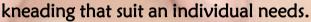


Wellness Treatment Menu

# Ayurvedic Dil Massage

This type of massage is designed to create balance among the mind, body, and spirit, and help the body heal itself.

It is sometimes referred to as an "oil massage" because it typically incorporates warm herb essential oils, as well as time honored and non-traditional strokes and





Price: RM 95 RM 138 RM 178

### Aromatherapy Oil Massage

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils into a massage. The massage involves alternating between gentle and harder pressure while using a specific blend of essential oils.

The essential oils are diluted before use and are applied along with lotion during the massage.

#### Benefits

Stress reducing

Anxiety reliever

Increased calmness and relaxation

Decrease in muscle tension

Pain relief

A reduction of symptoms of depression

Price:

RM 105

RM 148

RM 188

Duration

60 Minutes

90 Minutes

120 Minutes

### Traditional Thai Massage

In a traditional Thai massage, practitioners use their hands, thumbs, elbows, forearms, and sometimes even their feet to reduce tension in your muscles.

The combination of stretching, movement, and pressure is what distinguishes Thai massage from other types of massage.



#### Benefits of Traditional Thai massage

Relieves headaches

Reduces back pain

Relieves joint stiffness and pain

Increases flexibility and range of motion

Eases anxiety and revives energy

Price: RM 105 RM 148 RM 188

#### Balinese Oil Massage

This ancient form of Indonesian massage is inspired by Chinese acupressure and Ayurveda. This massage therapy includes aromatherapy, reflexology, stretching and the use of essential oils to stimulate circulation, the lymphatic system and body tissues.

This massage technique involves relaxing the soft spots and strongly stimulating the pressure points. The therapist starts with his feet and then continues with his back, arms and head.

#### Benefits

Relieves muscle pain
Treats any kind of sleep issues
Boosts blood circulation
Promotes skin health
Serve as an energizer
Boost the immunity level

Price:

RM 95

RM 138

RM 178

Duration

60 Minutes

90 Minutes

120 Minutes

### Siamese Foot Massage

In reflexology, pressure is applied to specific reflex points on the foot.

These points correspond to organs and areas of the body.

The soft fleshy ball of the foot, pulling on the toes, tracing around the heel and pushing deep into the arch are just a few of the movements you will experience during a treatment.

#### Benefits

Improves blood circulation

Lowers blood pressure

Encourages better sleep

Boosts energy levels

Improves immune function

Reduces the effects of anxiety and depression

Price:

RM 62

RM 88

RM 118

Duration

60 Minutes

90 Minutes

120 Minutes

## Sabaidee Four in One

Sabaidee Special, - Foot, Head, Shoulder and Back Massage is our customers alltime favourite, best of both worlds! This 4-in-1 therapy targets at key areas of stress using Siamese signature pressure points massage technique.

Let your body gains all the benefits of Foot, Head, Shoulder and Shoulder massages.

#### Benefits

Relieves muscle pain

Treats any kind of sleep issues

Boosts blood circulation

Promotes skin health

Serve as an energizer

Boost the immunity level

Price: RM 114

### Half Body Remedy

Great for back sufferers, the half body massage is a firm massage to ease away tensions on your back, neck, shoulders, arms, hands and face. It helps to get balance, energise and calm your body and mind.



30 Minutes

Price:

RM 52

### Hot Stone Massage

During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.

There are many movements that the therapist can use, such as long strokes, circular motions, tapping, and kneading.

#### **Benefits**

Relieve muscle spasm, pain, tension

Releases toxins & improves skin appearance

Significantly reduce stress & anxiety

Improves blood circulation and flow of energy

Helps to promote better sleeps

Helps to reduce & manage stress

Helps to create a sense of comfort and warmth

Helps in increasing joint flexibility

#### Price: RM 115

## Siamese Body Polish

This relaxing treatment is an effective way to exfoliate away dead skin cells to leave skin soft and smooth to the touch.

