



# S P A M E N U

THE

**TIME**<sub>TO</sub>

**RELAX**

IS WHEN YOU

**DON'T**<sub>HAVE</sub>

**TIME**

FOR IT.

Here at Sarang Spa we provide ideal heaven for privacy, indulgence and personalised spa treatment for a truly unique experience. Our spa consultant will be delighted to guide you on a personal journey to discover your own path to peace serenity and complete well-being in the sanctuary of Sarang Spa.

## *The place we believe between heaven and earth!*

### TERMS AND CONDITIONS

#### **RESERVATIONS**

We highly recommend booking your treatment in advance to ensure that your preferred time and services is available.

#### **SPA ARRIVAL**

We recommend that you check in the spa reception 5 - 10 mins prior to your schedule treatment. Please understand late arrival may require us to shorten the length of the treatment with full charges applied.

#### **CANCELLATION POLICY**

We offer you the freedom to cancel or reschedule your reservation at no charge for up to 4 hours before your appointment time. No show or failure to inform will incur 50% of your treatment cost.

#### **SPECIAL ATTENTION**

Please advise us any health conditions, pregnancy, allergies or injuries which could affect your service. Prior to the start of your service, tell your therapist the areas that you would like to focus on and areas to be avoided. During your service, let the therapist know if you feel any discomfort.

#### **LOST OR DAMAGE**

We regret that we cannot be responsible for any loss or damage of personal articles. We recommend that you leave your belongings and valuable items back in safebox in your room.

#### **CLEANLINESS**

In keeping with our standard procedure, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

#### **SPA ATTIRE**

Attire to the spa is at your own comfort. You will be guided to change at the spa with amenities and robes provided.

#### **GIFT CERTIFICATE**

Give an ideal gift of priceless tranquility and stress relief to someone special. Perfect for any occasion and available at the Sarang Spa.





# SARANG SPA PACKAGE

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## TUNAMAYA INDULGENCE

*Aromatherapy Footbath ~ Choice of Traditional Body Scrub ~ Coconut Milk Bath ~ Sarang Traditional Massage ~ Choice of Refresher Facial or Foot Massage and Ear Candling or Hair Treatment*

*Indulge in our signature, a remarkable experience that inspires a harmony of the senses. The treatment started with aroma footbath to relax the mind and body.*

*Pick your desired body scrub from our finest selections of traditional blend. Choose either Javanese Lulur, Mococa Scrub or Coconut Vanilla Scrub.*

*Relax in nourishing coconut milk bath and conclude with Sarang Traditional Massage. Select the best combination from refresher facial, foot massage, ear candling or hair treatment that will leave you a unique and memorable experience.*

**RM799** 3 Hours

### FOREST BOUQUET

*Hibiscus Body Scrub ~ Yogurt and Honey Wrap ~ Sarang Touch Massage ~ Refresher Facial*

*This luxurious treatment design to nourish and rejuvenate your senses. Hibiscus or known as ' Bunga Raya' among the locals is well known to have various benefits and most common is as natural antioxidant, providing a skin brightening and smoother skin.*

*Followed with yogurt, honey wrap and conclude with ancient tradition Sarang Touch Massage to restore balance and completes the treatment with calming facial harnessing aloe vera extract to uplift your senses and overall well-being.*

**RM499** 2 Hours 20 Minutes

### BETTER TOGETHER

*For Her : Aromatherapy Foot Bath ~ Cocoa Scrub ~ Sarang Aromatherapy Massage*

*For Him : Aromatherapy Foot Bath ~ Boreh Scrub ~ Sarang Traditional With Tea ceremony and Jacuzzi*

*Share a moment with special design package for him and her. Starting with aromatic foot bath, natural blend of cocoa scrub to remove dead skin and deep cleansing for her. Unique blend of Boreh spices excel in boosting circulation and revitalize skin is an ideal scrub for him.*

