



M Spa

By M Resort & Hotel



CONTENT

About Us	3	Body Pampering	11
Massage Experiences	5	Facial Indulgences	13
Foot Therapy	7	Nail Services	14
Spa Rituals	8	Spa Etiquette & Policies	15
Menu For The New Generation	10		

ABOUT US

An oasis of peace and tranquility in the heart of a bustling city, M Spa is a perfect cocoon to rejuvenate and tap into celestial rhythms. Escape to our decadent urban sanctuary and discover exclusive spa treatments that will envelop the senses.



OUR STORY

We dreamed of creating a unique moment of wellbeing, hidden amongst the heart of the brand. A locally inspired spa, “M”, the first letter of our brand signifies Malaysia to honour its distinct location and its abundant natural resources. “M” also symbolises ME, where you can find some ME-time, to disconnect from the outside world and to reconnect with yourself.

The menu offerings draw inspiration from the beauty of heritage and culture of the country, featuring a mix of treatments and therapies, integrated with ingredients indigenous to the region for complete relaxation and recovery.

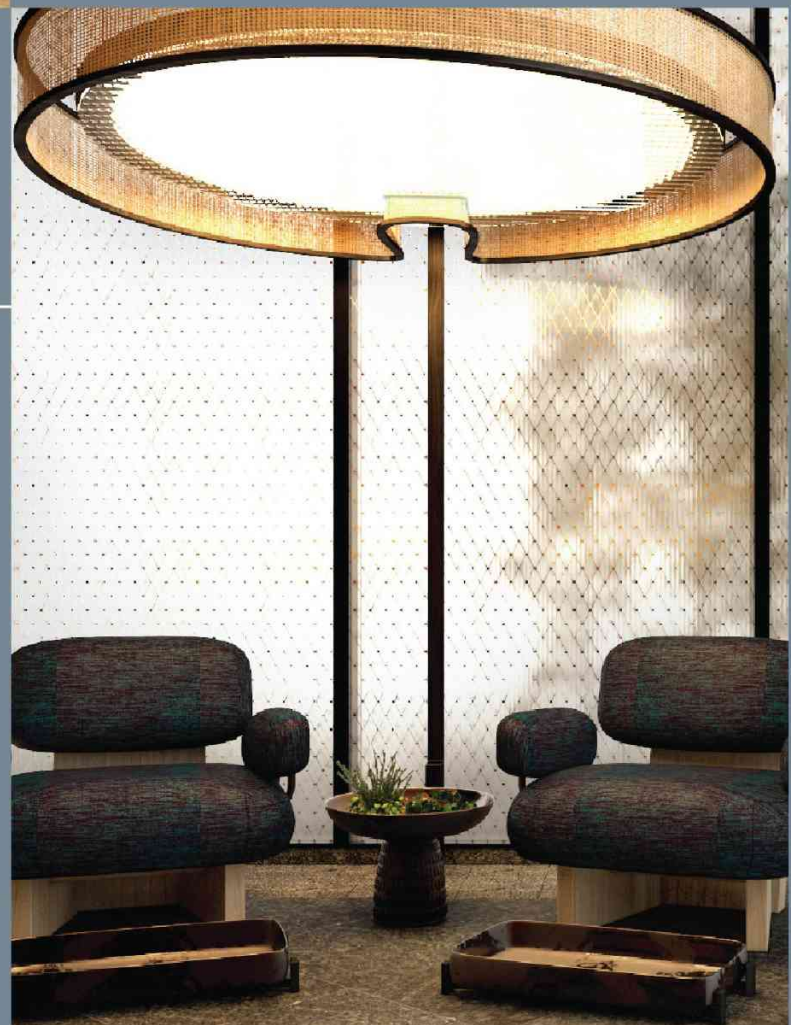
Vying to be a self-sustaining spa, we grow and harness our own ingredients such as Screw Pine, Lemongrass, Cucumber, Ginger, Aloe Vera, Lemon and Carrot to be used in the healing practices. We also support and collaborate with local partners to develop our signature scents and products to promote sustainability.

OUR MISSION

To provide our guests with immaculate care by delivering personalised spa and beauty services in a peaceful, renewing environment. We hope that you feel at home with us.

FIND YOUR GLOW

We combine traditional holistic therapies with modern day techniques, utilising natural ingredients to create truly unique treatments that deliver wellness and a renewed sense of inner calm. Select from a range of therapies that focus on delivering visible results and feel the uplifting difference in body and spirit through our treatments.





MASSAGE EXPERIENCES

M SIGNATURE MASSAGE **90 MINUTES**

RM425

A well-loved treatment, this signature treatment combines the power of warm herbal compress with traditional massage technique used for centuries to relief muscle tension, enhance circulation and restore balance.

**TRADITIONAL MALAY URUT** 90 MINUTES**RM380**

An essential experience in Malaysia. The traditional Malay massage helps dissolve aches and provides a sense of deep relaxation with long and rhythmic kneading strokes.

