wait

Club Med Spa
by MANDARA

SPA MENU

SPA MOMENTS FROM 45 MINS TO 2 H 30 MINS

WHERE TIME SLOWS DOWN...

PACKAGES OF CLUB MED SPA

FRANGIPANI BODY GLOW (2 hrs) **RM897**

Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

PURE INDULGENCE (2 hrs 30 mins) **RM770**

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

HARMONY (2 hrs) **RM760**

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

SPA DISCOVERY (1 hr 20 mins) **RM470**

Age old tradition combines with the finest European skincare for a deliciously relaxing experience. Balinese Massage ~ ELEMIS Taster Facial.

SPA SAMPLER (1 hr 20 mins) **RM460**

Experience the pleasure of relaxation with this combination of Balinese Massage and your choice of Refresher Facial or Foot Massage.

HEAVEN & EARTH (1 hr) **RM310**

A cleansing and refreshing facial followed by a foot massage to pamper you from head to toe.

FAMILY SPA MENU

FAMILY SPA DAY (1 hr) RM918

Aromatherapy Floral Footbath for everyone in the family.

- Kids: Aromatherapy Floral Bath with tasty Cookies and Orange Juice or Tea, followed with Nail Polish & Shoulder Massage.
- Parents: Choice of Balinese Massage or Fancy Foot-work.

(for two adults and two kids below 12 years)

MUM AND DAUGHTER SPECIAL (1 hr 10 mins) RM688

Aromatherapy Floral Footbath ~ Foot Massage ~ Nail Polish

(Age requirement: 4 - 16 years)

DAD AND SON SPECIAL (1 hr 10 mins) RM688

Aromatherapy Floral Footbath ~ Express Massage ~ Foot Massage

(Age requirement: 4 - 16 years)

KIDS SPA MENU

KID'S MINI MASSAGE SPECIAL (15 mins) RM40

- Hand Massage
- Foot Massage
- Shoulder Massage
- Head Massage

KID'S GROOMING SPECIAL RM60

- Mini Manicure
- Mini Pedicure
- Nail Polish

(Age requirement: 4 - 12 years)

COUPLES SPA MENU

JUST THE 2 OF US (2 hrs 30 mins) RM1380

Immerse yourself in the Spa experience with this indulgent treatment package. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage ~ Choice of Refresher Facial or Foot Massage.

BETTER TOGETHER (2 hrs) RM1265

A delightful package that will leave you looking refreshed and radiant. Aromatherapy Floral Footbath ~ Lavender Body Wash ~ Choice of Traditional Body Scrub ~ Aromatherapy Floral Bath ~ Balinese Massage or Pure Nature Facial.

(Price for two person)

ELEMIS

ELEMIS FACE

ELEMIS PRO-COLLAGEN AGE DEFY (1 hr) RM670

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) RM400

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 BODY

ELEMIS BODY NECTAR NOURISHING WRAP - FRANGIPANI (45 mins) RM400

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 & GINGER (45 mins) RM400

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.

FACE OF CLUB MED SPA

PURE NATURE FACIAL (50 mins) RM310

Club Med Spa's signature facial is rich in enzymes that can peel away dead skin, antioxidant vitamins to protect and treat the cells from environmental (and self-induced!) pollutants and natural oils for deep nourishment. We use only natural ingredients with no harmful preservatives or additives. There are three options for different skin types, relying on nature's life-force to restore the equilibrium and deliver a vitamin and mineral burst to your skin.

Preserve - a cleansing and rejuvenating facial for normal skin.

Enrich - a nourishing facial for dry or mature skin.

Renew - a fruit acid facial for treating environmentally damaged skin.

BODY OF CLUB MED SPA

FOUR HAND MASSAGE

(1 hr 20 mins)
(50 mins)

RM897
RM555

Not to be missed, never to be forgotten. Our signature massage, performed by two therapists working together, is a unique blend of five different massage styles – Shiatsu, Thai, Hawaiian Lomi Lomi, Swedish and Balinese. The synchronisation of the two therapists makes this massage a sublime experience.

WARM STONE MASSAGE

(1 hr 20 mins)
(50 mins)

RM515
RM360

The healing power of touch combines with the energy of the earth in this relaxing, muscle melting massage. Smooth, warmed rocks glide across your body in long, flowing strokes. The heat helps to relax the muscles and has a soothing effect on your emotions. Simultaneously, rocks are placed on the body's various energy points to encourage the body's healing potential.

GUA SHA THERAPY

(1 hr 20 mins)

RM500

This centuries old Chinese therapy utilizes a curved crystal stone to scrape the skin in firm strokes, Gua Sha directly stimulates blood flow and lymphatic drainage improving wellbeing.

The action of pulling the crystal across the skin is deeply relaxing, assists with muscle tension, and reduces inflammation and puffiness. With continued use, Gua Sha is renowned for the ability to firm the body's contours.

BALINESE MASSAGE

(1 hr 20 mins)
(50 mins)

RM495
RM305

Our most relaxing massage, harnessing the therapeutic properties of 100% pure essential oils. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems. For jetlag recovery, choose our Tranquility massage oil blend.

TENSION RELIEF MASSAGE

(1 hr 20 mins)

RM495

Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

ASIAN HEAD MASSAGE

(50 mins)

RM350

This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

FANCY FOOT-WORK

(50 mins)

RM275

The most blissful ride your feet will ever take you on. It's like reflexology without the 'ouch'. Based on the same therapeutic principles of its ancient ancestor, this foot massage will help to release toxins and restore your body's energy flow. And it feels like bliss at its celestial best.

MORE OF CLUBMED SPA

POWER GEL POLISH PEDICURE	(1 hr 15 mins)	RM225
POWER GEL POLISH MANICURE	(1 hr)	RM225
SPA PEDICURE	(1 hr 15 mins)	RM185
SPA MANICURE	(1 hr)	RM175
GEL POLISH REMOVAL	(30 mins)	RM75

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.

All prices are quoted in Malaysian Ringgit and inclusive of applicable Government Tax. Rates are subject to change without notice.

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 do I wear during my treatment?

Choose what is most comfortable for you. Treatments may be enjoyed without clothes. Our therapists will always use draping techniques to respect your privacy. Alternatively you may wear your own bikini or briefs.

What about my valuables?

Please leave valuables in the safe in your hotel room, as we do not assume any liability for personal items.

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 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, JCB).



Cherating
Malaysia

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