

# THE HAVEN SPA

Beauty and Wellness

## SPA BODY TREATMENT

FO 0319

### A MASSAGE THERAPY

**Aromatic Body Bliss Massage** 60 mins RM 160<sup>+</sup>  
185.60 <sup>Net\*</sup>  
90 mins RM 240<sup>+</sup>  
278.40 <sup>Net\*</sup>

Discover the essence of nature in a pure moment of luxury.

**Lymphatic Massage** 60 mins RM 170<sup>+</sup>  
197.20 <sup>Net\*</sup>  
90 mins RM 250<sup>+</sup>  
290.00 <sup>Net\*</sup>

Refines the body by draining toxins. Reshapes for better toned skin and uplift. An effective treatment for reducing stress, pain and muscle tension.

**Shiatsu Massage** 60 mins RM 210<sup>+</sup>  
243.60 <sup>Net\*</sup>  
90 mins RM 290<sup>+</sup>  
336.40 <sup>Net\*</sup>

A Japanese massage that includes *tui na* (pinch and pull), the external and internal, skin and muscles, bones and joints, and allows the targeted muscles and soft tissues to relax. Shiatsu is also well-known for relieving stress and calming nerves.

**The Haven Spa Signature  
“Meridian Treatment”** 60 mins RM 260<sup>+</sup>  
301.60 <sup>Net\*</sup>  
90 mins RM 350<sup>+</sup>  
406.00 <sup>Net\*</sup>

Unique techniques combined with Zen, restoring health through physical, emotional and mental healing, releasing anxiety and negative thoughts.

### B EXPRESS TREATMENT

**Head & Hand Massage** 30 mins RM 105<sup>+</sup>  
121.80 <sup>Net\*</sup>

This treatment helps calm your mind and relax your body after a tiring day.

**Back, Neck & Shoulder Massage** 45 mins RM 140<sup>+</sup>  
162.40 <sup>Net\*</sup>

Pressure point techniques are applied to your shoulders, neck and back. This treatment helps release stress and relieve stiff muscles.

### C REFLEXOLOGY

**Foot Reflexology** 45 mins RM 130<sup>+</sup>  
150.80 <sup>Net\*</sup>

Based on ancient Chinese philosophy, foot reflexology improves blood circulation in the feet and throughout the body.

### D BODY WRAP

**Dead Sea Mud Wrap** 45 mins RM 260<sup>+</sup>  
276.00 <sup>Net\*</sup>

Enhance the health and appearance of your skin, reduce body measurements, toxins and excess water from the skin, and detoxify and nourish it.



Only available to residents, owners, guests and their friends.  
\* Prices are inclusive of 10% Service Charges and 6% Service Tax.

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### E FACIAL THERAPY

**Sensational Eye Treatment** 30 mins RM **160<sup>+</sup>**  
185.60 <sup>Net</sup>

This sensational eye treatment relieves tired eyes, and reduces puffiness and dark circles.

**Purifying Facial** 60 mins RM **198<sup>+</sup>**  
229.68 <sup>Net</sup>

An essential treatment that purifies and detoxifies the skin.

**Moisturising Facial** 60 mins RM **198<sup>+</sup>**  
229.68 <sup>Net</sup>

An essential moisturizing treatment that replenishes the skin with an optimal balance of moisture and lipids.

**Skin Power Eye Lift Treatment** 30 mins RM **210<sup>+</sup>**  
243.60 <sup>Net</sup>

The ultimate lift for the eye contour area - soothing, firming and toning that restores youthful sparkle to the eyes.

**Synergy Treatment** 60 mins RM **240<sup>+</sup>**  
278.40 <sup>Net</sup>  
- Combination Skin, Dry & Dehydrate Skin,  
Sensitive Skin, Dry, Tired and Uneven Skin Tone

An effective "Thirst Quencher" treatment that binds moisture and forms a protective film to prevent moisture loss.

**Professional Facial Treatment** 60 mins RM **320<sup>+</sup>**  
371.20 <sup>Net</sup>

An intensive treatment that regenerates, strengthens and vitalizes very stressed, tired and weak skin. It gives the complexion a youthful, fresh and vitalized look.

**Deluxe Ultimate** 75 mins RM **480<sup>+</sup>**  
556.80 <sup>Net</sup>

#### Anti-Ageing Treatment

Global anti-ageing (lifting effect). Pigmentation/A regenerative "anti-ageing miracle".

**The Haven Spa Signature**  
**Deluxe Facial Treatment** 75 mins RM **580<sup>+</sup>**  
672.80 <sup>Net</sup>

A regenerative "anti-ageing miracle..."  
The skin structure is greatly improved and refined; fine lines and wrinkles are visibly reduced, leaving the skin looking soft and rosy.

### F BODY SCRUB

**Aromatic Sea Salt Scrub** 30 mins RM **230<sup>+</sup>**  
266.80 <sup>Net</sup>

The essence of nature in a pure moment of luxury & relaxation. Go beyond exfoliation to relaxation, detoxification and more.

**The Spa Signature**  
**Deluxe Body Glow** 45 mins RM **290<sup>+</sup>**  
336.40 <sup>Net</sup>  
60 mins RM **430<sup>+</sup>**  
498.80 <sup>Net</sup>

A Luxury & Deluxe Material essence and intensive stem-cells which help restore tired skin to its former glory, smoothing and refining it. The effect is significant.

### G SPA JOURNEY - PACKAGE

**Balancing** 2 hrs RM **390<sup>+</sup>**  
452.40 <sup>Net</sup>  
Aromatherapy Massage. 60 mins  
Synergy Facial Treatment. 60 mins

**Vitality The Spa** 2 hrs RM **460<sup>+</sup>**  
533.60 <sup>Net</sup>  
Aromatic Sea Salt Body Glow. 30 mins  
Aromatic Body Bliss Massage. 90 mins

**Oriental Magic** 3 hrs RM **590<sup>+</sup>**  
684.40 <sup>Net</sup>  
Oriental Body Glow. 45 mins  
Aromatic Body Bliss Massage. 60 mins  
Synergy Facial Treatment. 75 mins

**Honeymoon Package (Per person)** 3 hrs RM **850<sup>+</sup>**  
986.00 <sup>Net</sup>  
The Spa Signature Deluxe Body Glow. 45 mins  
Aromatic Body Bliss Massage. 60 mins  
Signature Deluxe Facial Treatment. 75 mins

**Operating Hours: 11:00am - 10:00pm**  
**Venue: 1st Floor, Clubhouse**  
**Call +605 540 0015 or intercom #4**