

## Signature Treatment 特色疗程

### Oriental Touch Ritual

60 mins

Oriental Touch ritual is the signature relaxing crown to toes therapy. Experience this deeply restorative treatment with warm coconut oil dripped onto the 3rd eyes followed by rhassoul clay hair mask that is rich in minerals. Let your worries drift away with body massage and finish on the sole of the foot.

- Welcome Ritual with Foot Bath
- Warm oil dripping on Forehead
- Rhassoul Hair Mask
- Full Body Massage

### 宁静的天堂体验

这是一项极致呵护身心灵的特色疗程。温暖的有机椰子油淋漓在额头眉心之间, 使您深入的体验全身放松, 再让充满丰富矿物质的东方拉素泥滋养并深层清洁发膜, 化解一切的负能量, 最后的全身按摩赋予身心灵的释放与呵护。

- 沐足欢迎仪式
- 温油淋漓眉心
- 拉素泥发膜护理
- 全身按摩

## Mountain 山

- **Power**
- **Strength**

Discover the restorative power of the mountains.

Centuries ago Moor mud was found to have therapeutic effects. Today we combine our authentic local Malay massage, “Urut” with the legendary Moor Mud to heal, soothe, rejuvenate and revitalize your soul.

- 能量
- 强韧

发掘深山疗愈之能量。

早在千百年前黑泥已被发掘拥有疗愈之功效。今天，我们结合当地传统的马来按摩，“Urut”与传说中的黑泥，达到修护，舒缓，充满活力和振兴心灵的体验。

## MOUNTAIN - SPA PACKAGE

### Mountain Escape I

3 hours

Begin with softly buff the body to remove dead skin cells and application of Moor Mud. Next your body is gently wrapped to allow the infusion of the minerals from the Moor Mud to penetrate the skin. The refresh facial rejuvenates your skin and Traditional Massage to further relief muscle pain and increases body metabolism.

- Welcome Ritual with Foot Bath
- Moor Mud Wrap
- Refresh Facial
- Traditional Massage

\* ALL PRICES ARE INCLUSIVE OF 6% GST

**高山至尊 一**

首先轻柔的去除表皮干燥暗淡的老化细胞，接着涂抹黑泥然后裹肤，使黑泥中的丰富矿物质渗透肌肤以发挥排毒亮肤滋润的三合一功效。裹肤时呈现活力再生面部护理。 疗程紧接着本地沙巴传统按摩手法为你舒缓肌肉酸痛，并促进身体代谢功能。

- 沐足欢迎仪式
- 黑泥包扎
- 面部清新护理
- 传统按摩

**Mountain Escape II**

2 hours

A several hundred year old treatment that is used to cleanse the body. Using authentic Thermal Moor Mud rich in minerals and trace elements to revitalize tired muscles and dull skin. This treatment follows a Traditional Massage to further relief muscle pain and increases body metabolism.

- Welcome Ritual with Foot Bath
- Moor Mud Wrap
- Traditional Massage

**高山至尊 二**

采用百年传统疗愈法以净化身体。使用正宗纯黑泥，富含有丰富的矿物质和微量元素的，振兴疲惫的肌肉和提亮肌肤。这疗程配合本地沙巴传统按摩手法为你舒缓肌肉酸痛，并促进身体代谢功能。

- 沐足欢迎仪式
- 黑泥包扎
- 传统按摩

## Water 水

- Relax
- Harmony

Find inner peace as you embark on this relaxing journey that calms both mind and body. This divine therapy induces relaxation and harmony through the use of traditional local herbs and aromatic oils.

- 放松
- 宁静

带你走入身心灵放松的宁静旅程，找到内心的平静。这温馨的疗程是以本土的传统草药和芳香精油配方，结合传统按摩手法，细心引领您进入身心放松与和谐的境界。

## WATER - SPA PACKAGE

### Water Harmony I

3 hours

Your journey begins with a delightful scalp massage with warm oil, followed by gentle herbal remedies swirled over the body to softly buff the skin. The treatment concludes with a pampering massage which uses our divine signature aromatic oil. Feel your stress melt away.

