



 **tantara
manspa**



Body Massage Therapy

Tantara Signature Massage

Tantara Signature Massage is a combination of Swedish, Balinese, Malay, Lomi-lomi and Tantrik massage technique to heal your mind, body and to improve blood circulation

60 minutes	RM140
90 minutes	RM180
120 minutes	RM220

Aromatherapy Massage

Aromatherapy Massage is a full-body, deep-tissue, holistic treatment, using a combination of long stroke, thumb and palm pressure to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.

60 minutes	RM140
90 minutes	RM180
120 minutes	RM220

Balinese Massage

Balinese massage is gentle, smooth and soft massage technique using pure essential oils to increase blood circulation

60 minutes	RM140
90 minutes	RM180
120 minutes	RM220

Swedish Massage

Swedish massage is long sweeping strokes that alternate between firm and light pressure using the palm or thumb of the hand to energize and refresh senses.

60 minutes	RM140
90 minutes	RM180
120 minutes	RM220



Malay Traditional Massage

The Malay traditional massage is a comprehensive and effective massage technique that based on the kampong practice to remove toxins and relax the nerves and mind. This massage therapy involves stretching, stepping, long kneading strokes and pressure applied to every part of the body, from the head, face, abdomen, body to the toes of the feet. The massage strokes can alternate between gentle and hard touches, depending on your body needs.

60 minutes	RM140
90 minutes	RM180

Sport Massage

Sport massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. Sport massage focuses on treating soft tissue aches, pain and injuries that are associated with recreational activities. Massage can reduce muscle stiffness and improve relaxation by reducing heart rate and blood pressure.

60 minutes	RM140
90 minutes	RM180



Sea salt	RM75
Dead sea salt	RM100

Other Treatment

Back Massage

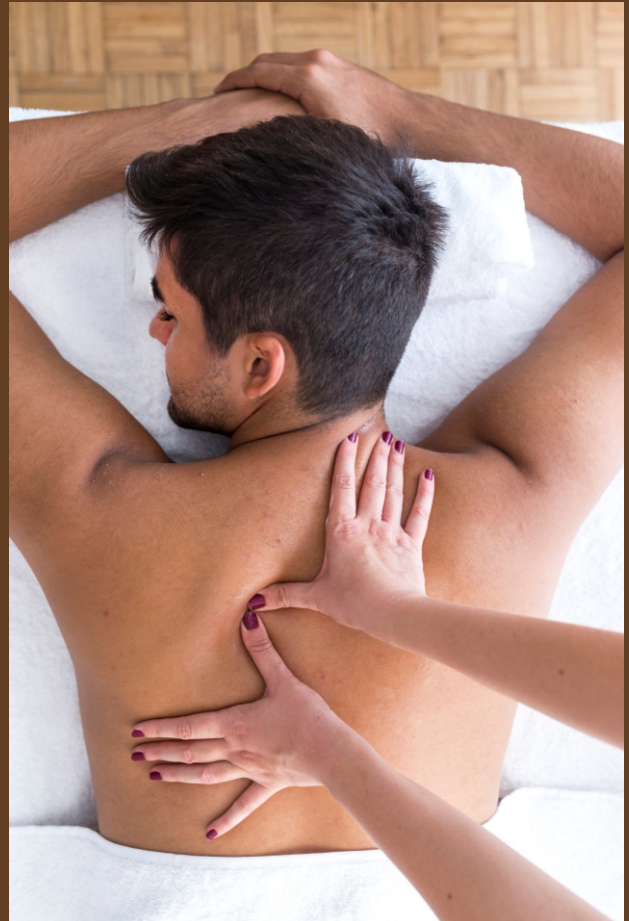
Intensive back massage and muscle reconditioning using systematic stroking, kneading, or application of pressure to relieves muscular tension, to reduce pain or to improved blood circulation.

30 minutes RM70
60 minutes RM110

Head and Shoulder Massage

This head, neck and shoulder massage relieves tension and stress and allow for total relaxation.

30 minutes RM70



Foot Reflexology

Foot Reflexology is based on the principle that there are reflexes in the hands and feet that relates to every organ, gland and system of the body.

30 minutes RM90

Ear Candling

30 minutes RM70

Jaccuzi

30 minutes RM70

Tantara Deluxe Package

Tantara Men Spa further enhances the package with Body Wrap to rid your inches, detox, nourish your skin and get rid of toxins from your body.

(Ginger Lime Scrub & Orange Scrub)

Deluxe Package 1

Tantara Signature Massage	90 minutes
Body Scrub	30 minutes

Promotion Price

RM 235

Normal Price : RM 260

Deluxe Package 2

Tantara Signature Massage	90 minutes
Body Scrub with Body Wrap + Foot Bath	30 minutes
Jacuzzi Bubble Bath	30 minutes

Promotion Price

RM 275

Normal Price : RM 320

Choice of Ingredients for Body Scrub

Ginger+ Lime +Dead sea salt + Essential oil	RM100
Orange + Dead sea salt + Essential oil	RM100
Body Mask	RM100
Honey + Almond + brown suger + Essential oil + Yougart	RM120
Avocado Scrub	RM120



Honey Milk Signature Massage

Honey Milk Signature Massage is a combination of Swedish, Balinese, Malay, Lomi-lomi and Tantrik massage technique to heal your mind, body and to improve blood circulation with organic honey and goat milk.

