

MASSAGES

SIGNATURE HERBAL MASSAGE

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

RM283/377 **60/90 minutes**

RELAXING AROMATHERAPY MASSAGE

Our most popular treatment, 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.

RM283/377 **60/90 minutes**

DEEP TISSUE MASSAGE

Using stronger pressure, this massage uses pressure point techniques to work on the deeper layers of your body to release muscle tension.

RM283/377 **60/90 minutes**

RASA HOT 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.

RM466 **90 minutes**

SOOTHING FOOT MASSAGE

After a long day, this massage will help to reduce swelling of the legs and ankles, stimulate blood circulation and relieve stress.

RM169/240 **30/45 minutes**

STRESS-RELIEVING NECK AND BACK MASSAGE

This focused massage quickly helps to release tension and relieve pain in the neck, back and shoulders. This is an ideal treatment for those who are short on time.

RM188/241 **30/45 minutes**

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 unison to provide an unforgettable experience.

**Both massages must be identical in duration.*

RM566/754 **60/90 minutes**

10/2018

HOW TO SPA

MEETING YOUR NEEDS

Upon your arrival at the spa, our receptionist will conduct a brief consultation to ensure that you have the treatments best suited to your needs. Please advise the receptionist if you are pregnant or have any health issue. Our receptionists are experienced in all treatments and would be delighted to assist you in planning your spa programme for the duration of your stay in the hotel. Please be aware that massage is not available for women in their first trimester.

PREPARING FOR YOUR TREATMENT

For ladies, no preparation is necessary; simply turn up and enjoy. For men, we recommend shaving prior to having a facial for maximum comfort and benefit to the skin. Other treatments require no preparation.

WHAT TO WEAR

There is no need to bring or wear any special clothing, as spa wear is provided in your treatment room. Traditional sarongs are provided for treatments. Underwear is provided for all body treatments and massages if you require.

YOUR PRIVACY

Your privacy will be protected at all times. Your therapist will leave you to change in private and throughout the treatment you will be draped with towels, covering all parts of the body not being treated. Ladies will be given the option of including the bust area in all body treatments.

MAKING RESERVATIONS

Advance booking prior to intended treatment time is recommended. Please either call our reservation counter at 6700 or visit our Spa should you wish to discuss your personalised treatment.

ARRIVAL TIME

To make the most of your spa experience, please arrive at least 20 minutes before your appointment.

LATE ARRIVAL

In the event that you are running late, we will endeavour to conduct your full treatment. However, please note that the treatment may need to be shortened should there be another booking immediately afterwards.

MOBILE PHONE POLICY

To preserve the harmony within the spa, please kindly turn off your mobile phone. Our spa is an area of wellness and tranquility and is considered a smoke free zone.

CHILDREN

To maintain a peaceful environment, children under 16 years are not permitted in the spa. Treatments are available for those aged 12-16 years with a signed parental consent form.

CANCELLATION

In consideration of other spa guests, as your treatment requires that facilities be reserved, we request a minimum of 4 hours notice if you are unable to keep your appointment. Please call our staff, who will be happy to reschedule. No-shows or appointments cancelled within 4 hours will occur a 100 per cent cancellation fee.

Open daily from 9am to 11pm



SHANGRI-LA'S RASA RIA RESORT & SPA

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Website: www.shangri-la.com/kotakinabalu/rasariaresort



Rasa Ria Resort, Kota Kinabalu



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Scan QR code for Chinese version

FACIALS

Our facials are all performed using results-driven, luxury skincare by Kerstin Florian, made with natural and organic ingredients.

DEEP CLEANSING FACIAL

A purifying deep cleansing treatment with an exfoliating peel to renew the skin, followed by a massage and masque to balance and nourish the skin. Suitable for all skin types.

RM278 **60 minutes**

LUXURY ANTI-AGING FACIAL

The perfect cellular rejuvenating treatment for aging skin that stimulates the flow of energy by contour-lifting and acupressure massage, assisting hydration and firming of the skin.

RM372 **90 minutes**

HYDRATING AROMATHERAPY FACIAL

A sensuous treatment aimed to rehydrate tired skin that uses natural fragrances. Suitable for all skin types including sensitive skin.

