

MINDFUL EXPERIENCE

Surrender yourself to the nature and healing hands of Mangala Spa therapists. Mangala Spa's menu offers a cosy list of dedicated packages to rejuvenate and recharge your mind, body and soul.

Nature's Sanctuary

Tasik Spa Luxury

The ultimate spa experience created for total rejuvenating. Enjoy a luxurious and unforgettable relaxation begins with a foot bath ceremony, followed by body exfoliation. Then, indulgence in a warm herbal bath. Your therapeutics treatment continues with 90 minutes. Tungku Herbal Massage that leaves you with a deep relaxation and detoxify. You will treat thereafter to the optimal deep cleanse and purifying facial.

**240 mins /
4 hours**
RM 1199

JOURNEY :

Foot Bath Ceremony | Spices Body Exfoliation | Herbal Infused Bath | 90-mins Tungku Herbal Massage | Deep Cleanse and Purifying Facial

The Traditional Holistic

The Traditional package is a holistic treatment being practice from old generation past down to generation in traditional beauty treatment inspired from the royal family. Each treatment contains with aromatic botanical and herbs that cleanse, exfoliate, re-energize and revitalize your complexion.

**180 mins /
3 hours**
RM 899

JOURNEY :

Foot Bath Ceremony | Rainforest Body Exfoliation
Bebunga Milk Bath | Urut Melayu

Kidung Kasih

Indulge yourself with our most relaxing and detoxify foot therapy followed by revitalizing aromatherapy essence facial to sooth and glowing your skin.

**90 mins /
1h 30m**
RM 599

JOURNEY :

Foot Bath Ceremony | Tapak Tegas Massage
Aromatherapy Essence Facial

Putra Putri (Couple package)

Designed for couple to celebrate indulgent pampering moments. Purify your inner and outer self. Begin with foot bath ceremony followed by your selection of exfoliating body scrub to sooth the body and continue with a warm romantic rose petals bath and ends with relaxing massage to gently stimulating the mood of love with subtle aphrodisiac properties.

**150 mins /
2h 30m**
RM 1399

JOURNEY :

Foot Bath Ceremony | Selected Body Exfoliation | Rose Petals
Bubble Bath with Red Wine or Fruits Juice | Escape Massage

Indigenous Massage

Tungku Herbal Massage

A combination of selected traditional herbal spices steamed pouches Bentong Ginger, Citronella, A Galangal, Pepper, Cloves, Cinnamon, and wrapped with heated River Stones applied with richly infused massage oil to ease the body, loosening muscles, alleviating pain and reduce inflammation as well as relaxing and toning the body.

**90 mins /
1h 30m**
RM 519

**120 mins /
2 hours**
RM 719

Urut Melayu

Urut Melayu serves as a foundation for traditional Malay massage technique. This particular form of massage therapy is centered around relaxing the body and mind. Focusing on the veins to help improve blood circulation using long kneading strokes and gentle stretching technique. Special focus on manipulating palm pressure and thumb points promote health, vitality and overall sense of well-being. Using our signature warm blended oils prepared with local herbs and spices to ultimate the experience.

**90 mins /
1h 30m**
RM 499

**120 mins /
2 hours**
RM 699

Bamboo Lomi Massage

Asian bamboo massage techniques, performed by our experienced therapists use both of their hands and arms as well as warmed bamboo rods applied to give deep and long massage strokes to break down tension and stretch tight muscles.

**90 mins /
1h 30m**
RM 499

**120 mins /
2 hours**
RM 699

Escape Massage

This classic body massage uses a combination of stretching, long strokes, skin rolling, thumb and palm pressure techniques. It is ideal for those who want to ease muscle tension, reduce stiffness and increase joint flexibility. To complete the spa experience, we use the special selected essential oil to enhance the therapeutic benefits.

**60 mins /
1 hour**
RM 399

**90 mins /
1h 30m**
RM 499

Upper Back Pampering

A classic massage technique designed to soothe muscles, allowing the therapist to focus on the upper body areas to release muscles tension due to daily stress. At the meantime to bring a sense of relaxation and restore movement.

30 mins
RM 299

60 mins
RM 399

Tapak Tegas

Foot reflexology is a treatment that has been practiced for centuries based on the ancient art of stimulating reflex points on the feet to restore the flow of energy throughout the body. Reflexology points corresponding to all organs, system and glands are stimulated to promote energy and sense of well-being.

30 mins
RM 299

60 mins
RM 399

Body Scrubs & Wrap

Warm Spice Body Scrub

Designed to heal the body and bring a new sense of comfort. This seven local herbs and spices body scrub help to stimulate circulation, detoxify and rejuvenate skin.

**60 mins /
1 hour**
RM 299

Rainforest Body Scrub

The well – known Malay Royal Healer beauty ritual will soften, refine, and revitalizes skin texture living it smooth and silky with healthy glow. Turmeric is believed to be antiseptic and anti-ageing whilst, ylang ylang deodorize and bringing a new sense of balancing and harmony the mind.

