



CHAVANA
— SPA —



Spa open 10.00am to 10.00pm

The Pacific Sutera Hotel

Journey of the Senses 2 hrs 30 mins RM585
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 RM565
Entice your body to an exfoliation with a difference. Warmed oils drizzled over your body ~ sumptuous Elemis Exotic Lime & Ginger Salt Glow massaged into the skin to slough away dryness ~ shower ~ embalm the body with Elemis Exotic Frangipani Monoi Oil ~ receive a relaxing scalp massage and a mini facial whilst wrapped in the fragrant cocoon ~ Traditional Balinese Massage.

Ocean Detox Wrap 1 hr 55 mins RM455
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.

Heaven & Earth 1 hr 15 mins RM290
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 RM565
50 mins RM355
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 RM310
50 mins RM195
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 RM310
50 mins RM195
A deep tissue massage that relaxes the tired muscles, easing muscular tension and stress related knots.

Asian Foot Massage 50 mins RM175
Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

Express Massage 25 mins RM105
For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress.

Purity Facial 50 mins RM195
Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

Spa Add-on
Infrared Detox Sauna 20 mins RM100
Infrared Detox Sauna Program 5 x 20 mins RM450

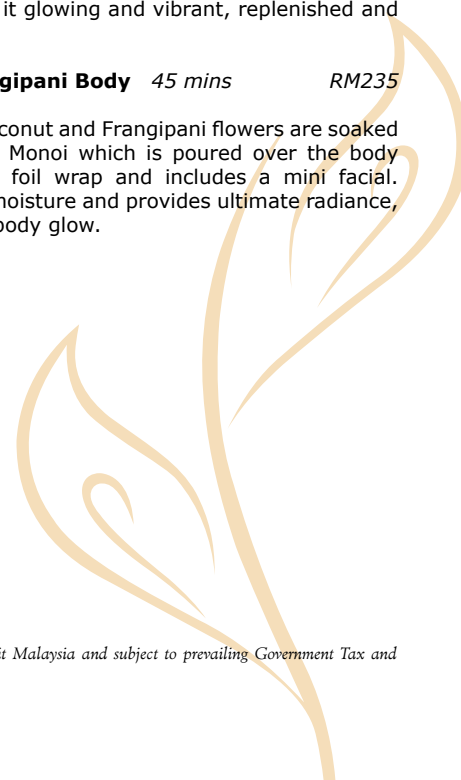
Elemis Skin Specific Facial 1 hr RM255
Fruit Active Glow ~ Brings back the glow to a lifeless complexion. Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance.

Exotic Moisture Dew ~ Treat your skin to a moisture boost. Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin.

Herbal Lavender Repair ~ For perfect restoration of skin balance. Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

Elemis Exotic Lime & Ginger Salt Glow 45 mins RM235
A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied and followed by a mini facial. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

Elemis Exotic Frangipani Body Nourish Wrap 45 mins RM235
Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap and includes a mini facial. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.



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?

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?

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, MC, JCB).



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A Mandara Spa Company