



## Massages

### Taaras Signature Massage (90 mins) RM 360

Our signature massage takes you back to the traditional art of healing and renewal where a heated poultice of aromatic herbs and spices is applied on the meridian points of the body to soothe sore muscles, followed by an invigorating massage to ease joint pains.

### Stress Relief Massage (60 mins) RM 280

A relaxing massage enhanced with the use of organic seaweed massage oil helps to relieve stress and muscle tension and to revive one's energy level.

### Aromatherapy Massage (60 / 90 mins) RM 260 / 320

You have a choice of our preferred aromatherapy blends for a calming and relaxing massage that involves long rhythmic strokes. This massage is suitable for everyone and will put your body and mind in a state of deep relaxation.

### Deep Tissue Massage (60 / 90 mins) RM 260 / 320

Through a combination of firm strokes and Shiatsu acupressure, this massage helps relief stiffness and tension of body muscles. The essential oil blend enhances blood circulation and is excellent for jet lag recovery.

### Head, Neck & Shoulder Massage (30 /60 mins) RM 140 / 240

A perfect remedy for stress and helps to relieve headaches.

### Reflexology (30 / 60 mins) RM 140 / 220

The practice of applying pressure to the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.

*Please call ext.7302 for bookings and any enquiries.*

*Operation Hours : 10am to 9pm daily.*

*Prices are nett in Ringgit Malaysia.*



## Body Scrubs

### Ginger Sea Salt Scrub (50 mins) RM 260

For a refreshing experience, try our ginger sea salt scrub for healthier, radiant-looking skin. Specially made from a mixture of marine-based ingredients and spiced with ginger, this scrub detoxifies and improves your blood circulation.

### Vanilla Coconut Body Scrub (50 mins) RM 260

This gentle natural cleansing scrub is rich with nutrients of white glutinous rice and coconut that is perfect for sensitive or sun burnt skin.

### Organic Body Buff (50 mins) RM 300

An organic concoction of finely ground walnut shells, almond oil, focus serratus seaweed and ginger extracts to remove rough and listless-looking skin cells to reveal vividly refined softer and silky smooth skin.

### Organic Peppermint Sugar Glow (50 mins) RM 300

The fresh and invigorating organic peppermint essential oil with seaweed and sugar scrub cools and is uplifting while promoting skin renewal.

## Body Wraps

### Algae Seaweed Wrap (50 mins) RM 260

Detoxify, tone and purify your skin with an indulging Algae Seaweed Wrap placed over a warm thermal blanket, which helps the essence go beyond the deep layers of your skin for best results.

### Aloe Vera & Dead Sea Mud Wrap (50 mins) RM 260

The soothing aloe vera combined with the minerals enriched Dead Sea mud is excellent for overexposed, dehydrated or irritated skin, and helps to relieve tensed muscles, tired and painful joints.

### Signature Seaweed Leaf Buff & Wrap (75 mins) RM 380

Visualize your entire body being wrapped with the finest organic seaweed, hand harvested from the ocean to ensure the highest content of bio-actives is preserved. This enriched wrap helps to detoxify, firm and soften the skin.

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## Facials

### Nourishing Detox Facial (75 mins) RM 350

A nourishing detox facial that commences with deep cleansing of the back, lymphatic facial massage and a marine mask with organic hand harvested seaweed leaf strips.

### Organic Lifting Facial (60 mins) RM 330

Anti-aging facial with energising acupuncture pressure points massage that promotes firmness and lifting of the skin.

### Reviving Facial (60 mins) RM 290

A relaxing cleansing facial suitable for all skin types enriched with anti oxidant algae complexes and pro collagen organic extracts to give the natural glow one needs.

### After Sun Facial (60 mins) RM 290

A cooling and gentle facial using aloe vera face mask and the floral water of chamomile designed for skin that has been over exposed to the sun.

## Hands & Feet

### Manicure (50 mins) RM 100

### Pedicure (50 mins) RM 120

### Manicure & Pedicure (80 mins) RM 190

### Deluxe Foot Spa (60 mins) RM 230

### Deluxe Hand Treatment (60 mins) RM 230

The ultimate pampering treatment for stressed, dry and chapped hands and feet, to condition, shape and buff nails and cuticles. The Deluxe Foot Spa includes a sea salt scrub, a soothing pedicure mask and a relaxing mini massage and the Deluxe Hand Treatment includes a sea salt scrub, a clay mask and a light hand massage.

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## Packages

### Asthana (energising) (120 mins) RM 450

Re-energise yourself after a tiring or hectic day with a Deep Tissue Massage followed by the Deluxe Foot Spa treatment.

### Asmana (relaxing) (120 mins) RM 530

This is an ideal package to relax and soothe your tensions away, our Asmana package includes the Stress Relief Massage and the Reviving Facial.

### Prana (revitalising) (120 mins) RM 530

To feel truly revived and revitalized, awaken the senses with invigorating Organic Body Buff and Aroma Massage.

## Taaras Signature Packages

### Marine (180 mins) RM 690

Drift away to absolute bliss in a sea of nutrients with our Ginger Sea Salt Scrub, followed by Algae Seaweed Wrap and Aroma Salts Bath and complete with Deep Tissue Massage.

### Organic (180 mins) RM 690

For the ultimate organic experience, pamper yourself with the Organic Peppermint Sugar Glow, followed by an aromatic bath enriched with organic bath salts and be relaxed by our Stress Relief Massage and Reviving Facial.

### After Sun Remedy (110 mins) RM 530

Soothe and condition your skin after exposure to the sun with the Aloe Vera with Dead Sea Mud Wrap followed with the After Sun Facial.

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