

# TAKE TIME FOR YOURSELF

## MASSAGES

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### ASPIRE MESSAGE

Natural aromatherapy oils and diverse massage techniques are customized to answer one simple question: How do you want to feel?

*(60 minutes - RM 310 or SPG points 8250)*

*(80 minutes - RM 380 or SPG points 10125)*

### HEAVENLY SPA SIGNATURE MASSAGE

A warm heated compress relaxes back muscles before a Swedish massage leaves you feeling physically rested and mentally uplifted.

*(80 minutes - RM 380 or SPG points 10125)*

### CRYSTAL ROLLERSAGE

Pure, perfectly round crystals rolled over the body for a penetrating massage that's utterly calming and absorbing of crystal healing benefit.

*(80 minutes - RM 380 or SPG points 10125)*

### MALAYSIAN TRADITIONAL MASSAGE

Experience deeper healing through traditional techniques passed down over generations. Designed to help alleviate tired and tense muscles.

*(60 minutes - RM 310 or SPG points 8250)*

### ROYAL THAI MASSAGE

Uses time-honored techniques such as acupressure, elbows pressing and feet upon the body. Vigorous stretching and pulling, release tension, encourage blood flow and flexibility.

*(80 minutes - RM 380 or SPG points 10125)*

### AROMA STONE MASSAGE

Healing through heat of warmed stones smoothed across your body to melt away any tension. Lasting benefits include improved sleep, circulation and relaxation.

*(80 minutes - RM 380 or SPG points 10125)*

 Aromatherapy Associates experience

For reservations, please contact the spa to schedule your appointments. We require 8 hours' notice for changes or cancellations.

## MASSAGES CONTINUED

### RENEWAL RITUAL

An unforgettable aromatic and therapeutic scalp and shoulder massage with moisturizing hair oil treatment.

*(30 minutes - RM 175 or SPG points 4500)*

### REFLEXOLOGY

Ancient massage therapy designed to restore the whole being to balance, presses upon various reflex points in the feet and hands, toxins are released and circulation is improved.

Emerge feeling deeply rested and renewed.

*(45 minutes - RM 225 or SPG point 6000)*

*(60 minutes - RM 275 or SPG points 6375)*

### LANGKA BACK MASSAGE

Release any tightness held in the back, neck and shoulder area. Restore to equilibrium, emerge rejuvenated and stress-free.

*(30 minutes - RM 175 or SPG points 4500)*

### ULTIMATE PREGNANCY MASSAGE

Feel nurtured and supported in a time of constant change. Choose from a selection of oils that safely formulated to be used during pregnancy to nourish and care for your expanding skin.

*(60 minutes - RM 310 or SPG points 8250)*

### Let Go

Close your eyes, and allow your mind to be free. Breathe deeply and let the tension slip away with each breath. Remember, this time is for a better you.



 Aromatherapy Associates experience

Advance reservation is encouraged, preferably 24 hours to ensure preferred treatment or therapist is available.

### Arrive Early

Arrive 30-60 minutes earlier, and enjoy the spa pool, pavilion or a warm shower. It's a great way to relax and warm your muscles, aiding the therapeutic benefits of our treatments and services.

### Cancellation Policy

Please notify The Spa a minimum of 8 hours in advance should you need to cancel or re-schedule to avoid a full charge for the service.

## BODY TREATMENTS

### ENERGIZE SCRUB

The body is scrubbed using a personalized aromatherapy body wash and natural exfoliating olive grains, leaving the skin feeling smooth and the mind energized.

*(30 minutes - RM 175 or SPG points 4500)*

### BODY LATTE STIMULATING TREATMENT

The ultimate stimulating body scrub, with diuretic and anti-cellulite results. The ritual includes a coffee scrub and follow with warm milk and honey body wrap nourishes skin while a scalp massage complements for the ultimate in relaxation.

*(60 minutes - RM 310 or SPG points 8250)*

### ISLAND FLOWER SCRUB

A gentle exfoliating body polish that will leave the skin silky smooth, energized and lightly scented with flowers essential oils.

*(30 minutes - RM 175 or SPG points 4500)*

### POST PREGNANCY SKIN SOOTHER

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment.

Precious essential oil of damask rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin.

*(60 minutes - RM 310 or SPG points 8250)*

# FEEL ALIVE AND INSPIRED

 Aromatherapy Associates experience

We open daily from 9am till 12 midnight.

## Spa By Night

Enjoy the tranquillity and enchantment of romantic moonlight as you treat yourself to an indulging spa treatment. Select one recommended treatment which includes an optional three course dinner.

### BODY TREATMENTS CONTINUED

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#### LUXURY KESE

Be pampered of Turkish bathing style with Kесе scrub, olive soap cleanser and vigorous massage. Flow of warm water will finished the treatment for complete renewal.

