



ST. GREGORY

THErapy • FITNEss • AEstHETICS • ActIve-AGEING

TREATMENT	DURATION	PRICE
<b>PACKAGES FOR TWO</b>		
<b>St. Gregory Signature Treatments</b> <i>For Him and Her</i>  Fragrant Herbal Steam Chocolate Mud Body Mask and Romantic Flower Bath Aromatic Body Bliss Massage Complimentary fruit juice	<b>150 mins</b>	<b>RM 990</b>
<b>Royal Honeymoon</b> <i>For Him and Her</i>  Choice of Body Scrub Choice of any Indonesia Bath Ritual (Milk/Flower/Herbal Bath) Choice of Aromatic or Balinese Body Massage Manicure	<b>180 mins</b>	<b>RM 920</b>
<b>Love Birds</b> <i>For Him and Her</i>  Choice of Body Scrub Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial	<b>150 mins</b>	<b>RM 860</b>
<b>PACKAGES</b>		
<b>Bridal Spa</b>  Choice of Body Scrub Choice of any Indonesia Bath Ritual (Milk/Flower/Herbal Bath) Choice of Aromatic or Balinese Body Massage Express Manicure Express Pedicure	<b>210 mins</b>	<b>RM 570</b>
<b>Lullaby</b>  Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial Express Manicure Express Pedicure	<b>210 mins</b>	<b>RM 550</b>
<b>Traditional Javanese</b>  Javana Body Wrap Choice of any Indonesia Bath Ritual (Milk/Flower/Herbal Bath) Tropical Javanese Massage	<b>210 mins</b>	<b>RM 530</b>
<b>Thalgo Rejuvenation</b>  Thalgo Marine Mud Prelude Thalgo specialised Hydrobath (Marine Algae & Essential Oil) Thalgo Soothing Facial	<b>150 mins</b>	<b>RM 480</b>

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<b>Sweet Dreams</b> Choice of Body Scrub Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial	<b>150 mins</b>	<b>RM 440</b>
<b>Rejuvenating Bliss</b> Choice of Body Scrub Aroma Hot Stone Healing Therapy Thalgo Eye Treatment	<b>130 mins</b>	<b>RM 420</b>
<b>A Touch of Paradise</b> Choice of Body Scrub Choice of any Indonesia Bath Ritual (Milk/Flower/Herbal Bath) Choice of Aromatic or Balinese Body Massage	<b>120 mins</b>	<b>RM 360</b>
<b>Jet Lag Spa</b> Hydrobath with Essential Oil Neck, Shoulder and Scalp Massage	<b>45 mins</b>	<b>RM 190</b>
<b>Escape</b> Fragrant Herbal Steam Back Massage	<b>45 mins</b>	<b>RM 180</b>
<b>Kids Spa (7 to 12 years old)</b> Mini Manicure or Mini Pedicure Milk or Flower Bath	<b>60 mins</b>	<b>RM 180</b>

#### **FACIAL TREATMENTS**

<b>Thalgive Refining Firming Treatment</b> An anti-aging treatment to recondition the skin from within. Complexion is radiant with the regaining of tone and elasticity.	<b>90 mins</b>	<b>RM 410</b>
<b>Thalgo Hydra Moisture Source Treatment</b> A unique hydrating mask combining the use of active marine ingredients and vegetal milks to leave skin soft and radiant.	<b>90 mins</b>	<b>RM 330</b>
<b>Thalgo Cold Marine Facial</b> A cold mask and treatment using reviving marine and plant extracts that help reduce redness and refine tension lines. Perfect for sensitive skin.	<b>90 mins</b>	<b>RM 260</b>
<b>Thalgo Micronised Marine Algae Facial</b> A natural seaweed treatment rich in minerals and vitamins. Oily problem or combination skin is deep cleansed and stabilised.	<b>90 mins</b>	<b>RM 240</b>
<b>Thalgo Soothing Facial</b> This facial calms and refreshes the skin to give a perfectly radiant complexion.	<b>60 mins</b>	<b>RM 190</b>

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<b>Thalgo Eye Treatment</b> Gentle eye massage for tired eyes, coupled with an eye patch mask to smoothen and treat wrinkles, instantly giving a youthful boost to eye contours.	<b>30 mins</b>	<b>RM 115</b>
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<b>Thalgo Mini Facial</b> Perfect for those with limited time. It includes cleansing, exfoliation and gentle massage. A mask is then applied followed by moisturizer.	<b>30 mins</b>	<b>RM 120</b>
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#### FACIAL TREATMENT FOR MEN