**60 mins /
1 hour**
RM 299

Glow Coffee Body Scrub

Designed for dry skin. This antioxidant body scrub helps to reduce appearance of cellulite and balancing skin tones. It is also encouraging growth of new skin cells leaving your skin revitalized and glowing.

**60 mins /
1 hour**
RM 299

Sun Kiss Body Wrap

Immediately relieves sun damage or sun sensitive skin with this soothing wrap with Aloe Vera, and Green Tea to relieve this discomfort of exposed skin. The mask improves skin condition, calms skin irritation, and combine with after sun soothing face mask to repair and strengthen facial skin post sun damage.

**60 mins /
1 hour**
RM 299

Essential Indulgence Facial

Aromatherapy Essence Facial

Revitalizing aromatherapy facial with purifying French clay, plant nutrients, and antioxidants gently restore and balances the skin. Pure plant essences tailored to your skin type enhance elimination and regeneration to ensure the skin is always smooth, supple, and glowing with health. Suitable for all skin types.

**60 mins /
1 hour**
RM 399

Deep Cleansing Purifying Facial

Choice of botanicals formulated for congested skin combined with sea minerals and potent clays rich in micronutrients and trace elements work in synergy to cleanse, detox, and restore the skin's natural balance. For the best results, a series of treatment are recommended to maintain healthy, flawless, and glowing skin.

**60 mins /
1 hour**
RM 399

Men Refreshing Facial

Cleanse, clarifying and boosting energy will be enhanced and customized to the male skin. Looking fresh all day.

**60 mins /
1 hour**
RM 299

Bath

Herbal Infused Bath

Uplift the senses with this antioxidant bath enriched with herbs such as ginger, citronella, kaffir lime, pandan leaves, kaffir lime leaves which are rich in Vitamin C and nutrients to brighten dull skin.

30 mins
RM 199

Bebunga Milk Bath

A romance bath ritual, combination of rose, flower's petals and milk that help to leave your skin smooth and silky. Aromatic rose essence will calm your body and mind.

30 mins
RM 299

Himalayan Mineral Bath

Infused with Himalayan crystal salt and warm water promote deep relaxing and calming experience. It also helps to ease pain, melt away stress and improve skin hydration.

30 mins
RM 199

In-Room Bath

A therapist will deliver a basket of bath amenities directly to your privacy villa. Draw the bath at your own convenience schedule and ready for you to pamper yourself.

30 mins
RM 299

Spa Refreshment

Revive Roselle

Enjoy this antioxidant tea that will enhance your immune system, help to lower down aging, prevent anemia and help you to feel relax - Roselle, Pandan Leaves and Honey

Signature Tea

This detox tea help to improve digestion system, promote weight loss, maintain blood pressure, good for the skin and eyes - Tamarind, Ginger, Lemongrass, Pandan Leaves and Palm Sugar

Refreshing Tea

This refreshing tea help to cooling down the body, lowering cholesterol, relieving anxiety and boosting oral health. - Lemongrass, Lime Fruit, Black Tea and Honey

Jamu

This potent concoction of earthy and spicy herbs is made by grandmother and villager and traditional healers use it frequently in their healing sessions. Jamu is good for anti-inflammatory, high in antioxidant, natural detox for liver and kidney and strengthen the immune system - Turmeric, Ginger, Tamarind and Palm Sugar

Spa Etiquette

Booking

To ensure that we reserve your appointment at your preferred time, please make reservations in advance through the spa extension via your room phone, or visit us at Mangala Spa. Outside of operating hours, you may contact front desk.

Cancellations

If you wish to cancel your booking, kindly inform us 4 hours before, to avoid 50% cancellation charges. Change treatment date and time will depend on spa availability slot. No show will incur a 100% charge.

Arrival

We recommend that you check in at spa reception 20 minutes prior to your reserved appointment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

Late Arrival

If you are running late, we will endeavor to complete your treatment in full. However, please note that the treatment may be shortened to accommodate the next booking.

Ambience

Our spa environment is a sanctuary of peace and harmony. To preserve spa tranquil environment, we respectfully request that you leave all mobile phones and electronic devices switched off and we ask that you refrain from talking loudly.

Valuables

We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavor to take care of your belongings, we do not assume liability for any loss of or damage to personal articles.

What to Wear

We provide a sarong, robe and pair of slippers, plus any items you need for your reserved treatment at Mangala Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

After Your Treatment

It is important to drink a lot of water before and after your treatment. We recommend that you do not sunbathe after any massage or body treatment.

Special Consultations

Most treatments can be adapted to accommodate illness, injury or pregnancy. Please communicate health matters or any health related concerns you may have, when making your reservation.

Spa Retail

To continue your home regimen or purchase any spa products as a gift for your loved ones, please inform to our staff.

Payment

For resort guests, all treatments will be charged to your villa and will appear on your account at the time of departure from the villa. Otherwise, credit cards are accepted at the spa reception.

Operation Hours

Sunday to Thursday 10 am to 7 pm
Friday and Saturday 10 am to 8 pm

Note:

Please book your session in advance to ensure that your preferred time and service is available