



THE  
**SPA**

## THE SPA AT GRAND MILLENNIUM KUALA LUMPUR

At the heart of Bukit Bintang lies an urban wellness retreat offering a haven of tranquility. Designed to provide a haven of serenity amidst the bustling cityscape, experience the epitome of wellness as you embark on a journey of self-care and spa rejuvenation, right here at The Spa, Grand Millennium Kuala Lumpur.

Our highly trained therapists specialize in treatments which have been carefully designed to suit each individual's needs, be it urbanites or wellness-seekers. Each treatment is infused with organic, sustainable products, where aged-old traditions and philosophies of Malaysia's wellness traditions are adopted. Inspired by the healing energies of Gemstones,

The Spa's signature facial treatments are designed to help restore balance to your body, mind and soul.

At The Spa, embark on a journey designed to stimulate inner and outer transformations by travelling from one place to another through sensory pleasures and rejuvenating sensations. Our wellness offerings begin with a personal consultation to ensure your treatment experience is entirely tailored to your concerns and expectations. Leave feeling well-rested, rejuvenated and revitalized.

***Destress + Decompress*** ~ designed for urbanites and seasoned travelers, featuring an array of invigorating treatments to help you destress due to hectic lifestyles and decompress after a long travel.

***Scent + Serenity*** ~ presenting a delightful selection of aromatherapy-based treatments to relax your body, calm your nerves and uplift your mood

***Glam + Glow*** ~ comprises of an array of body and face treatments designed to allow your beauty to shine through with the assistance of professional intensive formulas found in a blend of international skincare brands which are backed by extensive research

***Retreat + Getaway*** ~ take time for yourself and opt for a well-deserved urban getaway, indulge in 'me' time or share it with your loved one for a truly memorable wellness experience

## *DESTRESS + DECOMPRESS*

### **TRADITIONAL URUTAN MALAYSIA**

**90 MINUTES**

**MYR450+**

‘Urut’ or massage in Malay has been passed through generations, usually from mothers to daughters to care for the well-being of the family . Experience the ancient healing art of this traditional Malay massage technique that combines long rhythmic strokes and deep pressure points to alleviate muscle aches, release tension, improve blood circulation, and promote overall relaxation and overall well-being.

### **THE SPA SIGNATURE MASSAGE**

**60/90 MINUTES**

**MYR350+/450+**

Our signature massage features various techniques incorporated from some of the world’s premium spa destinations. Immerse yourself in the luxurious world of spa rituals such as the invigorating Balinese massage, Thai stretching, Chinese acupressure and soothing aromatherapy.

### **TENSION RELIEF MASSAGE**

**60/90 MINUTES**

**MYR350+/450+**

Designed to target those stubborn knots and tension deep within your muscles, this therapeutic treatment goes beyond surface-level relaxation. Allow our massage therapists to work their magic, using firm pressure and slow strokes to release built-up stress and promote rejuvenation, leaving you refreshed, recharged and invigorated. Designed for individuals who are active in sports or for those preferring a stronger massage.

### **BLUE AMBER PURIFYING FACIAL**

**60 MINUTES**

**MYR450+**

Purify, hydrate, nourish and smoothen your complexion with this simple yet effective facial which suits all skin types. Infused with rare blue amber mineral and organic active ingredients which are gentle on the skin yet renders a radiance glow, leaving your skin supple and deeply nourished.

**GENTLEMAN'S TONIC FACIAL****60 MINUTES****MYR450+**

A highly effective facial that helps nourish and protect the skin from environmental aggressors, the Gentleman's Tonic Facial is a one-of-a-kind natural experience that focuses on relaxation, replenishment and stress-relief. For men with an active lifestyle, daily skin aggression from shaving and the absence of a skin care program, quickly takes the toll on their skin. The gentleman's tonic facial provides deep cleansing of the pores and revitalizes fatigued skin. Expect this treatment to not just strengthen and help repair skin damage from shaving and ingrown hairs but to also nourish and eventually improve skin texture.

+ ) all prices are subject to additional 8% service tax

## *SCENT + SERENITY*

### **AROMATIC REPOSE MASSAGE**

**60/90 MINUTES**

**MYR350+/450+**

This most sought-after therapy offers gentle intensity and is designed to increase circulation and eventually providing one with the ultimate relaxation, stress as well as tension relief. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt those tensions away.

### **HEAVENLY BALI MASSAGE**

**60/90 MINUTES**

**MYR350+/450+**

Transport yourself to Bali with a traditional massage incorporating ancient Balinese methods. This treatment makes use of a combination of palm, thumb and elbow pressures as well as stretching to ease those tensed muscles, calm neural pathways as well as encourage circulation, leaving you refreshed and relaxed.

### **TROPICAL ESCAPE BODY GLOW**

**60 MINUTES**

**MYR250+**

This aromatic body polish delivers an aroma-sensory experience. The gentle exfoliation removes impurities and toxins by gently polishing your skin. Nourished with anti-oxidant infusion from tropical fruit extracts and vitamins to brighten the skin. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

### **DAMASCENA ROSE SCRUB**

**60 MINUTES**

**MYR250+**

A delightful blend of ionized salt crystal for its healing properties and Damascena Rose extract to gently exfoliate the skin and restore body-mind equilibrium. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

+ ) all prices are subject to additional 8% service tax

## *GLAM + GLOW*

### **ANTI-AGING MINERAL AND COLLAGEN FACIAL**

**60 MINUTES**

**MYR450+**

The most advanced defense against aging, this opulent treatment lavishes your skin with pure marine collagen and mineral micro-powder. This luxurious skin ritual comes with precious gemstones facial massage to improve skin elasticity, increase skin oxygenation and suppleness, eventually promoting skin cell renewal and reducing visible fine lines and wrinkles

### **CUTTING-EDGE FACIAL ~ ELEVATE YOUR OUTSTANDING RESULT**

#### **LUMINOUS PEARL AND DIAMOND**

**30 MINUTES**

**MYR350+**

Add this intensifier into your anti-aging facial, featuring a highly concentrated formula, this unique blend unites pearl extracts and diamond micro-powder which penetrated into deeper skin layers with nourishing elements to slow down the ageing process, eliminate wrinkles, increase skin plumpness and accelerate skin cells renewal for a youthful glow.

