

A close-up, vertical photograph of a woman lying on her side on a massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hands are clasped together near her face. A therapist's arm is visible, resting on her shoulder. The background is softly blurred, showing a spa-like environment with white towels and a warm, ambient light.

AVANISPA



Welcome to AvaniSpa

Whether you're a lifelong spa devotee, a newcomer to wellness or just someone looking to recharge and unwind, we look forward to showing you how fun it is to feel good!

Here at AvaniSpa, we believe that happiness is one of the key foundations of wellness and that's what our treatments are all about. You won't need a dictionary of new-age jargons to understand our menu; you just need to know how you want to feel.

Our spa consultants would love to chat with you about how you can get the most out of your time, so if you're having trouble deciding, just give us a shout.

The Details

Arrival

So many things in life are rushed, we'd like to make sure your treatment isn't one of them. That's why we request that you arrive 15 to 20 minutes early for your appointment.

Consultation

Our spa manager and therapists are passionate about helping our guests look and feel at their best. To make this even easier, we invite you to fill in the consultation form provided. (Don't worry, there are no wrong answers.)

Special Attention

Please inform our receptionist if you are pregnant, have any injuries, high blood pressure, any allergies or had recent cosmetic surgery.

Valuables

The spa is a place to leave the world behind and that includes your valuables. We recommend that you leave your jewelry, cash, wristwatch, mobile devices and other valuable items in your room for safekeeping.

Clothing

AvaniSpa is one place where you won't have to worry about a dress code. Just come as you are and we will provide you with a robe, slippers and disposable underwear in your treatment room.

Younger Guests

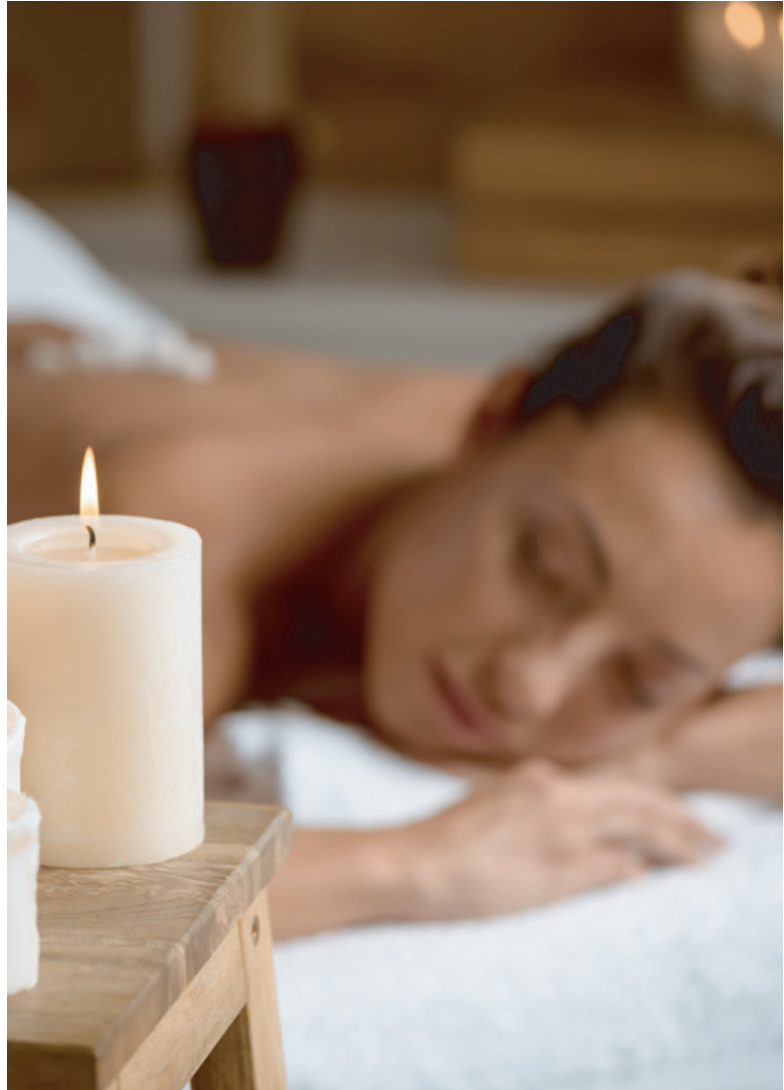
Guests under 16 years of age need to be accompanied by a parent and a guardian's consent form must be signed.

Ensuring Tranquillity

You've probably come here to get away from it all, and so have your fellow guests. That's why we kindly ask that if you've brought your mobile devices, that they remain switched off and that you refrain from smoking while you're here.

Cancellation

We know that things do pop up, so we offer you the freedom to cancel your reservation at no charge for up to four hours before your appointment time. After that, we must apply a cancellation fee of 50% of your treatment cost. However, for cancellations with less than one hour's notice, including missed appointments, the full price of your treatment will be charged.



Avani Signature Refresh Boost Package

Give yourself energy and refresh. This exclusive treatment begins with a full-body signature body scrub, combining fresh hibiscus and rose essence to help refresh, exfoliate and brighten the skin. The experience continues with a signature massage that combines Swedish and Balinese techniques to provide the ultimate relaxation to the strained muscles. Complete the journey with an express facial to rejuvenate your skin.

