



## Massages

### Taaras Signature Massage (90 mins) RM 380

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 pre-blended stress relief massage oil helps relieve stress and muscle tension and to revive one's energy level. Ideal for anyone seeking for relaxation and jet lag recovery.

### Aromatherapy Massage (60/90 mins) RM 280 / RM 360

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

### Deep Tissue Massage (60/90 mins) RM 280 / RM 360

An excellent choice of massage that promotes blood circulation and heals tension and pain. Through a combination of firm strokes and Shiatsu acupressure, this massage helps relieve stiffness and tension of body muscles.

### Head, Neck & Shoulder Massage (30/60 mins) RM 150 / RM 260

A perfect remedy for stress and helps to relieve headaches.

### Foot Massage (30/60 mins) RM 150 / RM 260

A relieving foot massage with pressure point focuses on the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.

*Please call ext. 7302 for bookings and enquiries. Operation hours 10am - 10pm daily.*



## Body Scrubs

### Ginger Sea Salt Scrub (50 mins) RM 280

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 280

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

### Organic Body Buff (50 mins) RM 330

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 330

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 280

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 280

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

**After Sun Facial (60 mins) RM 330**

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

**Reviving Facial (60 mins) RM 330**

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

**Natural Lifting Facial (60 mins) RM 360**

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

**Nourishing Detox Facial (75 mins) RM 380**

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

## Hands & Feet

**Manicure (50 mins) RM 120**

**Pedicure (50 mins) RM 160**

**Manicure & Pedicure (80 mins) RM 260**

**Deluxe Foot Spa (60 mins) RM 240**

**Deluxe Hand Treatment (60 mins) RM 240**

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 salts 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 480**

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 580**

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 580**

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

## Taaras Signature Packages

**After Sun Remedy (110 mins) RM 580**

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

**Island Bliss (180 mins) RM 780**

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

**Jet Lag Recovery (180 mins) RM 880**

Be refreshed after a long journey, pamper yourself with our Organic Peppermint Sugar Glow Body Scrub, followed by a Jet Lag Relief Mineral Bath Soak and be rejuvenated by our Stress Relief Massage and Reviving Facial.

**Taaras Spa Honeymoon (210 mins x 2 pax) RM 1780**

For the ultimate couple spa experience, pamper yourself and your loved one with our Vanilla Coconut Body Scrub, followed by a nutrient rich Aromatic Dead Sea Salts bath soak and be drifted away by our Taaras Signature Massage and Reviving Facial.

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