



Chi

THE SPA AT SHANGRI-LA

# MASSAGES

All of our massages are performed at the highest quality. A premium ingredient massage oil that hydrates, soothes, relaxes, rejuvenate, and calms the mind and body. All massage oils are formulated by aromatherapy experts to provide efficacy with 100% natural ingredients and are available in unscented and mildly scented options.

Complimentary foot bath is available for all massages upon request. Please be aware that the foot bath will be part of your treatment duration.

## Signature Herbal Asmaradana Massage

An authentic Malaysian massage that uses the healing effects of ginger oil and steamed linen poultices filled with local herbs, lemongrass and pandan leaves to reduce tension, soothe sore muscles and increase circulation.

60/90 minutes

RM458/558

## Rejuvenating Aromatherapy Massage

This light to medium pressure Swedish massage is designed with all of your needs in mind. Choose from a selection of natural aromatherapy oils to enhance your spa experience. An excellent choice for first time spa-goers.

60/90 minutes

RM358/458

## Asian Blend Massage

This massage combines traditional Asian techniques, including Thai pressure points, Balinese and Malaysian strokes, Chinese energy flow and more, restoring and balancing your energy throughout your entire body.

60/90 minutes

RM358/458

## Deep Tissue Massage

Our most popular therapeutic massage uses deep tissue techniques and light stretching, working on the deeper layers of your body to release muscle tension. It is ideal for active individuals and for those who frequently receive massages.

60/90 minutes

RM358/458

## Healing Hot & Cold Stone Massage

Feel your tension melt away with the use of specially-selected heated river stones. When worked along the muscle cords, muscle soreness is eased and knots worked out along the way. Cold stones have a very soothing effect on the delicate skin of the face providing it with lifting and firming effects.

90/120 minutes

RM558/658

## Stress-relieving Neck, Back and Foot Massage

This focused massage quickly helps to release tension in the neck, shoulders and back. This massage will also help to reduce swelling of the legs and ankles, stimulate blood circulation and relieve stress.

60 minutes

RM358

## Massages for Two

Make time to reconnect with a loved one, best friend or family member with massages, set within one of our suites for two. Two therapists work in tandem to provide an unforgettable experience.

*\*Both massages must be identical in duration.*

# WELLNESS JOURNEYS

## Rasa Sayang Tropical Journey

Wellness is a personal journey that we have made easier for you to enjoy with our **Signature Organic Deep Cleansing Facial** (60 minutes) and **Deep Tissue Massage** (60 minutes).

2 hours

RM688

## Tropical Malaysian Experience

Rejuvenate your skin with our **Ginger Exfoliating Scrub** (45 minutes including rinse) before experiencing our **Asian Blend Massage** (60 minutes). Complete your experience with a **Spa Romantic Bath Soak** of your choice (15 minutes).

2 hours

RM728

## Mindful Luxury Retreat for Two

Reconnect with your partner and find the inner peace and harmony between two souls. This journey for two combines two signature treatments - **Signature Organic Salt and Sugar Scrub** and **Signature Hydra-Organic Wrap Combo** (90 minutes combo including rinse), finishing with a **Couples Rejuvenating Aromatherapy Massage** (60 minutes).

2 hours 30 minutes

RM1400 for 2 persons

# ENHANCEMENTS

## SPA ENHANCEMENTS

RM50 each

Enhance the quality of any one of your journeys or treatments. Select one or as many as you like. No extra time is required, and results are effective and immediate.

## Hot Oil Hair and Scalp Treatment

Premium sunflower, soya bean and coconut refined oil soothes the scalp while coconut oil leaves your hair hydrated, soft and brilliant. Leave on overnight for extra hydration.

## Organic Moisturising Massage Booster

Transform your massage into a nourishing treatment with an extra boost of premium organic natural plants hydrators. Aloe vera, apricot oil, cocoa butter and shea butter leave your skin hydrated, healthy, and glowing from head to toe. \*Not available for facials

## Firming Collagen Facial Sheet Mask

Reduce the appearance of wrinkles, tighten loose skin, and replenish moisture with this mask rich in collagen and vitamin E.

## Anti-wrinkle Eye Puffiness Mask

The eye area has the most delicate skin of the face and needs extra attention. Rich in essential amino acids and vitamins, this will provide you with immediate and noticeable results.

## Hydrating Hand or Foot Treatment

Soften, hydrate, and return youth to your hands or feet with premium moisturising cream with active aloe vera and glycerine. Priced by per pair of hands or feet.