70 minutes
100 minutes

RM150
RM190



Express Package

Tantara Signature Massage + Body Scrub

Tantara Signature Massage is a combination of Swedish, Balinese, Malay, Lomi-lomi and Tantrik massage technique to heal your mind, body and to improve blood circulation.

Scrub

Ginger + Lime + Sea salt
Or Orange Scrub

60mins massage RM190
30mins scrub





NEED A GET AWAY?

Our Spa debuts three Treatment Packages for you to experience the heavenly feeling massage packages that help to get away.

Diversity In Heaven (3 hr Treatment)

Diversity in heaven designed to ease muscle tension, relax your mind, body and soul, and promote energy flow. The treatment is enhanced with body scrub, mask, hair wash, facial and milk bath that draw out impurities while deep moisturizing your skin and giving a heavenly feeling.

- Honey Milk Massage 90 Minutes
- Honey Almond Scrub with Mask 30 Minutes
- Hair Wash and Mini Facial 30 Minutes
- Milk Bath 30 Minutes

Promotion Price

RM 430**

11.00am - 8pm

RM 470**

8pm - 11.00pm

Normal Price : RM 510

Mash and the min+ Facial service in the Treatment Packages

Crystal Rose Indulgence (3 hr treatment)

This treatment is a tremendous way to rejuvenate and indulge to achieve a sense of well being physical and mentally. The treatment is enhanced with body scrub and body wrap to rid your inches, hair wash, facial and rose petals bath that cleanse, detox, and nourish your skin that leaves skin crystal clear.

- Signature Massage 90 Minutes
- Rose Salt Scrub and Wrap 30 Minutes
- Hair Wash and Mini Facial 30 Minutes
- Rose Petals Bath 30 Minutes

Promotion Price

RM 400**

11.00am - 8pm

RM 420**

8pm - 11.00pm

Normal Price : RM 460

Pamper Treats (2 Hrs 20 Min Treatment)

This Pamper Treats relieves muscles tension, detox and cleanse your body and ears that allows you to unwind and de-stress from your daily grind.

- Signature Massage 90 Minutes
- Death Sea Body Mask 30 Minutes
- Ear Candling 20 Minutes

Promotion Price

RM 290

Normal Price : RM 340

Tantara Warm Stone Retreat

A full body massage which is using smooth warm stone. The stone are places on strategic energy points to easy away tension. The massage is a combination of hot stone and hands to stimulate the lymphatic system to detoxify the body.

- Warm Stone Retreat
- Malay Massage

100 Mins RM 200 | 120 Mins RM 230



Herbal Ball Retreat

Herbal ball that blend from 11 types of herbs is heated and compress an strategic energy point to relax the body and mind, sooth sore and relief muscle while at the same time boost energy level.



- Malay Traditional Massage
- Herbal Steam Compress

90 Mins RM 190

Buy 3 treatment 90 minutes
FREE 1 hour massage.

Buy 5 treatment 90 minutes
FREE 1hour massage and 30 minutes scrub.

Buy 8 treatment 90 minutes
FREE 90 minutes massage and 30 minutes scrub.



OPENING HOURS

Spa Treatments : Daily 11:00am - 11:00pm
Last treatment starts at 10:00pm.

ADVANCE BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available

CANCELLATION POLICY

Cancellation within 12 hours or a no show will incur a 100% charge. A credit card number is required at the time of booking.

SPA PACKAGES

Information on special Spa packages or group programmes can be obtained by contacting the Spa Concierge at +60(3) 2161 2460 ext. 7690.

SPA ETIQUETTE

Our Spa environment is one of tranquility and relaxation. Please respect all spa guests' right to privacy and serenity, and we ask that you turn off your mobile at all the times.

SPA ARRIVAL

We recommend that you check in Spa Reception at least 30 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also gives you ample time to change and relax into the treatments that await you, as well as visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT

The minimum age requirement for access to the Spa is 16.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries which could affect your service when making your spa reservation.

PREGNANCY

Please allow the Spa Concierge to guide you in selecting which treatments are most suitable for you during this special time.

CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every service and treatment

LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables in your guest room or in the safe deposit box at spa reception during your visit. For the protection of your clothing, we also ask that you wear the robe provided

ACCIDENTS OR INJURIES

The use of alcohol and tobacco on spa premises is strictly prohibited

SPA BOUTIQUE

To continue your spa regimen at home, all Spa products used in the treatments and services are available next to spa reception.

METHOD OF PAYMENT

Payment can be done either cash or credit card or room charge.



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