SWEDISH MASSAGE 60/90 MINUTES**RM280/RM380**

A gentle and nurturing treatment, unwind and de-stress with this therapeutic holistic treatment. This soothing massage fuse the best of Eastern and Western practices with pure essential oil to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

BALINESE MASSAGE 60/90 MINUTES**RM280/RM380**

Experience the unparalleled healing benefits of this invigorating massage. With long flowing strokes, kneading and friction movements that mimic the waves, this rejuvenating treatment will send you drifting into a dream-like state.

MUSCLE EASE MASSAGE 60/90 MINUTES**RM280/RM380**

This intensive treatment is designed to focus on relaxing sore muscles, tendons and stiff joints. To alleviate muscular congestion and promotes muscle relaxation, it uses strong movements, specific hand strokes and stretching technique.

HAWAIIAN LOMI LOMI 60/90 MINUTES**RM280/RM380**

An ancient Hawaiian restorative healing treatment often described as blissful and an experience which create a sense of both emotional and physical well-being. With gentle stretches and continuous wave-like strokes over the body, tensions are eased and the body's flow of energy is improved.



FOOT THERAPY

FANCY FOOT WORK **60 MINUTES**

RM260

This unique treatment combines the benefit of aromatherapy and reflexology sans the pain whilst leaving your feet feeling soft and smooth. Using specific pressure points on the foot, this massage enhance circulation, helps with relaxation and restores the flow of energy throughout the body.

SPA RITUALS

HALF DAY RELAXATION

We all crave an escape from the hustle and bustle once in a while, and at M Spa, the getaway is simply sublime. Here in your own personal paradise, unwinding without a care in the world is easy where three gorgeous treatment rooms await you.

RELAXATION THERAPY

3 HOURS 10 MINUTES

RM850

This treatment will coax your body into a deep state of relaxation and renewal. At ritual's end, you'll depart with both body and spirit fully refreshed, revitalised and ready to tackle what lies ahead!

Package inclusions:

- Foot Spa
- Nourishing Bath (Rose Geranium, Lavender, Ylang Ylang Essential Oil)
- Hibiscus and Rose Scrub (Full Body)
- Swedish Body Massage
- Express Facial

DETOXIFICATION JOURNEY

3 HOURS 10 MINUTES

RM1100

Give your body a reboot and rid your body of toxins build-up due to hectic and unhealthy lifestyle. Say hello to a rejuvenated body with this transformative experience that will leave you feeling healthier and more resilient than ever.

Package inclusions:

- Foot Spa
- Herbal Bath Therapy (Lime, Lemongrass Essential Oil & Herbs)
- Coffee Scrub (Full Body)
- Carrot Conditioner (Full Body)
- Balinese / Hawaiian Lomi Lomi Massage (Full Body)
- Berryplus Antioxidant Facial Treatment Or Calming Detox Facial Treatment

TRADITIONAL THERAPY **4 HOURS 10 MINUTES****RM1180**

This ancient healing ritual, passed from one generation of indigenous people to the next will return you to a sense of well-being and leave you glowing from the inside out.

Package inclusions:

- Foot Spa
- Herbal Bath Therapy (Lime, Lemongrass Essential Oil & Herbs)
- Boreh Wrap (Full Body)
- Cucumber Conditioner (Full Body)
- Traditional Malay Massage (Full Body)
- Advance Repair Facial Treatment Or Brightening Facial Treatment

M SIGNATURE INDULGENCE **4 HOURS 20 MINUTES**
 **RM888**
 **RM1380**

Exclusive only to M Spa, this signature ritual is inspired by the resort's setting. It is the ultimate indulgence and wellness for the body designed to lull body and mind. While away the hours with this decadent treatment, perfect on your own, with a loved one or a friend.

Package inclusions:

- Head & Neck Massage
- Foot Spa, Foot Exfoliation & Mask
- Aroma Fusion Bath
- Mococa / Coconut & Vanilla Body Scrub & Wrap (Full Body)
- M Signature Body Massage (Full Body)
- French Manicure / Pedicure

M FAMILY SPA **2 HOURS 40 MINUTES****RM768**

Recharge your energy as a family and make the most of your time with minimal distractions and maximum memories.

Package inclusions:

- For Parents: Foot Ritual, Manicure & Pedicure & Choice of Balinese Massage / Fancy Foot Work (60 min)
- For 2 Kids: Aromatherapy Floral Bath & Shoulder Massage for Boy / Nail Polish for Girl (30 min)



MENU FOR THE NEW GENERATION

MINI MASSAGE **15 MINUTES**

RM60

With a choice of Hand/ Foot/ Shoulder/ Head massage



BODY PAMPERING

Let your body, mind and spirit transform from frazzled to calm with our Biossentials tropical blends. Choose from our menu of add-ons for a more luxurious spa experience and emerge energised with renewed focus and lasting positivity.

HIBISCUS & ROSE SCRUB (RELAXING) 40 MINUTES

RM250

Revive skin's natural softness and glow with this Asian beauty ritual. An ideal choice to prepare skin for other therapies, a natural blend of hibiscus, rose petals, rice powder and essential oil polishes away dullness and infuses skin with nourishment.

