

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 warm lighting. The text 'AVANISPA' is overlaid in the upper right quadrant.

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.

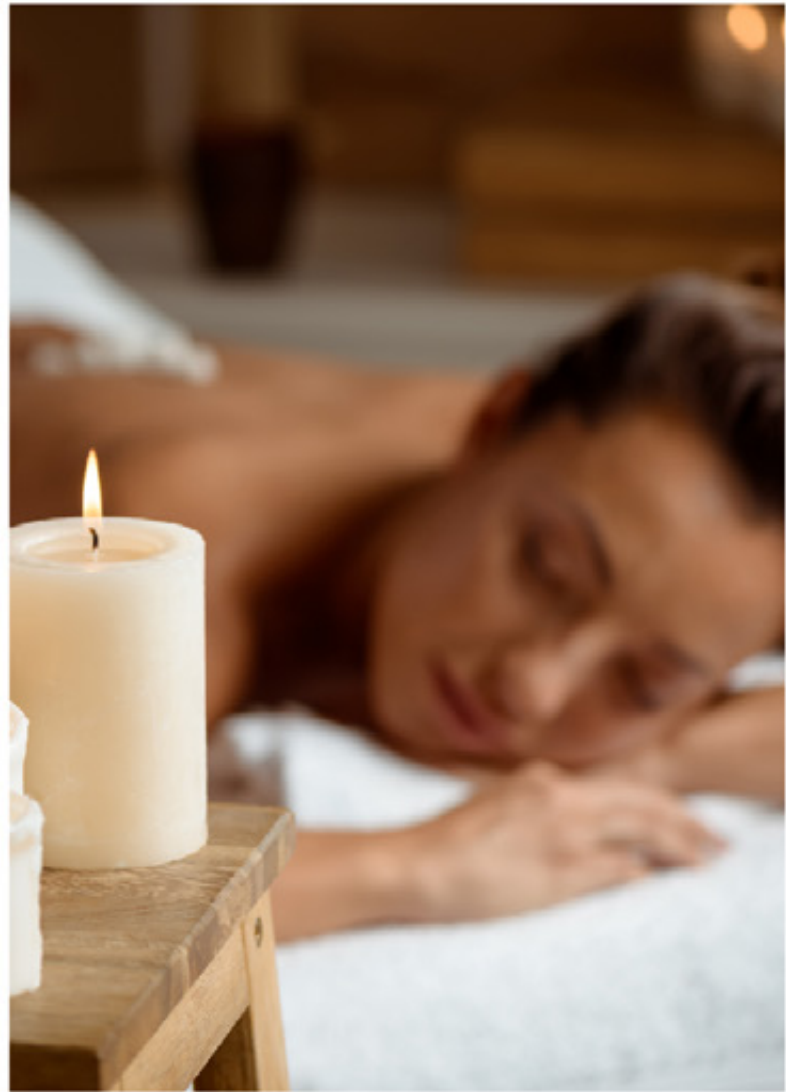
### Ensuring Tranquillity

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 most popular Avani Signature massage that combines Swedish and Balinese techniques to provide the ultimate relaxation to the strained muscles. The experience continues with an express facial to rejuvenate your skin.

120 mins RM460 (single)

120 mins RM870 (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. Combines long strokes, kneading gentle movements, friction and vibration techniques, to stimulate the nervous system and eases tense muscles.

60 mins RM280

90 mins RM370



## Urutan Malaysia

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.

60 mins RM280

90 mins RM370

## 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 RM280

90 mins RM370

## 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 RM160

60 mins RM240

## Back Massage

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

45 mins RM210

## 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. Relaxing and Refreshing your body with our Himalayan Rose Salt Scrub, which will exfoliate the skin fragrantly refreshed and renewed the whilst removing dead skin. After a refreshing bath, you have a choice of 3 types of massage to finish the treatment with a ginger tea.

100 mins RM390

## 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 RM420



## Body Revival

This package will glow from head-to-toe. A Scrub infused with Hibiscus and rose petals soothes and softens your entire body, continues with our Avani Signature Massage. Finish off by your favourite hydrating facial treatment.

150 mins RM580

## Hot Stone Massage

The healing power of touch combines with 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.