# FACIALS

Our facials are all performed using results-driven, luxury skincare by Pevonia, made with natural and organic ingredients. Please note that no extractions are performed in any of our facials.

## Signature Organic Deep Cleansing Facial

A purifying deep cleansing treatment with a gentle exfoliating peel to renew the skin, followed by a massage and masque with botanical extracts. This facial will rejuvenate and nourish the skin. Suitable for all skin types.

60 minutes

RM458

## Hydra-Memory Gentleman's Facial

Specifically designed for men, this facial helps improve skin texture, tone and focuses on area of deep-seated tension.

60 minutes

RM458

## Jade Restorer Facial

The perfect cellular rejuvenating treatment that uses jade rollers and botanical extract. This facial will improve elasticity, boost blood circulation, lymphatic drainage and improve suppleness of the skin. Facial expression lines and wrinkles will be dramatically reduced.

75 minutes

RM488

## Reinvigorating Express Facial

A quick facial to wake your skin and restore a glowing look for when you are short on time. Includes cleansing, exfoliation, mask and finishing cream.

30 minutes

RM328

# BATH SOAKS

Enjoy the luxury of an evening bath soak in the privacy of your room or at the spa villa. The soak can be added to any treatment or enjoyed on its own.

20 minutes

RM158 per bath

Scan to book online



# BODY TREATMENTS

## SCRUBS

45 minutes

RM358

### Signature Organic Salt and Sugar Scrub

Enjoy a full body scrub, rich in aloe vera, apricot oil, cocoa butter, and shea butter. Your skin will be instantly smoother and hydrated. Can be performed without scent or with a bespoke aroma of your choice.

### Ginger Exfoliating Scrub

Vibrant fresh ginger exfoliating scrub is everyone's spa favorite to awaken and energise the skin, leaving it refined and lightly moisturised. Perfect for spongy or orange-peel skin.

### Rose Exfoliating Scrub

The luscious gentle rose exfoliating scrub with Himalayan mineral salt and Damask rose leaves the skin fragrant, refreshed and renewed. It's applied all over your body for a glorious sensory escape. As you are enveloped by the scent of rose, your skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles.

## WRAPS

60 minutes

RM388

### Signature Hydra-Organic Wrap

Using our exclusive organic moisturising cream with actives aloe vera and glycerine, this wrap will plump, firm, and hydrate the skin in the most natural way. Can be performed without scent or with a bespoke aroma of your choice.

### Tropical Coconut & Vanilla Wrap

Heavenly scented coconut and vanilla body treatment with 100% natural vanilla and glutinous rice is enriched with tropical coconut extracts. Gentle and effective to the skin, renewed and lightly fragranced with the delicate sweet scent of natural vanilla.

### Luscious Hibiscus & Rose Wrap

Your entire body is nestled in a delightful cocoon and transported to a state of divine relaxation. Breathe in tranquility as your body relaxes and stress gently slips away. Our hibiscus and rose body treatment with ground rice, flower petals, pure essential oils and earth clays is especially gentle to the skin, leaving it refreshed and glowing.

## SCRUB & WRAP COMBINATION

Two are always better than one. Choose any scrub and combine it with a wrap of your choice to leave your skin wonderfully soft, hydrated and youthful-looking.

90 minutes

RM588

## GOOD TO KNOW. MAKE A DATE WITH YOUR WELL-BEING

### RESERVATIONS

Advance booking are recommended. Please send an email, book online, call or visit Chi, The Spa should you wish to book, or discuss a reservation.

### MINIMUM AGE

The spa is an adult-only facility. To maintain a peaceful environment, children under 16 years are not permitted in the spa without parental consent. Children aged 12 years and older may undergo a spa treatment if they have signed parental consent form. Please speak with our spa coordinator for further information.

### CANCELLATIONS AND LATE ARRIVALS

In consideration of other spa guests, we request that notice be given at least 4 hours in advance if you are unable to keep your appointment. Please call our staff, who will be happy to help you reschedule. No-show or appointments cancelled within 4 hours of the scheduled treatment time will incur a cancellation fee equal to 50% of the scheduled treatment. However, please note that should there be another booking immediately after yours, your treatment may need to be shortened with no reduction in price.

### WHAT TO WEAR

There is no need to bring or wear any special clothing. Spa wear will be provided in your treatment villa. Facial gowns are provided for facials. For your comfort, disposable underwear is available for all body treatments and massages. Please do not bring valuables to the spa. The hotel and spa are not responsible for lost or missing items.

