



CHAVANA  
— SPA —



The Pacific Sutera Hotel

**Journey of the Senses** *2 hrs 25 mins* *RM755*  
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.

**Heaven & Earth** *1 hr 20 mins* *RM380*  
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 30 mins* *RM730*  
*1 hr* *RM455*  
Chavana's signature massage is a fusion of global techniques performed by two therapists at the one time.

**Traditional Balinese Massage** *1 hr 30 mins* *RM400*  
*1 hr* *RM250*  
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 30 mins* *RM400*  
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** *1 hr 30 mins* *RM400*  
*1 hr* *RM300*

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.

**Gua Sha Therapy** *1 hr 20 mins* *RM415*  
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.

**Asian Foot Massage** *1 hr* *RM220*  
Inspired by a selection of different Asian massage styles, this combination of strokes stimulates circulation, relieves tired and painful feet.

**Purity Facial** *1 hr* *RM250*  
Using fresh ingredients prepared daily in the Spa kitchen. This facial treatment delivers cleaner, healthier and smoother skin.

**Spa Add-on**  
**Infrared Detox Sauna Program** *5 x 20 mins* *RM370*  
**Infrared Detox Sauna** *20 mins* *RM110*

**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, MC, JCB)



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**Chavana Spa**

**The Pacific Sutera Hotel**

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A Mandara Spa Company