*Enjoy private moment in Jacuzzi and conclude with Sarang Traditional massage for him and aromatherapy for her.*

**RM899** 2 Hours 30 Minutes

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## SARANG MOMENT

*Foot Bath ~ Traditional or Sarang Touch Massage ~ Vital Nutrition Facial*

*Pamper your skin with healing touch of Sarang Touch Massage, followed by soothing facial contain with Aloe Vera extract to retain moisture, elasticity and ageing.*

RM399 2 Hours

## DETOX AND PURIFY RITUAL

*Green Tea Scrub ~ Purifying Wrap ~ Sarang Touch Massage*

*Design to balance and recharge the body. Our detox and purify ritual started with lemon and cucumber bath to restore energy and body relaxation. Next comes detoxifying green tea scrub followed by with seaweed wrap to enhance circulation, purge impurities and aids with lymphatic drainage.*

*A relieving sarang touch massage will alleviates stress and restore balance and leave you feeling refreshed.*

RM499 2 Hours 20 Minutes

## BETWEEN HEAVEN AND EARTH

*Sarang Touch ~ Choice of Foot Massage or Refresher Facial*

*Experience the therapeutic treatment which combines the power of essential oil with the best of eastern massage techniques followed with your choice of refreshing facial or stimulating foot massage.*

RM299 1 Hours 30 Minutes

## RECHARGER RETREAT

*Ginger body scrub and wrap ~ Sarang Traditional Massage*

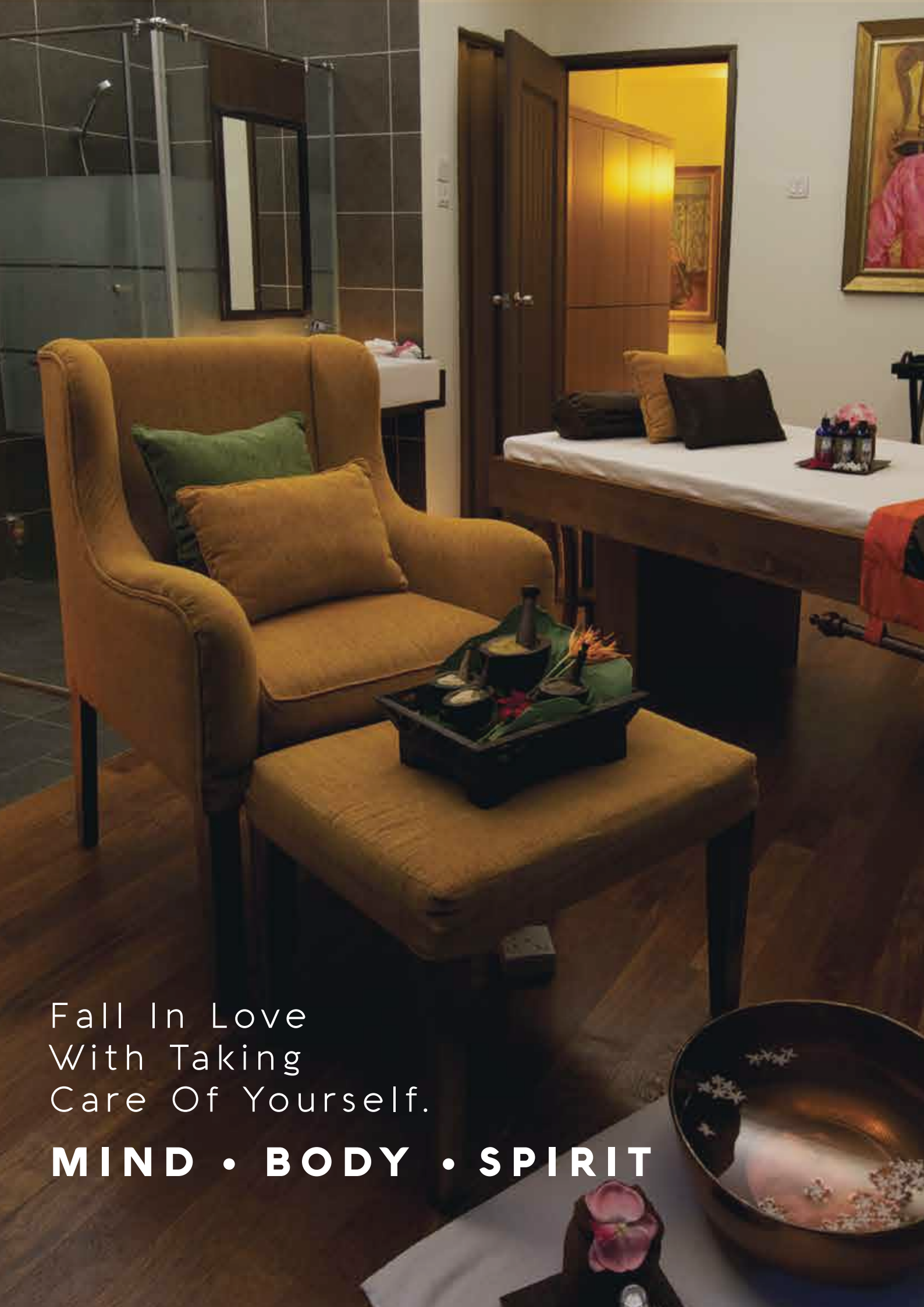
*Refresh and detox with fresh ginger scrub to relieve muscle ache and detoxification. Begin with unique blend of body scrub made up from fresh ginger followed by deep heating body wrap.*

