

The spa world refreshed

AVANISPA

SPA BASICS

ARRIVAL

Please arrive 15 minutes before your scheduled appointment time to check-in, complete the health assessment form and take time to relax. Please note that late arrival will limit the time of your treatment.

WHAT TO WEAR

Wear whatever you feel most comfortable in. Bathrobes, slippers and disposal undergarments are provided in your private spa treatment room.

WHERE TO KEEP VALUABLES

It is best to leave personal valuables in your room safe before coming to the spa.

MEDICAL CONCERNS

Guests with medical concerns, allergies or who are pregnant, are advised to consult a doctor before undergoing any treatment.

HOW TO CANCEL

Please cancel your treatment/s at least three hours in advance of your appointment time, or 50% of the price will be charged to your account.

BILLING

Cash, all major credit cards and room charge are accepted. All prices are in Ringgit Malaysia and are subject to a 6% government tax and 10% service charge. Please ask our reception for the foreign exchange rate if you wish to pay in another currency.



ABOUT AVANISPA

Need to revitalize and reignite your inner calm and tranquillity after the stresses and strains of your fast-paced city life? AVANISPA offers you a wealth of wonderfully uplifting and inspiring all-over pampering and treatments that will soon have your physical, mental and spiritual equilibrium back to its optimal best.

Located in many of the world's most visited cities and best loved resorts, our Spas embody a passion for the details that truly matter to discerning guests like yourself. The moment you step inside our door, you will feel the sense of calm that comes from a contemporary and sophisticated design whose ambience is both natural and timeless.

As our qualified, knowledgeable therapists assess your exact needs, you will discover each Spa's range of pampering and all-over body treatments has been equally well thought through. Reflecting the widest possible range of unique, individual needs, our approach is not only relaxed and flexible but also genuinely warm.

Ranging from simple, 20-minute manicures and pedicures to indulgent 120-minute body scrubs and facials, our many different treatments mirror this refreshing harmony. Ultimately, each treatment here takes you on a stimulating journey inspired by one of the following four natural elements as its departure and arrival points.



SPA PACKAGES

Fresh air purifies, refreshes and revives. This elemental package collection actively sweeps away fatigue, stress and toxins to leave you feeling lighter, energised and beautifully renewed.

Purify Me **120 Minutes** **MYR 450**

This special package combines our most popular treatments to offer deep relaxation and luminous beauty. Unwind into a continuous experience body exfoliation treatments

Foot Ritual - Body Massage - Choice of Aromatic Body Scrub

Beautify Me **120 Minutes** **MYR 499**

Glow from head to toe. A Scrub infused with Hibiscus and rose petals soothes and soften your entire body a lifeless complexion become youthfully radiant with a nourishing, vitamin rich facial.

Choice of Body Scrubs - Choice of Aromatic Facial - Head & shoulder Massage

Price are inclusive of 10% Service Charge and 6% GST.



FACIALS

Thalgo Active Marine Facial

60 Minutes

Restore your complexion's vitality with unrivalled powers to regenerate, hydrate, stimulate and nourish with younger looking skin.

Choose from

- **Illuminating Radiance Facial**

MYR 290

The ultimate 'illuminating' treatment, it work to enhance radiance and reveal the beauty of dull, tired-looking complexions. The secret to its effectiveness lies in its professional mask and concentrate, combined with an energising digitopressure technique.

- **Hyaluronic Smooth & Fill Facial**

MYR 515

An anti-wrinkle solution highly concentrated in hyaluronic Acid, this treatment fills and corrects established wrinkles with a professional double mask. From the first treatment, the skin appears younger and smoother. The complexion is radiant with youth.

Price are inclusive of 10% Service Charge and 6% GST.



BOOST

A revitalising boost is the perfect tonic for low energy, a weak body and tired mind. Perhaps you lack motivation, feel a bit down, or seek caffeine and sugary foods to keep going. Let us re-energise your body, rejuvenate your mind and uplift your spirit, to revive you in every way.

BOOST

Malay 'Urut' 60/90 Minutes MYR 250/310

This traditional therapeutic massage combines muscle kneading, stroking and pressing techniques, alongside massage oil that is infused with remedial herbs and spices, to relieve sprains, tension and stiffness.

