



## MASSAGES

RM

### TAARAS SIGNATURE MASSAGE

380

*90 mins*

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.

### STRESS RELIEF MASSAGE

280

*60 mins*

A relaxing massage enhanced with the use of pre-blended stress relief massage oil helps relieve stress and muscle tension and to revive one's energy level. Ideal for anyone seeking for relaxation and jet lag recovery.

### AROMATHERAPY MASSAGE

280 / 360

*60 / 90 mins*

You have a choice of our aromatherapy blends for a calming and relaxing massage that involves long rhythmic strokes. This massage is suitable for everyone and will put the body and mind in a state of deep relaxation.

### DEEP TISSUE MASSAGE

280 / 360

*60 / 90 mins*

An excellent choice of massage that promotes blood circulation and heals tension and pain. Through a combination of firm strokes and Shiatsu acupuncture, this massage helps relieve stiffness and tension of body muscles.

Please call ext. 7302 for bookings and enquiries. Operation hours 10am - 6pm daily.



	RM
<b>HEAD, NECK &amp; SHOULDER MASSAGE</b> <i>30 / 60 mins</i> A perfect remedy for stress and helps to relieve headaches.	150 / 260
<b>FOOT MASSAGE</b> <i>30 / 60 mins</i> A relieving foot massage with pressure point focuses on the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.	150 / 260

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## BODY SCRUBS

RM

### GINGER SEA SALT SCRUB

280

*50 mins*

For a refreshing experience, try our ginger sea salt scrub for healthier, radiant-looking skin. Specially made from a mixture of marine-based ingredients and spiced with ginger, this scrub detoxifies and improves your blood circulation.

### VANILLA COCONUT BODY SCRUB

280

*50 mins*

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

### LULUR BODY SCRUB

280

*50 mins*

A traditional skin polisher, Lulur is made of rice powder, turmeric, herbs and flowers. Gentle yet effective, this scrub will lighten the skin tone and leave your skin feeling soft and smooth.

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## BODY WRAPS

RM

### ALGAE SEAWEED WRAP

280

*50 mins*

Detoxify, tone and purify your skin with an indulging Algae Seaweed Wrap placed over a warm thermal blanket, which helps the essence go beyond the deep layers of your skin for best results.

### ALOE VERA & DEAD SEA MUD WRAP

280

*50 mins*

The soothing aloe vera combined with the minerals enriched Dead Sea mud is excellent for overexposed, dehydrated or irritated skin, and helps to relieve tensed muscles, tired and painful joints.

### BOREH WRAP

280

*50 mins*

This traditional warming and energizing wrap made of local spices is a wonderful remedy for poor circulation, water retention and sore muscles. The Boreh and plain yogurt is applied over the body, which in turn detoxifies and helps induce perspiration, leaving you feeling renewed and rejuvenated.

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