90 mins RM380



# Facial Treatments

## Express Fresh Facial

This is the perfect fresh express facial if you're on the go. The facial begins with Double cleanse, exfoliation followed by a relaxing massage, leave the complexion fresh and glowing with radiance.

30 mins RM210



## 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 RM290

## 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 RM290

## 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 RM290

## 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 RM290



## Body Treatments

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

### Himalayan Rose Salt Body Scrub

Luscious and gentle, this ultimate body exfoliation contains fine pink Himalayan Minerals salt with pure Rose Geranium, Ylang Ylang and Damask essential oil to leave the skin fragrantly refreshed and renewed

45 mins RM210

### 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 RM210



### 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 RM210

### 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 RM210

### Coconut Vanilla Body Scrub

Nurture your entire body with a richly nutritious and moisturising scrub made of coconut, vanilla and glutinous rice, leaves the skin beautifying polished and renewed.

45 mins RM210



# Manicure And Pedicure

## AVANI Manicure

Pamper your hands and nails with a sequence of soaking in our prepared essential oil, scrubbing and softening massage. Follow by clipping and filling before finalizing with selected of a maximum 2 colors of paint finishing.

60 Minutes RM138

## AVANI Pedicure

A relaxing treatment begins with a foot bath and scrubbing of death skin. Toes are then clipped, filed and buffed before a softening massage. A maximum selection of 2 colors for the paint finishing.

90 Minutes RM178

## Express Manicure

Beautifying your hand and nails with a sequence of filing and buffing before an immaculate paint finishing from a wide selection of colors.

40 Minutes RM98

## Express Pedicure

Starting from feet soaking, toe nails filing and buffing, whilst finishing with a perfect paint that concludes the treatment.

40 Minutes RM110

## Paint Change

A normal change from a wide selection of colors

30 Minutes RM78





# AVANISPA

## **Avani Sepang Goldcoast Resort**

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

## **Operation Hours**

10:00 am - 10:00 pm Daily

**WhatsApp us :** +6012 668 7441  
**T :** +603 3182 3600 (ext 3670) or  
**E :** [spa.sepang@avanihotels.com](mailto:spa.sepang@avanihotels.com)

[AVANIHOTELS.COM](http://AVANIHOTELS.COM)





 **Biossentials**<sup>®</sup>  
Retail Collections





## EXFOLIATING BODY BAR *100gm*

### Java Lulur Bar Soap **RM25**

Traditional Java Lulur body bar stimulates and purifies your skin with natural exfoliating turmeric and ginger from tropical Malaysia. Your skin will feel revived and energised.

### Coffee Mint Bar Soap **RM25**

Delicious Coffee Mint body bar buffs and cleanses your skin to perfection with natural exfoliating coffee granules from tropical Borneo and refreshing peppermint. Breathe in the uplifting fragrance and awaken the senses.

## BODY TREATMENT SACHETS *35gm*

### Coffee Revive Scrub **RM22**

Deliciously fragrant revitalising coffee body scrub from the exotic island of Borneo is rich in natural fruit acids and caffeine combined with potent herbs to stimulate, tone and exfoliate the skin. Enjoy the heavenly aroma as you cleanse, re-energise and invigorate the body. Use on cellulite prone areas.

### Coconut & Vanilla Scrub **RM22**

Heavenly scented coconut and vanilla body polish with pure vanilla combined with enriching coconut milk and ground rice reveals smooth, delicately scented skin. The properties of rice have been used in Asian beauty treatments for centuries to gently exfoliate, smoothen and naturally brighten the skin's texture.

### Hibiscus & Rose Scrub **RM22**

Hibiscus & Rose Asian beauty ritual gently exfoliates and brightens the skin leaving it soft, smooth and lightly scented with pure essential oils. Ground rice is rich in orizanol, protein and amino acids that encourages cell renewal. Ideal for delicate and sensitive skin. Use on hands, feet and body as a gentle scrub and mask.

## AIR FRESHENER & LINEN SPRAYS *220ml*

### Clean Air **RM50**

Protecting and Cleansing Contains pure essential oils of Eucalyptus, Myrtle, Tea Tree, Pine Needle, Lemon, Peppermint with Aqua, Vegetable Derived Dispersant and Grapefruit Seed Extract.