COFFEE SCRUB (REFRESHING) 40 MINUTES

RM250

Improve skin texture and appearance with targeted massage techniques coupled with the detoxifying properties of coffee beans. This purifying remedy is perfect to reduce the appearance of cellulite and fluid retention.

MOCOCA (PAMPERING) 40 MINUTES

RM250

An euphoric experience that is simply irresistible! This delightful selection promotes revitalisation with the secret of cocoa and coffee beans of Borneo and leaves skin incredibly smooth and luminous.

COCONUT & VANILLA (REVITALISING) 40 MINUTES**RM250**

A tasteful option, enriched with vanilla, coconut milk and rice buff, reveal vibrant and radiant skin with this tropical treat.

EXOTIC BOREH (REENERGISING) 40 MINUTES**RM250**

A crowd favourite, this natural scrub made of herbs and spices like cinnamon, clove, nutmeg and screw pine helps improve blood circulation, eliminates toxin from the body and restores youth to your skin.



FACIAL INDULGENCES

KERSTIN FLORIAN

Kerstin Florian is a luxury Swedish-born skincare brand, founded in 1978 in California, known for its holistic, spa-inspired and sustainable approach. It blends natural botanical and marine ingredients with advanced technology, guided by its “4 Cornerstones”: nutrition, exercise, peace of mind, and face and body care.

BERRYPLUS ANTIOXIDANT FACIAL TREATMENT

60 MINUTES**RM380**

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries and plant cell cultures to fortify, rejuvenate and renew.

CALMING DETOX FACIAL TREATMENT

60 MINUTES**RM380**

Skin-detoxing treatment ideal for sensitive or problematic skin, including a purifying masque and nourishing botanicals to improve skin function and soothe inflammation.

ADVANCE REPAIR FACIAL TREATMENT

60 MINUTES**RM480**

Results-oriented treatment individually customized to address any skin type and concern, including sensitivity, fine lines, congestion and premature aging.

BRIGHTENING FACIAL TREATMENT

60 MINUTES**RM480**

Advanced formulas and luminating rice peel-off masque target hyperpigmentation of face, neck and décolleté for immediate improvement in tone, texture and luminosity.



NAIL SERVICES

MANICURE

RM120

This relaxing manicure will rejuvenate your hands, nails and cuticles. Treatment includes exfoliation, nail shaping, massage, cuticle care and buffing or polish application.

PEDICURE

RM120

This therapeutic pedicure will relieve your weary feet, nails and cuticles. Treatment includes a refreshing foot bath, exfoliation, nail shaping, massage, cuticle care and buffing or polish application.

SPA ETIQUETTE & POLICIES

Operating Hours

We are open daily from 10 a.m to 10 p.m.

Reservations

We request that all spa treatments are booked in advance to avoid disappointment.

Consultation Forms

Upon your arrival for your first scheduled appointment, you will be requested to fill in a consultation form. Please fill this in as accurately as possible for M Spa or M Resort & Hotel will not be held responsible for non-disclosure.

Arrival

Please arrive at least 30 minutes before your first scheduled appointment. This ensures you have enough time to settle in, complete your health questionnaire and make the most of your spa journey. Your spa reservation is held specifically for you and late arrivals may result in abbreviated service. Your service will end as scheduled as not to delay the next guest.

Late Arrival & Cancellation

A grace period of 15 minutes will be permitted for unforeseen delays. In the event you exceeded the given time frame, you will be given the option of either being seen that day as a walk-in, if the schedule permits, or rescheduled for a later date.

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to availability. Any cancellation with less than 24 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Spa Attire

We will provide you with spa attire including robe, slippers, shower cap, disposable undergarments and shorts.

Environment

To respect the privacy of our guests and maintain the sanctuary of our spa, we request that guests refrain from using cell phones and other electronic devices.

Out of respect for other guests, pets are not allowed.

Valuables

It is advisable that no jewellery should be worn at the spa. M Spa shall not be held responsible or liable for the theft of or damage to your personal belongings.

Safety & Hygiene

The use of any drugs, including alcohol and tobacco, is strictly prohibited on the spa's premises.

Food and beverages are not permitted, other than those provided.

Health

Please kindly advise us of any health conditions, allergies or injuries when making your spa reservation. Alcohol consumption prior or after a spa treatment is not recommended.

Pre-Natal

For the safety of mother and child, we do not provide treatments for expectant mothers.

For The Gentlemen

We offer an extensive collection of men's services and treatments specifically designed to treat the needs of our male guests. We specifically suggest that men shave two (02) or more hours before a facial treatment.

Service Charge

All prices quoted are inclusive of 10% service charge and prevailing government tax.

Notice

The Rules and Regulations are subject to amendments at any time as required by M Spa or M Resort & Hotel.

M Spa or M Resort & Hotel reserves the right to hold private events in the Spa without prior notice.

Should any dispute arise, M Resort & Hotel reserves the right to arbitrate the final decision.



M Spa
By M Resort & Hotel