- Welcome Ritual with Foot Bath
- Scalp Therapy
- Gentle Botanical Body Scrub
- Aromatherapy Massage

## 清水和谐一

以温暖的油呈现头部按摩来掀开这温馨的和谐疗程，其次是温和的药草配方溶化肌肤表面的暗淡角质细胞。最后让经典芳香按摩手法，溶化你的压力，使紧绷的肌肉得到放松，身心灵合一。

- 足浴欢迎仪式
- 头皮护理
- 天然植物配方身体磨砂
- 芳香精油按摩

### Water Harmony II

2 hours

Gentle scrub away stress and impurities with certified Organic Sugar Crystals. Formulated with organic sunflower and safflower oils to deeply hydrate and condition hands, feet and body leaving skin smooth with a youthful glow. Completes with Aromatherapy Massage to help your body restore the natural harmony between body and mind.

- Welcome Ritual with Foot Bath
- Sugar Crystal Body Scrub
- Aromatherapy Massage

## 清水和谐二

采用有机认证的糖晶身体磨砂，轻柔且有效的去除暗淡老废角质。同时有机葵花籽油和红花油深层滋润肌肤，补充水分。接着以经典芳香按摩手法，溶化你的压力，使紧绷的肌肉得到放松，身心灵合一。

- 沐足欢迎仪式
- 糖晶身体磨砂
- 芳香精油按摩

## Wind 风

- **Enlighten**
- **Transform**

A most luxurious and indulgent experience. Caviar which contains protein and powerful antioxidants is gently massaged onto the face. Our specially designed Fusion Massage then follows using the Chamomile Lotion. Your spirits will be lifted and leave you ready for the next activity.

- 恢复活力
- 蜕变

一种豪华顶级放松的体验。以含有丰富蛋白质和抗氧化剂的珍贵顶级鱼子酱作全程护理。然后使用柔和的洋甘菊乳液配合特别混合式按摩手法，解除您的精神压力，为您下一项活动注入活力。

### WIND - SPA PACKAGE

#### Wind Element I

3 hours

We begin with a Caviar facial to infuse the skin with premium age defying nutrients to smooth fine lines that visibly improves skin luminosity. This is followed by our creative fusion massage which rejuvenates and restores radiance.

- Welcome Ritual with Foot Bath
- Caviar Facial
- Fusion Massage

### 风雅颂 一

首先以鱼子酱顶级豪华面部护理，给皮肤注入优质抗衰老化养分，抚平细纹，明显改善皮肤亮度。其次以柔和的洋甘菊乳液配合轻松的按摩手法，使您皮肤恢复活力与光采。

- 沐足欢迎仪式
- 鱼子酱顶级豪华护理
- 融合渗透按摩

### Wind Element II

2 hours

Begins with a stress relieving massage to relieve your tension around your scalp, neck and shoulder area. Luxurious, protein-rich caviar and dose of powerful antioxidants are applied to infuse your skin with age defying nutrients to smooth fine lines and improve texture.

- Welcome Ritual with Foot Bath.
- Scalp and Shoulder Massage
- Caviar Facial

### 风雅颂 二

首先以缓解压力的按摩手法来松缓您紧崩的颈肩与头部，接着使用含丰富蛋白质和抗氧化剂的顶级豪华鱼子酱作全程皮肤护理，给皮肤注入优质抗衰老化养分，抚平细纹，改善质地。

- 沐足欢迎仪式
- 头皮和肩膀按摩
- 鱼子酱顶级豪华护理

## Wood 林

- Uplift
- Awaken
  
- 提升
- 唤醒

### Wood – Spa Package

#### Bamboo Journey

2 hours

A bamboo matures fully in approximately seven years, most bamboo flowers only once in 60 to 120 years. A gentle bamboo scrub is a special care for the delicate skin. It is a complete experience with a traditional bamboo massage. Bamboo massage is good for poor circulation and deep massage targets on sore muscles.

- Welcome Ritual with Foot Bath
- Bamboo Scrub
- Bamboo Massage

#### 竹韵之礼

竹子必须经历 7 年之久才能够达到完全成熟，竹花则须在 60 年至 120 年之间才能够盛开一次。以温柔精致的竹子制作成的去角质霜能有效去除娇嫩的表面干燥细胞，接着我们以传统的竹子按摩全身，给您一个全新的完整体验。竹子按摩有效的促进血液与淋巴循环，更能深层舒缓肌肉酸痛。

- 沐足欢迎仪式
- 竹子精华磨砂
- 竹子按摩



Gakod Ku, Ralan Ku Foot Therapy 60 mins  
my feet, my path

Our ancestors believe that when our feet are connected to the earth and nature, we shall receive our health as our wealth.