150 mins RM450 (single)

150 mins RM850 (couple)

Massages

Avani Signature Massage

Avani Signature Massage has been this resort's favourite for years. The Signature Massage is a medium-pressure treatment, blending Balinese and Swedish steps, focusing on the stretching and kneading technique applying long-stroke palm pressure. This signature massage will relieve tension built up in the muscles and other tight and dense areas.

60 mins RM250

90 mins RM350



Urutan Malaysia

Relax the tired body with a deep-tissue massage. This technique was created for the body which suffered from chronic tension. Strong, high-pressure techniques target these points where stress often resides, forcing out the tension and getting the feel-good endorphins flowing back into the body.

60 mins RM250

90 mins RM350

Aromatherapy Massage

Enjoy the relaxing effect of long-strokes combined with hypnotic aromas. The combination of long-strokes and aromatherapy oil escalates the body and mind into an enhanced state of relaxation. Furthermore, this massage reduces headache, promotes good sleep and detoxifies the body.

60 mins RM250

90 mins RM350

Avani Foot Massage

Reward yourself with a relaxing foot-massage. Choose between an aromatherapy oil-massage or the holistic reflexology to relieve and fully re-energize the weary feet.

30 mins RM150

60 mins RM230

Back Massage

Take a short break to alleviate your back pain, using deep-pressure technique using essential oil.

45 mins RM198

Express Chair Back Massage

Back- and shoulder massage.

15 mins RM60

Spa Journey

Body Glow

A two-in-one combination of scrub and massage that will give you a taste of what AvaniSpa does best. Rejuvenate your body with our Lemon Salt Scrub, which will exfoliate and detox the skin and stimulate the blood's circulation whilst removing dead skin. After a refreshing bath, you have a choice of 3 types of massage to finish the treatment with a herbal tea.

120 mins RM380

Avani Stress Relief

Relieve all stress and tension from head-to-toe with our Urutan Malaysia Massage, followed by a head- and foot-massage. This treatment is ideal for people with chronic back-pain and headaches.

120 mins RM370



Body Revival

This three-hour package will benefit your body from head-to-toe. Starting with a sauna, followed by a body-scrub. The package continues with our Avani Signature Massage. Finish off by your favourite hydrating facial treatment.

180 mins RM520

Hot Stone Massage

Heated stones are meticulously placed and moved over the body, so that the heat releases and penetrates into the muscles, increasing the circulation of blood and alleviating of stress, sending the body and mind into a deep state of relaxation.

90 mins RM380

Facial Treatments

Express Fresh Facial

Start the treatment with a double cleanser, followed by a buffalo-horn pressure-point application to end with a relaxing face-massage.

30 mins RM198



Hydration Facial

Replenish dry, tired skin with this ultimate moisturizing experience. A creamy mask will be applied which will encourage the active ingredients to infuse and restore your skin back to a youthful glow. It will instantly tighten, firm and revive dehydrated skin, whilst smoothening.

60 mins RM250

Deep Cleansing Facial

This professional deep cleansing treatment features a scrub containing radiant peel to open up clogged pores, improving clarity and smoothness.

60 mins RM250

Brightening Facial

Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tones, this fast-acting formula with double brighteners will boost skin radiance and reverse visible signs of damage. If your skin is suffering from dullness and loss of elasticity, this treatment will rejuvenate, bring the youthful glow back and leave your skin brighter and smoother.

60 mins RM250

Sensitive and After-Sun Facial

Whether redness on skin was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

60 mins RM250

Body Treatments

Scrub off dead skin and make the skin radiant and glowing. This rich body treatment has been an AvaniSpa favourite for years.

Lemon Salt Body Scrub

Lemon salt scrubs are wonderful scrubs that help your skin in many ways since lemon is a natural source full of vitamins. These vitamins help to reduce acne blemish and help lightening dark spot because proper exfoliation clears dead skin away.

45 mins RM198

Hibiscus and Rose Body Scrub

The combination of this scrub gently exfoliates the skin to ensure it is perfectly moist, and properly nourished with vitamins and minerals. spread all over your body, leaving an absolute delightful fragrance.

45 mins RM198



Javanese Lulur Body Scrub

Traditional jamu herbal treatment from Indonesia. The regal Javanese lulur is a conditioning body treatment that softens, refines and revitalizes the skin texture, leaving it feeling smooth and silky with a healthy glow. Lulur is also reputed to have relaxing and cleansing properties.

45 mins RM198

Boreh Spice Body Scrub

Boreh is a combination of exotic spices, with warming and soothing properties that brings comfort to the body, relieving it from aches and pains. Especially recommended for those who have been active the whole day and need to relax.

45 mins RM198

AVANI SPA

Avani Sepang Goldcoast Resort
No. 67, Jalan Pantai Bagan Lalang,
Kg Bagan Lalang 43950 Sungai Pelek,
Selangor Darul Ehsan, Malaysia

OPERATION HOURS

10:00am – 10:00pm Daily

For spa information or enquiries please
do not hesitate to WhatsApp us +6016 201 3682