Mococa Scrub 45 Minutes MYR 199

Bring back vibrancy with a full body scrub and revitalising qualities of, mococa. Dead cells are gently swept away, and skin is left smooth and glowing with health.

Price are inclusive of 10% Service Charge and 6% GST.

BALANCE



Creating balance does a world of good if you're emotions bounce from high to low and you feel out of sync with the rhythm of life. Get back into your natural flow with therapies to ground your body, mind and mood. Then take on the world afresh- cool, calm and collected.

BALANCE

Swedish 60/90 Minutes MYR 250/310

This classical European massage combines long strokes, kneading, gentle movements, and friction and vibration techniques, to stimulate the nervous system and eases tense muscles.

Himalayan Rose 45 minutes MYR 199

Awaken and smooth dull skin with an Himalayan Rose body scrub, in preparation for a moisturising white clay wrap that is rich in minerals.

Price are inclusive of 10% Service Charge and 6% GST.

CALM



Overworked, overwhelmed and stressed out can make it difficult to relax and get a good night's sleep. De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts. Give yourself the gift of a calm and serene glow that radiates from the inside out.

CALM

Aromatherapy 60/90 Minutes MYR 250/310

Using a combination of strokes and acupressure techniques, alongside the uplifting benefits of essential oils, this aromatic massage promises a sensual revival and is a definite jetlag tonic.

Coconut Vanilla 45 Minutes MYR 199

Nurture your entire body with a richly nutritious and moisturising scrub made of coconut, vanilla and glutinous rice, followed by a coconut mask to gently nourish and hydrate.

Price are inclusive of 10% Service Charge and 6% GST.

PURITY



Environmental toxins, a poor diet and overindulgent lifestyle all take their toll. With specialist techniques and products to detox your body and deep cleanse skin, you'll find the search for purity comes with a touch of heavenly pampering.

Looking to rediscover or restore your perfect inner balance? Look no further than the invigorating journeys that begin and end at AVANI Spas all over Africa, Asia and the Middle East.

PURITY

Abhyanga 60/90 Minutes MYR 250/310

This deep, full body Ayurveda massage alleviates muscle fatigue and tension, improves the circulation and balances the Vata, Pitta and Kappa doshas to align body, mind and spirit.

Hibiscus Rose 45 Minutes MYR 199

Bring back vibrancy with a full body scrub and wrap ritual that harnesses the revitalising qualities of pink clay, hibiscus and rose petals. Dead cells are gently swept away, and skin is left smooth and glowing with health.

Price are inclusive of 10% Service Charge and 6% GST.



SIGNATURE MASSAGE

Warm Stone Massage 90 minutes MYR 325

The healing power of touch combines with the energy with the earth in this relaxing muscle melting massage. The heat helps to relax muscle and has a soothing effect on your emotions. Warm rock is placed on the body's various energy points to encourage the body's healing potential.

Price are inclusive of 10% Service Charge and 6% GST.



EXPRESS TREATMENT

Foot Joy **30 Minutes** **MYR 105**

Put the pep back in your step with delightful foot massage

Facial Reviver **30 Minutes** **MYR 149**

Experience a pampering facial treat that cleanse and replenishes

Head Soother **30 minutes** **MYR 105**

Let go of all your worries with a deeply relaxing head & Shoulder Massage

Deep Relief **30 minutes** **MYR 105**

Let's stress melt off your body with a short but effective back massage

Price are inclusive of 10% Service Charge and 6% GST.



NAIL TREATMENTS

AVANI Manicure 60 Minutes MYR 105

Pamper your hands and nails with a sequence of soaking, scrubbing, filing and buffing, a softening massage and perfect paint finish.

AVANI Pedicure 60 Minutes MYR 115

This relaxing treatment begins with a foot bath and scrub. Toes are then clipped, filed and buffed before a softening massage and perfect paint finish.

Express Manicure 30 Minute MYR 75

Beautify hands and nails with a sequence of soaking, filing and buffing, before an immaculate paint finish.

Express Pedicure 30 Minutes MYR 85

Feet are first soaked, then clipped, filed and buffed to perfection. A perfect paint finish concludes this pampering treatment.

Paint Change 20 Minutes MYR 30

Add to a manicure or pedicure treatment.

Price are inclusive of 10% Service Charge and 6% GST.

AVANISPA

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