*(60 minutes - RM 310 or SPG points 8250)*

#### DETOXIFYING WRAP

This effective detoxifying treatment envelops the body to boost elimination of toxins and excess fluids. Ideal for those in need of a deep cleanse inside and out. A body exfoliation may be added to this treatment for superior results.

*(60 minutes - RM 310 or SPG points 8250)*

#### AFTER SUN SOOTHER

The journey begins with a refreshing cucumber and yoghurt to heal and calm your skin, followed by a nourishing hair hydrating cream bath to strengthen and condition hair fibers.

*(60 minutes - RM 310 or SPG points 8250)*

#### LUXURIOUS MILK BATH

Treat your body after the long sun exposure in the enriched milk bath. Formulated with milk whey, this bath is an ideal treatment to calm and hydrate your skin.

*(Single 30 minutes - RM 175 or SPG points 4500)*

*(Couple 30 minutes - RM 300 or SPG points 7500)*

### Gift Certificates

Give the gift of priceless serenity and stress relief to someone you care about. A delightful way to introduce someone to the benefits of spa services, Heavenly Spa by Westin gift certificates are perfect for any occasion and are available for individual treatments, spa or bridal packages or predetermined denominations.

## HEAVENLY AYURVEDA

### ABHYANGA MASSAGE

Integration massage by two therapists synchronizing their movements, a dance like massage, balancing the male and female energies, the right and the left brain hemispheres.

*(60 minutes - RM 410 or SPG points 10875)*

### KALARI MARMA POINT MASSAGE

A light stimulation of the Energy body points in Ayurveda helps to release any blockages and tension. Recommend for relieving stress, muscle pain, fatigue and headache.

*(60 minutes - RM 310 or SPG points 8250)*

### SHIRODHARA

Translated as "head flow" essentially pouring of warm medicated oil over the "third eye" chakra, traditionally given to calm the nervous system and perfect complement to Abhyanga massage.

*(45 minutes - RM 310 or SPG points 8250)*

### AYURVEDA CALMING PROGRAM

Surrender yourself to a powerful experience of Ayurvedic Treatments — combined according to your Dosha for optimal effect by our spa therapists.

Choice of Abhyanga, Kalari Marma Point massage and Shirodhara.

*(150 minutes - RM 590 per guest or SPG points 15000)*

*(150 minutes - RM 1050 per couple or SPG points 27000)*

# FOR THE MIND BODY & SOUL

 Aromatherapy Associates experience

In-room spa treatments - additional surcharge of RM50 for all treatments.

# FACE EVERY MOMENT WITH A SMILE

## FACIAL TREATMENTS

Facials include hand and arm massage and begin with our signature serenity welcome ritual.

### REVIVE FACIAL

A soothing, "extraction-free" aromatherapy facial with customized oils based on how you want to feel after the treatment.

*(30 minutes - RM 210 or SPG points 5625)*

### ESSENTIAL ROSE FACIAL

Luxurious rose oils help condition and deeply nourish the skin for a smooth, radiant complexion and relaxed state of mind.

*(60 minutes - RM 325 or SPG points 8250)*

### THE REFINERY MEN FACIAL

A treatment suitable for all Men's skin types, particularly dull skin looking for a deep cleanse. A deep cleansing and brightening facial that will leave skin looking clean, luminous and deeply hydrated with rich, invigorating essential oils and botanical extracts.

*(60 minutes - RM 325 or SPG points 8250)*

### DEEP CLEANSE FACIAL

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, ylang ylang and tea tree are at the heart of this facial. With natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production.

*(60 minutes - RM 325 or SPG points 8250)*

### SOOTHING FACIAL

This treatment is particularly those suffering from redness or irritation. A truly soothing and calming facial suitable for irritated or inflamed skin, helping to reduce redness, nourish, soothe, and restore the skin's natural balance and radiance.

*(60 minutes - RM 325 or SPG points 8250)*

### AGE REPAIR FACIAL

An intensive treatment for aging skin, showing instant results, with a rejuvenating mask and a firming massage.

*(90 minutes - RM 375 or SPG points 9750)*

### BEAUTIFUL EYE & LIP

River stones gently apply pressure on your eyes to strengthen and firms the fragile eye area, alleviating dark circles and puffiness. Complete with lip exfoliating scrub and moisturizing lip balm to prevent feathering wrinkle and dry lips.

*(45 minutes - RM 210 or SPG points 5625)*

 Aromatherapy Associates experience

Arrive 15 minutes prior to your spa appointment time. Late arrival may require us to shorten the length of the treatment with full charge applied.