### Rose Geranium **RM50**

Balancing and Harmonizing Contains pure essential oils of Rose Geranium with Aqua, Vegetable Derived Dispersant and Grapefruit Seed Extract.

### Lavender **RM50**

Peaceful and Relaxing Harmonizing Contains pure essential oils of Lavender with Aqua, Vegetable Derived Dispersant and Grapefruit Seed Extract.

### Lemongrass **RM50**

Energizing and Uplifting Contains pure essential oils of Lemongrass with Aqua, Vegetable Derived Dispersant and Grapefruit Seed Extract.

### Peaceful **RM50**

Soothing and Relaxing Contains pure essential oils of Lavender, Orange Sweet Sandalwood West Australia, Ylang Ylang, Marjoram Sweet and Sandalwood East India, with Aqua, Vegetable Derived Dispersant and Grapefruit Seed Extract.

## ESSENTIAL OILS *10ml*

### Tropical Relax **RM85**

Biossentials Tropical Relax soothing blend of pure essential oils with ho leaf, geranium, cedarwood & vetiver infused with a light floral burst of ylang ylang to gently calm and relax body and mind. With Ho Leaf, Cedarwood and Vetiver.





### Tropical Energy RM65

Experience Biossentials Tropical Energy blend of invigorating pure essential oils with the zesty fragrance of lemongrass, lime and ginger to refresh, uplift and recharge the senses. With Lemongrass, Lime and Ginger.

### Lemongrass RM60

Tropical Lemongrass with its crisp, refreshing, grassy-lemony natural fragrance instantly creates a fresh, energising atmosphere.

### Lemon RM70

Pure Lemon aromatic essential oil has a refreshing invigorating citrus scent that will uplift and enhance any environment.

### Lavender RM80

Wonderfully relaxing and healing True Lavender has a warm, fresh, herbaceous floral scent. Everyone's favourite for home, office or travel.

### Peppermint RM60

Breathe deeply and feel the uplifting, fresh, minty aroma of pure Peppermint essential oil to instantly awaken and energise the senses.

### Rose Geranium RM95

Relieve the mind of stresses, promote relaxation or enhance energy, stimulate circulation, help regulate blood sugar, minimize varicose veins, ease symptoms of menstruation and menopause, balance the skin's oil production, facilitate the healing of abrasions and infections, soothe inflammation, and ease physical pain and soreness.

### Grapefruit RM60

A refreshing feel good oil creates a positive environment. Nice oil to use for cellulite prone skin. Improves skin tone for oily and congested skin.

## SCENTED ACCESSORIES

### Satin Eye Pillow RM40

With lavender is a great way to relieve the effects of stress. Placed over the eyes the combination of darkness, light pressure on eyelids and lavender helps to soothe headache, migraines, stress and tension. All-natural ingredients including organic flax seed, lavender flowers and pure lavender essential oil. Comes in attractive packaging with how to use instructions. Does not contain artificial fragrances.

### Tropical Eye Pillow RM60

Take time out for yourself and relax with our Tropical Spa natural aromatherapy eye pillow. Feel tension and stress melt away as you breathe deeply and surround the senses with the delicate aroma of pure essential oils. Perfect for meditation or yoga too.

## BODY OILS 100ml

### Body Tone RM75

Plant extracts provide a warming and stimulating boost to tone and firm "orange peel" skin along with exercise and a healthy diet. Massage twice daily into affected areas.

### Sports Rub/Revive Rub RM75

Bring warming comfort to general aches and pains with an aromatherapy massage. The soothing properties of pure essential oils together with the benefits of massage help to give temporary relief to muscular tension, stress and lower back pain. Massage into affected areas as required. Or use after sports or a workout at the gym.

# AVANI SPA

## **Avani Sepang Goldcoast Resort**

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

## **Operation Hours**

10:00 am - 10:00 pm Daily

**WhatsApp us :** +6012 668 7441  
**T :** +603 3182 3600 (ext 3670) or  
**E :** [spa.sepang@avanihotels.com](mailto:spa.sepang@avanihotels.com)

[AVANIHOTELS.COM](http://AVANIHOTELS.COM)