With the use of local plants including Sirih, Serai, Lemongrass, Ginger, Kantan flower, Pandan, Neem, Wildflowers to wash the feet with the aid of local river stones to remove dead skin cell, it is extremely cleansing and relaxing. After the traditional foot massage, let the rice powder mask heal and brighten the skin. Your feet will feel light and refresh.

### 原著民的传统足部护理

我们的祖先相信，当我们的足底踏在大地，与大自然相连接，将能从中得到能量，此乃健康之道，富贵有余。

在此传统疗程中，我们利用祖先留传下来的配方，包含槟榔叶，香茅草，生姜，野姜花，香兰叶，楝树叶，野花等浸泡双足，再借助本土的河中石去除死皮细胞，使足部洁净轻松。在按摩后，以大米粉面膜敷在双足，具杀菌，净白，愈合功能。瞬间感觉前所未有的轻松。

## Massage

**Signature Massage** 90 min

A unique blend of massage techniques that caters to your specific needs. Our Malay “Urut” is combined with western technique to stimulate blood circulation, soothe tense muscles and leave you energized and revitalized.

### 特色按摩

我们的马来式独特按摩手法“Urut”与西式手法相结合，以促进血液循环，舒缓紧张的肌肉和重塑身心。使您容光焕发，神采飞扬。

**Bamboo Massage** 90 min

A bamboo matures fully in approximately seven years, most bamboo flowers only once in 60 to 120 years. It is a complete experience with a traditional bamboo massage. Bamboo massage is good for poor circulation and deep massage targets on sore muscles.

**竹韵按摩**

竹子必须经历7年之久才能够达到完全成熟，竹花则须在60年至120年之间才能够盛开一次。我们以传统的竹子按摩全身，给您一个全新完整的体验。竹子按摩有效的促进血液与淋巴循环，更能深层舒缓肌肉酸痛。

**Aromatherapy** 60/90 min

Your body will be pampered with a specially created blend of pure essential oils. This therapeutic massage calms the mind, detoxifies the body and rejuvenates the spirit.

**芳香按摩**

你的身体将享受沉浸于一个独特设计的纯精油护理中。此按摩有效平静你的身心，排毒养颜使身体恢复活力。

**Traditional** 60/90 min

This massage is recommended for someone who has stiff and tired muscles. It combines deep work with stretching, rocking and circulation enhancing strokes.

**传统按摩**

本地沙巴传统按摩针对肌肉僵硬，疲倦的客人。它结合了伸拉与揉捏手法，来刺激血液循环，从而舒缓肌肉酸痛，并促进身体代谢功能。

**Head and Shoulder** 30 min

A deeply soothing treatment to ease away the pains and stresses of your day. This massage concentrates on the head, neck and shoulder areas to rid nervous tension and relieve tired muscles.

**肩颈，头部舒缓按摩**

这是一个深层舒缓疗法，能有效舒缓您绷紧的肩颈与头部。

**Foot Reflexology** 45 min

For thousands of years, the Chinese have practiced acupressure - finger-point pressure that stimulates reflex zones in the feet, which are systematically linked to all parts of the body. This almost magical touch unclogs energy flow, promoting oxygenation of tissues and the removal of toxins.

**足底反射按摩**

千百年来，中国实行穴位按摩 - 手指点压在脚上，将所有身体系统与身体部位相联系，刺激反射区。这近乎神奇的触摸能疏通能量的流动，促进细胞间的氧气循环和排毒。

**Facial 面部护理**

**Caviar Facial** 90 min

This anti-aging facial leaves you feeling young again. A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich Caviar and powerful antioxidants. Exclusive Caviar products infuse the skin with age defying nutrients to smooth fine lines and improve texture. An Acu-Lift Massage visibly firms and tones and our innovative luxurious masque provide intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent!

### 鱼子酱顶级豪华护理

这种抗衰老面部护理，让你感觉自己更年轻了。豪华顶级的面部护理富含蛋白质的鱼子酱和强大的抗氧化剂可提升皮肤弹性，均匀肤色，细致深层滋润的肌肤。。独家鱼子酱产品注入抗衰老营养成分，抚平细纹，改善质地。Acu-Lift面膜按摩显著的提拉皮肤再配合豪华顶级鱼子酱面膜可均匀肤色，瞬间补水和恢复肌肤光泽。立竿见影的效果，使皮肤看起来光滑，健康，散发光采。

### Deep Cleansing Facial

60 min

A purifying treatment for all skin types which includes gentle exfoliation to remove dull surface skin cells, a luxurious massage and deep-cleansing masque with botanical extracts to rejuvenate and nourish the skin. A heated hand treatment completes the experience.