### Heavenly Spa by Westin™ Accessories

Take your spa experience home or share it with someone special, with a selection of signature products and custom gift baskets. For more information, please call spa extension 8961

## ESSENTIAL CARE FOR THE HANDS AND FEET

### HEAVENLY HANDS

Treatment for your hands starts with sand peeling soft scrub and hand massage, honey milk mask and moisturized with hand cream.  
(45 minutes - RM 210 or SPG points 5625)

### HEAVENLY FEET

Starting with a scrub to remove the rough skin and followed by feet massage. Nourishing honey milk mask and foot cream will be applied as the finishing of this treatment.  
(45 minutes - RM 210 or SPG points 5625)

### HEAVENLY SPA MANICURE

The ultimate deluxe treatment for dry and chapped hands. Two-step exfoliation and moisturizing mask, essential oil and vitamin infused hand and arm massage is given before nail polish.  
(75 minutes - RM 225 or SPG points 6000)

### HEAVENLY SPA PEDICURE

Help to relieve dry, creaked heels. The marine sea salt scrub, follow by a nourishing feet and leg massage finishes with nail polish and natural buff.  
(75 minutes - RM 225 or SPG points 6000)

## HAIR SPA

### NATURAL HAIR CREAM BATH

Moisturizing cream bath looking radiant and gentle massage relax the neck and shoulder. Enjoy a luxury hand massage whilst relax under the head steam. The hair is left to dry naturally.  
(60 minutes - RM 250 or SPG points 6000)  
(Add 30 minutes Blow Dry - RM 50 or SPG points 1500)

### HAIR CUTS

Mens Hair Cuts RM 50  
Women Hair Cuts RM 90

	SHORT	MEDIUM	LONG
Shampoo	RM 50	RM 50	RM 50
Blow dry	RM 50	RM 60	RM 70
Style	RM 85	RM 95	RM 105

# PAMPERING TOUCH

 Aromatherapy Associates experience

Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort.

### Share Your Thoughts

Take a moment to write or read an inspiring thought in the Heavenly Spa Share Inspiration Journal.

# DISCOVER A NEW YOU

## KIDS SPA (4-10 yrs.)

### HEAVENLY KID'S MASSAGE

(45 minutes - RM 190 or SPG points 4875)

### CINDERELLA FACIAL OR PRINCE CHARMING FACIAL

(45 minutes - RM 190 or SPG points 4875)

### KID'S CHOCOLATE BODY MASK

(30 minutes - RM 120 or SPG points 3000)

### BUBBLE HEAVEN'S BATH

(30 minutes - RM 150 or SPG points 3750)

### PRINCESS MANICURE OR PEDICURE

(45 minutes RM 100 or SPG points 2625)

## HEAVENLY SPA BY WESTIN PACKAGES

### WISH

(90 minutes - RM 390 or SPG points 10125)

Skin is smoothed, muscles released and thoughts uplifted with an aromatic body scrub and relaxing massage.

- Energizing Scrub
- Aspire Massage

### HEAVEN

(120 minutes - RM 490 or SPG points 12750)

A deep treatment for dry, devitalized skin, to leave the whole body intensely nourished and smooth.

- Body Latte Stimulating Treatment
- Malaysian Traditional Massage

### DREAM

(140 minutes - RM 590 or SPG points 15000)

Surrender to the healing touch of massage, followed by a soothing, aromatic facial that elevates the mood.

- Heavenly Spa Signature Massage
- Essential Rose Facial

### EMBRACE

(180 minutes - RM 690 or SPG points 18000)

Pamper your skin, body and mind with uplifting, aromatic treatments that restore a sense of balance and well-being.

- Luxury Kese
- Aspire Massage
- Deep Cleanse Facial

### Treatment Chime

Treatment begins and ends with a chime to elevate your sense of sound.

 Aromatherapy Associates experience

Attire to spa is at your comfort. You will be guided to change at the spa with amenities and robes provided.

# DISCOVER A NEW YOU

## COUPLE PACKAGE

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Indulge someone that you care with a day of unsurpassed luxury and pampering at The Heavenly Spa by Westin.

### **GRATITUDE**

*(90 minutes - RM 750 or SPG points 19875)*

- Island Flower Scrub
- Heavenly Massage

### **HOPE**

*(120 minutes - RM 950 or SPG points 25500)*

- Luxurious Milk Bath
- Malay Massage
- Revive Facial

### **LOVE**

*(150 minutes - RM 1100 or SPG points 28875)*

- Island Flower Scrub
- Malay Traditional Massage
- Essential Rose Facial

Adding up quality time together, book a Spa by Night, share a moment of two persons by private dinner at Spa Terrace - RM 390

 Aromatherapy Associates experience

We request that all valuable items are stored in your hotel room safe.