*Treatment concludes with Sarang Traditional massage with special blend of essential oil made from ginger.*

RM299 2 Hours

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Fall In Love  
With Taking  
Care Of Yourself.

**MIND • BODY • SPIRIT**

# BODY MESSAGES

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## SARANG TRADITIONAL

*The art of traditional Malay massage is passed from generation to generation. The techniques involve long kneading that focus on the muscle a pressure applied to various points on the body to enhance circulation, and help to alleviate tiredness and tense muscle.*

*Choose from our finest blend of massag oil of purifying, relaxing or uplifting.*

## SARANG TOUCH

*Experience benefits of Balinese Massage a historical refrence from ancient culture. The techniques combine palm pressure, long strokes, stretching and rolling motions.*

*Special blend of essential oil assists to relax your muscle and calm your mind. Treatment is completed with a gentle scalp massage.*

RM208  
60 Minutes

RM299  
80 Minutes

## AROMATHERAPY

*A deeply therapeutic treatment which combines the power of essential oil with the best of eastern massage techniques. This massage is ideal choice for anyone who wishes to reduce stress.*

*This treatment use pure essential blend of lavender, peppermint and lemongrass.*

## SWEDISH MASSAGE

*This massage is excellent for first time spa goers. Aromatic essential oil will help to ease sore muscle and create a feeling of physical relaxation and calm.*

*Please request light or medium pressure.*

## WARM STONE MASSAGE

*The relaxing massage uses heated stone to generate energy as well as giving relief to muscle tension. Design to penetrate deep into muscle to dissolve tension.*

*This massage uses oil on the smooth warm rocks, glided across your body in long flowing strokes and placing them in various energy to promote natural healing.*

RM388  
80 Minutes

# TREATMENT ADDITION

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## BACK RELIEF MASSAGE

*Release any tightness held in the back, neck and shoulder area. The firm and adjustable strokes will give you an overall feeling of well-being. Treatment also include head massage.*

RM129  
30 Minutes

## NOURISHING FACIAL

*Indulge your senses with facial on the go. Comprises of cleanser, toning lotion, exfoliation and revitalizing mask leave you feel brand new.*

RM150  
30 Minutes



# ALA CARTE

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## NATURAL HAIR TREATMENT

RM208  
80 Minutes

*An unforgettable aromatic hair and scalp treatment using warm virgin coconut oil and ended with a smooth and shining hair mask.*