<b>Thalgo Men Ocean Treatment</b> Created for stressed skin, this treatment combines relaxing massage movements with a purifying mask of Algue Bleue Vitale to let your skin regain its energy and balance.	<b>90 mins</b>	<b>RM 235</b>
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#### MASSAGE RITUALS

<b>Aroma Hot Stone Healing Therapy</b> Harnessing the healing power and energy of stones, small stones are placed on key energy points of body. With its deep penetrating heat, the stones are used to massage the body, easing away aches and muscle tension, while relaxing and restoring balance to the mind and body.	<b>75 mins</b>	<b>RM 285</b>
	<i>Additional 30mins:</i>	<i>RM110</i>

<b>Tropical Javanese Massage</b> A revitalizing body massage with honey and yoghurt, which is absorbed by the skin in a luxuriating and moisturizing wrap. Skin virtually glows with each treatment.	<b>90 mins</b>	<b>RM 275</b>
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<b>Herbal Heat Revival Massage</b> A herbal pack consisting of herbs and spices is placed on various parts of the body to relieve muscle aches and pains resulting from excessive sports.	<b>60 mins</b>	<b>RM 275</b>
	<i>Additional 30mins:</i>	<i>RM110</i>

<b>Aromatic Body Bliss Massage</b> Combining the soothing properties of the purest oils with gentle Swedish massage movements, this massage stimulates the senses and lulls you into a deep state of relaxation.	<b>60 mins</b>	<b>RM 245</b>
	<i>Additional 30mins:</i>	<i>RM110</i>

<b>Balinese Massage</b> A firm pressure massage that boosts sluggish circulation to relieve muscle soreness and eliminate toxins. Tension areas are eased away with deep pressure and percussion movements.	<b>60 mins</b>	<b>RM 245</b>
	<i>Additional 30mins:</i>	<i>RM110</i>

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<b>Traditional Malay Urut (Massage)</b> The ancient art of traditional Malay urut is a comprehensive and efficient therapy that relaxes the nerves and mind, based on the kampung (village) tradition. The techniques combine stretching, long kneading strokes and pressure that is applied to every part of the body. Using the unique Malaysian palm oil that is rich in vitamin E and A, various herbs and spices with natural warming effect, this massage penetrates the skin to relax stressed muscles.	<b>60 mins</b>	<b>RM 240</b>
<b>Back massage</b> A deep tissue massage to loosen tension knots in the back.	<b>30 mins</b>	<b>RM 120</b>
<b>Foot Massage</b> Boosts blood circulation, balances hormones, removes toxins, relieves back pain, improves sleep and overall well-being.	<b>30 mins</b>	<b>RM 120</b>
<b>Hand Massage – Full Hand Massage</b> Boost blood circulation, relieves stress points on the shoulder, ease pain and removes any blockages in the body.	<b>15 mins</b>	<b>RM 55</b>

## AYURVEDA

<b>Shirodhara (Medicated Oil Drip for Head)</b> Anti-stress, induces good sleep, relieves chronic headache and Insomnia and releases healing energy.	<b>45 mins</b> <i>4 sessions</i>	<b>RM 250</b> <i>RM800</i>
<b>Sarvanga Abhyangam ( Ayurvedic Full Body massage)</b> Relaxes, detoxifies and rejuvenate the body, relieves jet lag, improves blood circulation, anti-stress and anti-aging.	<b>50 mins</b> <i>4 sessions</i>	<b>RM 210</b> <i>RM660</i>
<b>Ayurvedic Anti-Stress Massage</b> Anti-stress, relaxes the neck, shoulder and back. Useful for frozen shoulder.	<b>30 mins</b> <i>4 sessions</i>	<b>RM 130</b> <i>RM380</i>
<b>Ayurvedic Scalp Massage</b> Relieve tension, headache and migraine. Nourishes the scalp, prevent hair loss and improves hair texture.	<b>30 mins</b> <i>4 sessions</i>	<b>RM 130</b> <i>RM400</i>
<b>Ayurvedic Foot Massage</b> Relieves pain, muscle spasms, varicose veins and improves blood circulation.	<b>30 mins</b> <i>4 sessions</i>	<b>RM 130</b> <i>RM340</i>
<b>Ayurvedic Cream Massage</b> Nourishes the skin, anti-aging, improves complexion and blood circulation.	<b>45 mins</b> <i>4 sessions</i>	<b>RM 215</b> <i>RM740</i>