### 深层净化护理

适合所有皮肤类型，其中包括温和的去除暗淡的表皮角质，一个净化的按摩手法配合植物提取物的深层清洁面膜，达到重振和滋润皮肤。最后以温热的手部护理完成整个治疗。

### Gentlemen's Facial

60 min

A deep cleansing therapeutic facial designed specifically for the skin care needs of men. It imparts a natural healthy glow and leaves one feeling wonderfully refreshed

### 绅士面部护理

深层清洁的面部护理疗程，专门针对男性肌肤。它赋予皮肤一个自然健康的光泽并且留下一个焕然一新的感觉。

### **Refresh Facial**

30 min

A quick pick-me-up express facial based on organic Moor Mud, which refines and remineralizes dull, lifeless skin.

### **清O新面部护理**

采用含有净化提亮功效的有机黑泥，帮助快速恢复暗哑，无光泽的肌肤。

### **BODY SCRUB**

#### **Gentle Botanical Scrub**

60 min

All natural botanicals creamy scrub is swirled over the body to gently buff skin followed by a bath gel and loofah scrub. The treatment is completed with the application of a delicately scented chamomile body spray. Suits the most sensitive skin.

#### **细致萃绿身体祛角质**

全天然的植物成分，轻轻按摩在娇嫩的皮肤上，然后用丝瓜配合洋柑橘沐浴露再次擦洗。最后在皮肤上喷洒美妙香气的洋柑橘喷雾来结束整个护理。适合敏感型的皮肤。

#### **Sugar Crystal Scrub**

60 min

Gentle scrub away stress and impurities with certified Organic Sugar Crystals. Formulated with organic sunflower and safflower oils to deeply hydrate and condition hands, feet and body leaving skin smooth with a youthful glow

#### **天然赤糖亲肤去角质**

采用有机认证的糖晶身体磨砂，轻柔且有效的去除暗淡老废角质。同时有机葵花籽油和红花油深层滋润肌肤，补充水分。此疗程使全身肌肤光滑柔润、极致水润。

## BODY WRAP

### Moor Mud Wrap

60 min

Moor Mud is known for its legendary powerful therapeutic properties, including a blend of botanical materials, which has a natural interaction with thermal mineral water. Soothes and rejuvenates tired muscles and dull skin.

### 黑泥体敷

传说黑泥拥有强大的治疗特性，它与植物，热泉水的混合具有天然的作用。使疲惫的肌肉恢复活力；使暗哑的肌肤恢复光泽柔嫩。

### Brightening Regime

60 min

The perfect cool and brightening treatment utilizing Aloe Vera Gel and the treasure of sea - Spirulina which is rich in protein, vitamins, minerals and natural enzymes, to promote even skin tone leaving skin glow and fair.

### 净白塑身体敷

完美的凉爽和提亮护理，利用芦荟凝胶和海洋宝藏 - 螺旋藻，含有丰富的蛋白质，维生素，矿物质和天然酵素，促进肤色均匀，散发肌肤自然的白皙亮泽。

## SPECIALTY

### Cool and Heal

45 mins

With our local recipe of rice, neem and aloe to heal your skin instantly after sea sports activities. This fast-absorbing after sun therapy leaves the skin soft, refreshed and hydrated

### 冰凉，愈合

我们使用本地大米，楝树和芦荟配方，快速治愈晒伤的皮肤。这项晒伤后的快速恢复疗程可令肌肤柔软，清新，水润。

## Manicure / Pedicure

### 手足美甲护理

#### Mindful Manicure

60 min

Experience Slow Beauty Hand care includes, nail files, cuticle grooming, exfoliation, moisturizing and arm massage. Nails are perfectly polished and finely groomed

#### 手部美甲

手部的保养疗程，包括指甲修型、指缘保养、角质层护理、保湿滋润、手部按摩。指甲面刷光或上色。

#### Mindful Pedicure

75 min

Foot soak, cuticle grooming, nail file, foot scrub, exfoliation of calluses will renew and restore hydration of the sole of the foot. Nails are perfectly polished and finely groomed

#### 足部美甲

足部的保养疗程，包括沐足、指甲修型、指缘保养、角质层护理、保湿滋润、手部按摩。指甲面刷光或上色。

#### Color Only

Mani / Pedi Re-vanish

#### 单纯上色

手 / 足的指甲上色