### CELL PHONES AND DEVICES

For the comfort of other spa guests, please ensure your electronic devices are switched off upon entering Chi, The Spa.

### ARRIVAL TIME

To get the most from your spa experience, please arrive at least 10 minutes before your appointment.

### PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary. For men, we recommend shaving no less than two hours prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

### YOUR PRIVACY

Your personal privacy will be protected at all times during your treatment. Your therapist will ensure that you are professionally draped, covering all parts of the body not being treated.

### MEETING YOUR NEEDS

Upon arrival to the spa, the spa coordinator will ask you to complete a brief health consultation form to ensure that your treatments are best suited to your needs. Please inform the spa coordinator if you are pregnant or have any health issues. Our spa coordinator are experienced in all treatments and would be delighted to assist you in planning your spa experience, regardless of whether you are staying in the resort or living in the city.

### YOUR TOTAL COMFORT IS OUR GOAL

Although we do our best to anticipate your needs, we appreciate that spa treatments are an individual experience. Please let your therapist know if there is any way that they can improve your treatment or comfort – for example, heavier or lighter massage pressure, an extra towel or adjusting sound or lighting levels. We recommend you to shower before coming for your treatment so as not to lose treatment time. Enjoy your experience at Chi, The Spa at Shangri-La.

Chi, The Spa open daily from 10am to 10pm

---

SHANGRI-LA RASA SAYANG, PENANG

Batu Feringgi Beach, 11100 Penang, Malaysia.

Tel: (60 4) 888 8888 Fax: (60 4) 881 1966

E-mail: [chi.rasasayang@shangri-la.com](mailto:chi.rasasayang@shangri-la.com) Website: [www.shangri-la.com](http://www.shangri-la.com)



## NAIL SERVICES

|                                                                                           | Simple | Gel |
|-------------------------------------------------------------------------------------------|--------|-----|
| <b>Manicure</b>                                                                           |        |     |
| Signature Spa Manicure                                                                    | 250    | 300 |
| Lovely Hands Manicure                                                                     | 230    | 280 |
| Express Manicure                                                                          | 200    | 250 |
| <b>Pedicure</b>                                                                           |        |     |
| Signature Spa Pedicure                                                                    | 330    | 380 |
| Heavenly Feet Pedicure                                                                    | 250    | 300 |
| Express Pedicure                                                                          | 230    | 280 |
| <b>Enhancements</b>                                                                       |        |     |
| Pamper your hands and feet with additional services. Results are immediate and effective. |        |     |
| Hand Paraffin Treatment                                                                   |        | 100 |
| Feet Paraffin Treatment                                                                   |        | 150 |
| Foot Callus Treatment                                                                     |        | 150 |
| Normal Nail Colour Only                                                                   |        | 100 |
| Gel Nail Colour Only                                                                      |        | 150 |
| Normal Nail Colour Removal Only                                                           |        | 50  |
| Gel Nail Colour Removal Only                                                              |        | 150 |

*Hair & Nail*  
SALON

RASA SAYANG, PENANG

Hair & Nail Salon open daily from 10am to 6pm

# HAIR SERVICES

|                                   | Short<br>RM | Medium<br>RM | Long<br>RM |
|-----------------------------------|-------------|--------------|------------|
| <b>Hair Wash</b>                  |             |              |            |
| Hair Wash & Blow                  | 145         | 175          | 205        |
| <b>Hair Cut</b>                   |             |              |            |
| Hair Cut Only                     | 150         | 180          | 205        |
| Hair Wash & Cut                   | 200         | 230          | 260        |
| Kiddies Hair Cut                  | 150         | 170          | 190        |
| <b>Hair Treatment</b>             |             |              |            |
| Hair Treatment - Normal           | 300         | 380          | 420        |
| Hair & Scalp Treatment - Advanced | 420         | 450          | 500        |
| Hair Keratin - Botox              | 700         | 800          | 900        |
| <b>Hair Design</b>                |             |              |            |
| Hair Colouring - Full             | 350         | 450          | 550        |
| Hair Colouring - Highlight        | 450         | 500          | 550        |
| Hair Perm                         | 450         | 550          | 650        |
| Hair Rebonding                    | 450         | 550          | 650        |

## Enhancements

Enhance your new look with additional hair styling services. Results are effective and immediate.

|                                         |     |
|-----------------------------------------|-----|
| Hair Ironing - Flat                     | 70  |
| Hair Ironing - Curl                     | 70  |
| Extra Long or Extension Hair            | 70  |
| Extra Long Hair - Colour/Perm/Treatment | 100 |

