



Massages

Taaras Signature Massage (90 mins) RM 330

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 with our signature aromatherapy oil blend, Oriental Spice.

Stress Relief Massage (60 mins) RM 270

A relaxing massage enhanced with the use of organic seaweed massage oil helps to relieve stress and muscle tension and to revive one's energy level.

Aromatherapy Massage (60/90 mins) RM 260 / RM 320

Using our "Relaxing" aromatherapy blend for a calming and relaxing massage that involves long rhythmic strokes, this massage is suitable for everyone and will put your body and mind in a state of deep relaxation.

Deep Tissue Massage (60/90 mins) RM 260 / RM 320

Through a combination of firm strokes and Shiatsu acupressure, this massage helps relief stiffness and tension of body muscles. The Muscle Ease blend enhances blood circulation and is excellent for jet lag recovery.

Shiatsu (90 mins) RM 320

An oil free massage that uses finger pressure & stretching techniques to work on the body's acupuncture points, meridians & energy channels to alleviate body stiffness & tension, promotes & restores the balance of "chi".

Head, Neck & Shoulder Massage (30/60 mins) RM 130 / RM 220

A perfect relief for stress and tension.

Reflexology (30/60 mins) RM 130 / RM 200

The practice of applying pressure to the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.



Body Scrubs

Ginger Sea Salt Scrub (45 mins) RM 250

Specially made from a mixture of marine-based sea salt and spiced with ginger, this scrub detoxifies and improves your blood circulation.

Vanilla Coconut Body Scrub (45 mins) RM 250

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

Organic Body Buff (45 mins) RM 280

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 (45 mins) RM 280

The fresh and invigorating organic peppermint essential oil with seaweed and sugar scrub has a cooling and uplifting effect while promoting skin renewal.

Body Wraps

Aloe Vera & Dead Sea Mud Wrap (45 mins) RM 260

Soothing aloe Vera combined with Dead Sea mud that is enriched with minerals is excellent for overexposed, dehydrated or irritated skin, and helps to relieve tensed muscles, tired and painful joints. A perfect wrap for after sun effect.

Aroma Detox (45 mins) RM 260

A body detox heat wrap to eliminate toxins and fluid retention.



Facials

Organic Lifting Facial (60 mins) RM 330

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

Organic Reviving Facial (60 mins) RM 330

A relaxing cleansing facial suitable for all skin types, enriched with anti-oxidant algae complexes and pro collagen organic extracts to give the natural glow one needs.

After Sun Facial (60 mins) RM 280

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

Nature's Recipe Facial (60 mins) RM 280

A gentle and nourishing facial to replenish and rejuvenate dull and tired looking skin. Pamper yourself with the richness of "mother nature" with freshly prepared masks such as Cucumber, Yoghurt & Clay and Banana & Honey.

Purifying Facial (60 mins) RM 280

This deep cleansing treatment purifies oily and congested skin with natural cleansing properties of purifying clay and essential oils to eliminate excess oil and impurities from the skin.

Hands & Feet

Manicure (45 mins) RM 90

Pedicure (45 mins) RM 110

Spa Manicure (60 mins) RM 180

Spa Pedicure (75 mins) RM 200



Spa Manicure & Spa Pedicure (120mins) RM330

Signature Packages

Asthana (energising) (105 mins) RM 480

Re-energise yourself after a tiring or hectic day with Organic Peppermint Sugar Glow followed by the Deep Tissue Massage.

Asmana (relaxing) (120 mins) RM 480

This is an ideal organic package to relax and soothe your tensions away. Our Asmana package includes the Stress Relief Massage and the Organic Reviving Facial.

Prana (revitalising) (105 mins) RM 480

To feel truly revived and revitalised, awaken the senses with invigorating Organic Body Buff and be pampered by Aromatherapy Massage.

Padma (detox) (90 mins) RM 450 Eliminate toxins and detoxify with Ginger Sea Salt and complete with Aroma Detox Wrap.

After Sun Remedy (105 mins) RM 450

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