With a wide selection of aromas and flavours to complement individual preference, the body scrub is followed by moisturising lotion to hydrate the skin and restore its suppleness.



Helps to prevent those painful ingrown hairs

The oils make the hair softer making hair removal easier

Your moisturizer will absorb better on fresh skin

Reduces the appearance of hyperpigmentation

Can help minimize the appearance of large pores

Price: RM 98

#### Luk Prov Kolo

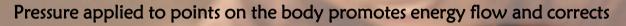
The treatment uses a blend of herbs which are wrapped in unbleached cotton and heated in a steamer. This hot compress is then applied to the body for the relief of muscular aches and pains, and to exfoliate and soften the skin. The spherical compress becomes a massage tool, tapping, twisting and pressing, kneading and dragging the tense muscle and connective tissue



Price: RM 115

#### Shiatzu Massage

Shiatsu massage therapy relies on the use the fingers, thumbs and palm to apply pressure to various areas of the body surface to help heal common ailments and conditions, and correct imbalances in the body.





Price: RM 105 RM 148 RM 188

# Fire Cupping

During Cupping, your therapist will put a flammable substance in a cup and set it on fire. As the fire goes out, they put the cup upside down on your skin.

As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your blood vessels expand.

The cup is generally left in place for up to 3 minutes.

Benefits

Helps to reduce pain and inflammation

Get Rid of Chronic Fatigue Syndrome

Relieving Digestive Problems

Rejuvenation of body organs

Facilitates healing process and strengthens immune system

Price: RM 56

# Gual Shall

'Gua Sha' is a traditional Chinese healing method in which a trained professional uses a smooth-edged tool to stroke your skin while they press on it.

This motion raises small, red, rash-like dots that show under your skin called petechiae.

#### Benefits

Relieving Digestive Problems.

Rejuvenation of body organs.

Helps to reduce pain and inflammation.

Get Rid of Chronic Fatigue Syndrome.

Facilitates healing process and strengthens immune system.

Price: RM 56

# Pre Natal Massage

Prenatal massage is a soothing and gentle massage performed by specially trained massage therapist using carefully selected techniques to effectively alleviate the common discomforts during pregnancy.

The mom-to-be is carefully positioned in a side lying position using our custom made pillow for maximum comfort and relaxation.



Reduce Swelling
Relieve Lower Back Pain
Improve Sleep
Prepare Your Body for Labor and Birth
Relieve Pain Naturally

Price: RM 105 RM 148 RM 188

# Aura Facial

Aura facial is a family of skin care treatments for the face, including steam, exfoliation, extraction, creams, lotions, facial masks and massage.

#### Benefits

Deep Cleaning

Skin Rejuvenation

**Improved Circulation** 

Slow the Aging Process

Treat Acne And Acne Marks

Facials Help Detoxify the Skin

Eliminate Whiteheads And Blackheads



### Basic Pedicure

A simple treatment that includes foot soaking, foot scrubbing with a pumice stone or foot file, nail clipping, nail shaping, foot and calf massage, moisturizer and nail polishing.



Price: RM 45

### Manicure n Pedicure Care

A simple regime of manicure and pedicure treatments that include nail trimming and shaping, cuticle maintenance, hand and foot moisturizing, and nail polishing.

#### Benefits

Healthy skin
Increase in the blood circulation
Enhance the wellbeing of your nails
Keeps hands and feet smooth and delicate
Prevention of contagious infection
Mental well-being

Price: RM 85

### Ear Candling n Max Removal

Ear Candling is a safe, effective and painless procedure used for the removal of earwax, pollen, sinus congestion, ringing of the ears, ear infection, headaches, migraines, and hearing problems.

The movement of smoke through the delicate ear canal may also obtain pressure relief.



Relieves pressure from behind the eardrum

Sharpens mental functions like vision, hearing, taste and colour perception

Eases earache, headache and sinus pressure, and can assist with allergy symptoms

Helps with relaxation

Acts as a catalyst to clear nerve endings and promote healing

Price: RM 58

Per Session