RM278 **60 minutes**

EXPRESS REFRESHER FACIAL

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

RM141 **30 minutes**

GENTLEMAN'S FACIAL

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

RM278 **60 minutes**

SOOTHING AFTER SUN FACIAL

Helps soothe, hydrate and nourish your skin after a day in the sun. Perfect for sensitive skin and sunburn.

RM212 **45 minutes**

HAND AND FOOT CARE

CLASSIC MANICURE

RM135 **45 minutes**

AROMA MANICURE

This full range of manicure incorporates a unique exfoliation and nourishing treatment with Myrrh oil starting with a hand soak, followed by exfoliation, relaxing hand and arm massage and manicure.

RM157 **60 minutes**

CLASSIC PEDICURE

RM135 **45 minutes**

PURIFYING PEDICURE

Combined with your classic pedicure, this ultimate foot indulgence helps stimulate circulation as it soothes your tired feet with a foot bath and a wrap made from re-mineralized moor mud and a foot massage.

RM157 **60 minutes**

WELLNESS JOURNEYS

AUTHENTIC BORNEO EXPERIENCE

Rejuvenate your skin with a full body scrub using local dried coconut and hydrating coconut milk before experiencing our Signature Herbal Massage. Complete your experience with an express facial.

Includes: 45mins Coconut Scrub, 60mins Herbal Massage, 30mins Express Facial

RM471 **2 hours 15 minutes**

THE ROMANTIC JOURNEY

Reconnect with your partner and find the inner peace and harmony between two souls. This retreat for two combines our popular chamomile full body scrub, fragrant rose petal bath soak for two finishing with a couples aromatherapy massage.

Includes: 30mins scrub, 30mins bath and shower, 60mins Aroma Massage

RM938 for 2 persons **2 hours**

BLISSFUL HEAD TO TOE RETREAT

Enjoy the luxury of two skilled therapists working on your body simultaneously as you experience the therapeutic benefits of a soothing foot massage and deep cleansing facial by Kerstin Florian.

RM542 **60 minutes**

ENHANCEMENTS

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

HOT OIL HAIR AND SCALP TREATMENT

Premium passion flower soothes the scalp while coconut oil leaves your hair hydrated, soft and brilliant. Leave on overnight for extra hydration.

RM50

ANTI-AGING PROBIOTIC MASSAGE BOOSTER

Transform your massage into an age-defying treatment with an extra boost of premium coconut oil, passionflower, shea butter and probiotics leaving your skin hydrated, healthy and glowing from head to toe. *not available for facials.

RM50

HYDRATING AND AGE-DEFYING HAND OR FOOT TREATMENTS

Soften, hydrate and return youth to your hands or feet with premium shea butter and pacacress (nature's answer to botox)

RM50

BODY TREATMENTS

SCRUBS

RM278 **60 minutes**

ORGANIC PROBIOTIC SCRUB

Enjoy a full body scrub, rich in healthy probiotics with Epsom salts and organic sugar infused in organic shea butter. Your skin will be instantly smoother and hydrated. Can be performed without scent or with a bespoke aroma of your choice.

CHAMOMILE BODY SCRUB

Experience the calming effect of our silky chamomile scrub which uses a two-step body exfoliation to soften and nourish for a more radiant skin.

EUCALYPTUS SALT SCRUB

An invigorating thermal salt exfoliation, rich in minerals with the combined benefits of eucalyptus. Helps stimulate blood circulation leaving skin feeling smooth and soft.

WRAPS

RM278 **60 minutes**

AGE-DEFYING ORGANIC WRAP

Using our exclusive organic shea butter infused with paracress (nature's answer to botox), 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.

AFTER SUN RESTORATIVE WRAP

A healing body wrap made from aloe vera, re-mineralized algae and aromatherapy oils that work as a moisture boost to rehydrate your skin and to relieve the discomfort of sun burnt skin after some time in the sun. radiant skin.

SCRUB AND WRAP COMBINATION

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

RM424 **90 minutes**

Prices are in Ringgit Malaysia and inclusive of 10% service charge plus 6% government tax