



CHAVANA
— SPA —



The Pacific Sutera Hotel

Journey of the Senses 2 hrs 25 mins RM715
Immerse yourself in an unforgettable journey of the senses. Citrus Footbath ~ Lime Body Wash and Choice of Botanical Body Polish ~ Infrared Detox Sauna or Aromatherapy Floral Bath ~ Traditional Balinese Massage ~ ELEMIS Taster Facial.

Frangipani Body Glow 2 hrs RM690
Uplifting and re-energising, this full body exfoliation and nourish ritual featuring ELEMIS Skincare is designed to transform and restore, completed with a facial and massage, promises to impart a true sense of joy and lightness. Warm Oil Drizzle ~ Lime and Ginger Exfoliation ~ Frangipani Monoi Body Cocoon ~ Mini Facial ~ Balinese Massage.

Ocean Detox Wrap 1 hr 50 mins RM560
Essentially a seaweed and clay body treatment designed to stimulate the lymphatic system, purge impurities and provide a mineral blast to the skin. A foil wrap is used to encourage the elimination of toxins, while a scalp massage manages to seemingly cleanse your mind. After a detoxifying infrared sauna session and cleansing tea, lie down, close your eyes and sink into heaven with a body massage using a purifying blend of essential oils.

Spa Discovery 1 hr 20 mins RM370
Age-old tradition combines with the finest European skincare for a deliciously relaxing experience. Traditional Balinese Massage ~ ELEMIS Taster Facial.

Heaven & Earth 1 hr 20 mins RM360
This treatment package begins with a Traditional Balinese Massage to unwind and is followed with a Refresher Facial to leave you glowing.

Chavana Massage 1 hr 20 mins RM690
50 mins RM430
Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

Gua Sha Therapy 1 hr 20 mins RM390
This centuries old Chinese therapy utilizes a curved crystal stone to scrape the skin in firm strokes, Gua Sha directly stimulates blood flow and lymphatic drainage improving wellbeing. The action of pulling the crystal across the skin is deeply relaxing, assists with muscle tension, and reduces inflammation and puffiness. With continued use, Gua Sha is renowned for the ability to firm the body's contours.

Traditional Balinese Massage
1 hr 20 mins RM380
50 mins RM235
Passed down through the generations this massage is designed to loosen tight muscles and improve energy flow through the body.

Tension Relief Massage 1 hr 20 mins RM380
Slow, deep massage strokes deliver pressure to the inner layers of muscles and connective tissue to ease tightly-held tension. It relieves chronic pain by speeding up the blood circulation and thus delivers fresh oxygen and nutrients to the muscles to help them repair and improve their condition.

Asian Head Massage 50 mins RM280
This shoulder, neck, upper back, arm and scalp massage is based on the ancient healing system of Ayurveda. A Thai poultice filled with exotic leaves, flowers and lime essential oil is dipped in warm coconut oil and used on the scalp, for scalp and hair care as well as complete relaxation. Deep thumb and finger pressure, friction and soothing strokes help to reduce tension, improve circulation and flush out physical and emotional toxins.

Asian Foot Massage 50 mins RM210
Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

Express Massage 30 mins RM130
For those of you on a tight schedule, this short but effective massage will help to relieve tension and stress.

Spa Add-on

Infrared Detox Sauna 20 mins RM100

Infrared Detox Sauna Program
5 x 20 mins RM350

Purity Facial 50 mins RM235
Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

ELEMIS Pro-Collagen Age Defy

1 hr RM615
Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS Superfood Pro-Radiance

1 hr RM365
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

**Independent Clinical Trials.*

ELEMIS Body Nectar Nourishing Wrap - Frangipani

45 mins RM365
The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS Intensely Cleansing Salt Scrub - Lime and Ginger

45 mins RM365
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Gift Certificate

Gift certificate purchase is available for all Spa treatments or at a value amount. Please contact our Spa Reception for further details.

Homecare & Gifts

Luxury skin and body care products along with beautiful gifts are available at our Spa Boutique.

Spa Basics

Should I reserve my treatments?

Yes, either phone or visit the Spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?

Please arrive at the Spa 15 minutes before the scheduled time to check-in and change.

What if I have special health considerations?

Please notify our Spa Manager or Receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have any concern at all, let us know.

What if I'm late for my appointment?

Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

What do I wear during my treatment?

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

What about my valuables?

We advise guests not to bring valuables to the Spa as we do not accept liability for loss. For all other personal items we provide lockers.

What if I need to cancel a Spa reservation?

The treatments you select are reserved especially for you. Guests will be charged 50% for treatments not cancelled six hours in advance.

What about payment for Spa services?

You may charge Spa services to your hotel bill. We accept all major credit cards (VISA, AMEX, MASTERCARD and JCB.)



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