### **ROSE QUARTZ HYDRATING FACIAL**

**60 MINUTES**

**MYR450+**

Designed for dry and dehydrated skin, this hydrating and restorative facial delivers a nutrient-rich elixir that revitalizes your dehydrated skin. This calming facial is infused with advanced minerals to fight free-radical damage and protect the skin natural barrier. The relaxing facial massage uses precious rose quartz which comprises of active ingredients that promote skin cells renewal. A hydration mask is then applied to lock moisture into the skin.

### **ANTI-CELLULITE SCRUB**

**60 MINUTES**

**MYR250+**

Specifically formulated to combat the appearance of cellulite, this unique body therapy contains lemongrass, grapefruit and fennel extracts and evening primrose oil to smoothen the skin, detoxify and reduce water retention. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

+)- all prices are subject to additional 8% service tax

## RETREAT + GETAWAY

### **BALI GETAWAY**

**120 MINUTES**

**MYR550+**

Bali – often referred to as ‘Heaven on Earth’ due to its pristine beaches, lush landscapes, vibrant culture and spiritual allure. Join us on a journey to the “Island of the Gods” with our most-sought after package, combining both Tropical Escape Body Glow and Heavenly Bali massage to encourage blood circulation and alleviate stress. *(60 minutes Tropical Escape Body Glow + 60 minutes Heavenly Bali Massage)*

### **URBAN SANCTUARY**

**120 MINUTES**

**MYR750+**

Be pampered by this indulging ritual which combines a relaxing aromatic repose massage to alleviate stress and reduce muscle aches followed by a choice of Rose Quartz Hydrating Facial or Gentlemen’s Tonic Facial to deeply nourish your skin and improve skin cells renewal for healthier looking skin. *(60 minutes Aromatic Repose Massage + 60 minutes Rose Quartz Hydrating Facial or Gentlemen’s Tonic Facial)*

### **THE SPA BESPOKE INDULGENCE**

**180 MINUTES**

**MYR850+**

Create your own wellness retreat by combining the treatments of your choice. Our experienced wellness therapists will be pleased to assist you and are more than delighted to suggest a blissful, restorative journey fully customized to your needs. *(choose any treatment from The Spa Menu for a total of 3- hour wellness journey)*

+ ) all prices are subject to additional 8% service tax

## RETREAT + GETAWAY

### THE SPA'S COUPLE'S THERAPY

210 MINUTES

MYR1,750+/couple

Embark on a blissful wellness journey for two, and escape to a tranquil oasis. Begin your journey with an Aromatic Steam Bath followed by our Tropical Escape Body Glow treatment to remove skin impurities and The Spa Signature Massage to de-stress and decompress. Inhale deeply as your therapists work to unravel those tensed knots. To complete your journey, choose from the following three (3) options: the Blue Amber Purifying, the Rose Quartz Hydrating or the Gentleman's Tonic Facial. *(Complimentary 15 minutes Aromatic Steam Bath + 45 minutes Tropical Escape Body Glow + 90 minutes The Signature Massage + a choice of 60 minutes Blue Amber Purifying Facial or Rose Quartz Hydrating Facial or Gentleman's Tonic Facial)*

+ ) all prices are subject to additional 8% service tax



## *the spa etiquette*

### **Operation Hours**

10:00am to 10:00pm daily

### **Advanced Bookings**

Prior appointments are encouraged to ensure that your preferred time and service is available.

### **Cancellation**

We value your visit and appreciate your cooperation with our cancellation policy. Kindly allocate a minimum of 12-hours notice for any cancellation(s). Any cancellation(s) made within a 12-hour period prior to the appointment time will incur a full payment of the treatment(s) selected.

### **Arrival**

Please arrive 15 minutes before your appointment in order to change and relax. During this time, we will also conduct a pre-consultation to collect information that is required to ensure that your treatment meets your needs. In case of late arrivals, we will do our best to accommodate adjustments to your treatment time. However, we seek your kind understanding that an extension of your treatment time cannot be guaranteed if there are other reservations for other guests. Late arrivals will not receive an extension of scheduled treatments.

### **Age Requirement**

The Spa is designed for guests 16 years and above.

### **Spa Attire**

The Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings.

### **Spa Etiquette**

Our spa is a tranquil environment. To ensure your spa experience is a relaxing one, we recommend you to kindly switch off your mobile phone or set it to silent mode. Please also be considerate to other guests by keeping noise levels to a minimum during your pampering spa experience. Smoking and vaping are also prohibited within the spa premises.

### **For Gentlemen**

We offer a variety of services specially designed for men. Shaving isn't necessary, but is highly recommended. If you do choose to shave prior to your facial, be sure to do so at least 2 hours before your therapy.

### **Government Tax**

All prices are subject to an additional 8% government tax.

**Gratuities**

Gratuities are a matter of personal discretion. They should reflect your level of satisfaction with our services.

**Loss or Damages**

We recommend that jewelries and valuables are not brought in to The Spa. We will not assume any liability for loss of personal items.

**Health Conditions**

Please advise us of any health conditions (i.e. high blood pressure, pregnancy, allergies, injuries etc) we should be aware of upon booking your appointment. We do not recommend the consumption of alcohol before, during and after the treatment.