*This exotic treatment is excellent for dry and damage, hair maintenance and to prevent hair loss. Free your mind with relaxing shoulder and neck massage. Treated hair is recommended to dry naturally.*

## EAR CANDLING

RM188  
50 Minutes

*Enjoy this unique treatment that is able to relieve ear aches, clean the ear canal, regulate ear pressure and removes toxin out of your body. Includes shoulder and scalp massage.*

## FOOT THERAPY

RM188  
50 Minutes

*Relax with this traditional foot therapy where each foot is massaged to loosen any knots using thumb and finger pressure. Toxin are released and circulation is improved.*

# BODY SCRUB & WRAP

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## THE SUN SOOTHER

RM188  
45 Minutes

*The journey begins with gentle scrub of coconut vanilla to soften and hydrate your skin, followed by splashing yogurt to cool and tame your burning feeling.*

*Perfect for sensitive and sunburned skin. The natural benefit of yogurt helps to bring your skin to its natural glow.*

## JAVANESE ROYAL SCRUB

RM188  
45 Minutes

*Pamper yourself with heritage recipe from a Balinese Royal Majesty. Experience a scrub made from powdered spice, rice and turmeric to soften and refine your skin.*

## FRESH GINGER BODY SCRUB AND WRAP

RM188  
45 Minutes

*Discover the ancient healing herb and spices to relieve body aches and detox. Hand made fresh blended ginger applied all over body continue with deep penetrating heat body wrap.*

## MOCOCOA BODY SCRUB

RM188  
45 Minutes

*A gentle exfoliating body scrub that will leave skin silky smooth and radiance. Natural antioxidants contains rich sources of vitamins and calming property.*

## TRADITIONAL BOREH BODY WRAP

RM188  
45 Minutes

*Contain with traditional blends of finest herbs and spices found in Asia. Providing the skin with ultimate herb sensation to boost circulation and revitalize the skin. It also known for its healing property to ease body ache and muscle relaxation.*

# SPA FACIAL

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## VITAL NUTRITION FACIAL

*A deep cleansing and purifying facial treatment for all skin types. Harnessing the benefits of Aloe Vera extract and rich in antioxidant to keep skin hydrate, elastic and prevent ageing. A gentle hand massage is performed during face mask application.*

RM208  
60 Minutes

## AGE REPAIR FACIAL

*Highly anti-aging treatment repairs the skin and works with natural oil to defeat signs of ageing. Reduce the appearance of wrinkles with powerful Bio-Seaweed extract which excellent for skin regeneration and increase skin elasticity. Skin is cleansed, exfoliated and massage using light movement to improve suppleness. Double mask is applied and finish with scalp massage to release tension and stress.*

RM288  
80 Minutes

## PAMPER YOURSELF

*A complete spa pampering for hand and feet. Including a gentle massage on your delicate finger and hand. Our natural manicure and pedicure includes exfoliation, cuticle conditioning, trimming, natural buff and filing. Nourishing cream will be applied as the finishing of these treatment.*

~ Manicure

RM120  
60 Minutes

~ Pedicure

RM120  
75 Minutes

## CHOICE OF BATH

*Get yourself in the mood with uplifting, romantic or detoxifying bath to restore your sense and well-being.*

~ Sarang Spa Romance Bath

~ Cleopatra Milk Bath

~ Natural Detox Bath

RM88/pax  
30 Minutes

## FOR KIDS (4-10 years)

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**Kids Massage**

RM100  
45 Minutes

**Kids Cocoa Body Mask**

RM88  
45 Minutes

**Bubble Bath**

RM50  
30 Minutes

**Cinderella Manicure and Pedicure**

RM50  
30 Minutes







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Relax and pamper yourself at  
Tunamaya Beach & Spa Resort - Tioman Island

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All prices are subjected to 10% service charge