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<b>Ayurvedic Scrub</b> Herbal scrub with milk improves circulation	<b>25 mins</b> <i>4 sessions</i>	<b>RM 140</b> <i>RM 420</i>
<b>Special Nasal Treatment</b> Herbal steam for face followed nasal infusion with medicated oil relieves sinusitis, stress, headache and migraine. Prevent hair loss.	<b>30 mins</b> <i>4 sessions</i>	<b>RM 95</b> <i>RM260</i>
<b>Special Lower Back Treatment</b> Topical medical oil pool on back relieves back pain, useful in back stiffness and osteoarthritis.	<b>30 mins</b> <i>4 sessions</i>	<b>RM 170</b> <i>RM440</i>

### BODY SCRUB

<b>Nourishing Oatmeal Body Polish</b> Oatmeal, honey and lavender are mixed together and rubbed over your body for smooth and healthy skin.	<b>30 mins</b>	<b>RM 165</b>
<b>Thalgo Body Exfoliation</b> A deep-cleansing treatment which gently removes dead skin cells leaving skin renewed and silky smooth.	<b>30 mins</b>	<b>RM 140</b>
<b>Boreh Scrub</b> A warming scrub ideal for aching muscles or to ward off the onset of flu.	<b>30 mins</b>	<b>RM 140</b>
<b>Yoghurt Body Glow</b> Dead sea salt and yoghurt are used to gently buff away dull and rough skin surface to reveal soft and supple skin.	<b>30 mins</b>	<b>RM 140</b>

### BODY WRAPS

<b>Javana Body Wrap</b> The traditional treatment uses a combination of eucalyptus oils, citrus fruits and sea elements to draw out toxins, stimulate internal organs and tighten muscle tissues.	<b>90 mins</b>	<b>RM 325</b>
<b>Chocolate Mud Body Mask</b> A sensuous treat for chocolate lovers. Milk, honey and chocolate are applied on your body to firm and nourish your skin.	<b>60 mins</b>	<b>RM 310</b>
<b>Detox Herbal Wrap</b> A herbal wrap that detoxifies, cleanses, pampers and moisturises your skin at the same time.	<b>75 mins</b>	<b>RM 325</b>
<b>Thalgo Marine Mud Prelude</b> Refines skin texture and invigorates the body using natural sea salts and marine mud rich in vitamins and minerals.	<b>60 mins</b>	<b>RM 305</b>

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## HYDROTHERAPY EXPERIENCES

### Thalgo Specialised Hydrobaths

*Micronised marine algae and essential oils*

30 mins

RM 160

*Essential oils only*

30 mins

RM 115

A powerful water massage therapy to enhance the healing properties of marine extracts to purify and rejuvenate the body.

## INDONESIAN BATH RITUALS

### Herbal Bath

30 mins

RM 95

A traditional bath using herbs ideal for the elderly and those who suffer from rheumatism.

### Mandi Susu (Milk Bath)

30 mins

RM 95

A luxurious skin softening bath used in ancient times as a skin nourishing treatment for Javanese princesses.

### Mandi Bunga (Flower Bath)

30 mins

RM 95

A fragrant mix of flower petals and aromatherapy essences to relax and revitalise the body and mind.

## MANICURE AND PEDICURE

### French Manicure

60 mins

RM 185

### French Pedicure

60 mins

Rm 185

### Express Manicure

45 mins

RM 140

### Express Pedicure

45mins

RM 140

### Nail Colouring

15 mins

RM 45

## BODY WAXING

### Back

30 mins

RM 210

### Full Legs

60 mins

RM 210

### Half Legs

30 mins

RM 115

### Bikini Line

20 mins

RM 115

### Full Arms

30 mins

RM 175

### Half Arms

20 mins

RM 105

### Under Arms

15 mins

RM 80

### Upper Lip

20 mins

RM 60

### Under Chin

20 mins

RM 60

### Eye Brow

20 mins

RM 60

*Menu of services may be refined from time to time.*

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