

## Welcome to Breeze Spa

Whether you are a lifelong spa devotee, a newcomer to wellness, or just someone looking to recharge and unwind, we look forward to showing you how fun it is to feel good!

Here at Breeze Spa, we believe that happiness is one of the key foundations of wellness—and that is what our treatments are all about. You will not need a dictionary of new-age jargon or ancient languages to understand our menu—you just need to know how you want to feel!

On the pages that follow, you will find our ever-evolving assortment of treatments to put the bounce back in your step and a smile back on your face. Our spa consultants would love to chat with you about how you can get the most out of your time, so if you are having trouble deciding, just give us a shout!

Feel the breeze – and discover the brighter side of life!

### The Details

#### Arrival

So many things in life are rushed—we would like to make sure your treatment is not one of them! That is why we ask that you arrive about 15–20 minutes early for your appointment.

#### Consultation

Our spa manager and spa receptionist are passionate about helping our guests look and feel their best. To make this even easier, we invite you to fill in the consultation form provided (do not worry—there are no wrong answers!).

#### Special Attention

Please tell our receptionist if you are pregnant, have any injuries, high blood pressure, any allergies, or had recent cosmetic surgery.

#### Valuables

The spa is a place to leave the world behind—and that includes your valuables! We recommend that you leave your jewellery, cash, wristwatches, mobile phones, and other valuable items back in your room for safekeeping.

#### Clothing

This is one place where you will not have to worry about a dress code! Just come as you are, and we will provide you with a robe, slippers, and disposable underwear in your treatment room.

#### Younger Guests

Guests under 16 years of age will need to be accompanied by a parent, and a guardian's consent form must be signed.

#### Ensuring Tranquillity

You have probably come here to get away from it all, and so have your fellow guests. That is why we kindly ask that if you have brought your mobile phones or tablets, that they remain switched off, and that you refrain from smoking while you are here.

#### Cancellation

We know that things do pop up, so we offer you the freedom to cancel your reservation at no charge for up to four hours before your appointment time. After that, we must apply a cancellation fee of 50% of your treatment cost. However, for cancellations with less than one hour's notice, including missed appointments, the full price of your treatment will be charged.



## Signature

### Penang Retreat Package

150 mins

RM458

Enjoy Penang, The Pearl of The Orient experience, and take a short break to indulge yourself at Breeze spa with the exclusive treatment. Revitalize with a full body signature Riceberry scrub, combining Riceberry and a special blend of bran oil and sweet almond oil to help exfoliate and rejuvenate the skin. The experience continues with a massage that combines Thai and Ayurveda techniques, providing ultimate relaxation to strained muscles. Complete the journey with Crystal Fresh Facial to rejuvenate your skin.

### Mood Massages

60 mins

RM188

90 mins

RM278

We developed signature Mood Massages to take the guesswork out of picking just the right massage. Here is how it works: think about how you are feeling now. Then, imagine how you would like to feel. Now, just select the Mood Massage below that best match that feeling!

#### Dreamy

Leave the busy world behind as calming sounds, hypnotic aromas and long, flowing massage strokes send you into a state of complete and utter tranquillity. Perfect after a long flight, at the end of a busy day, or just whenever you want to drift away.

#### Serene

Lie back and let it all go. To help that along, this oh-so-soothing massage utilises a long stroke palm pressure technique that stretches the muscles, works out all the knots and kinks, and leaves you feeling like you do not have a care in the world.

#### Rejuvenated

The science behind it says that these drainage and aromatic massage techniques using carefully selected essential oils can speed up the removal of unwanted toxins built up from stress, pollution, and a busy life. We like it because it leaves us looking and feeling absolutely radiant, enlivened, and ready to take on the world.

#### Invigorated

Our own deep tissue massage was created especially for those who want to leave their chronic tension in the past. Strong, high-pressure techniques target those points where stress often resides, forcing out the tension and getting those feel-good endorphins flowing.

#### Energised

This traditional Thai massage proves that ancient wisdom can still teach us a thing or two today. We start with more than ten traditional Thai herbs to create a warm herbal compress exuding earthy aromas and healing goodness to loosen up. Then, prepare to be stretched and kneaded with Thai massage to unwind all the knots. The result? A newfound spring in your step and the energy to make tomorrow even better than today.

## Spa Therapy Journey

We have designed a variety of ways in which you can enjoy the best of Breeze Spa condensed into a handy two-hour, and more leisurely three-hour.

### Body Glow

120 mins

RM358

A combination of treatments that will give you a taste of what Breeze Spa does best. Choose one of the Mood scrubs for an exfoliation or a detox with body wraps then stimulate the blood's circulation with your choice of a Signature Mood Massage.

### Super Stress Relief

120 mins

RM358

A super-refreshing tension release by Breeze Spa. Relieves all stress and tension from head to toe with a Muscle Tension Relief Massage, followed by an oriental head and foot massage. Let the energy flow with a Thai herbal compress.

### Essential Body Revival

180 mins

RM448

With this three-hour package, you are at leisure to enjoy a massage no matter which option you choose. For an extra bit of pampering, choose a rejuvenating body scrub that you want to start with, then follow with your choice of body massage and finish with a foot massage.

### Head Over Heels

180 mins

RM488

Give us an entire morning or afternoon, and we can indulge you from head to toe. Start with a foot ritual to get into the mood and follow it up with your choice of body treatment, continue to our Signature Mood Massage, then finish with your favourite facial treatment to recover glowing skin.

## Siam Sabai

Sabai reflects the Thai lifestyle of relaxation and happiness. Relax with a touch of fun and happiness with these treatments inspired by our Thai roots.

<b>Signature Muay Thai Massage</b>	<b>90 mins</b>	<b>RM308</b>
	<b>120 mins</b>	<b>RM408</b>

The deeply meditative and soothing stroke of Thai rhythmic pressure followed by the ancient method of using a Thai herbal compress to apply therapeutic heat, which is slowly released into the heart of the muscle as warm oil is massaged deeply to create utter relaxation.

<b>Muscle Tension Relief</b>	<b>60 mins</b>	<b>RM188</b>
	<b>90 mins</b>	<b>RM278</b>

Combining Thai holistic philosophy with vigorous deep tissue massage, these techniques will reinvigorate tired muscles targeting specific stress areas.

<b>Siamese Jade Stone Massage</b>	<b>90 mins</b>	<b>RM308</b>
-----------------------------------	----------------	--------------

Following an ancient technique, heated jade stones are expertly and smoothly moved over the body where the heat is slowly released into the muscles, increasing the circulation and alleviating stress, sending you into a deep state of relaxation.

<b>Siamese Foot Massage</b>	<b>30 mins</b>	<b>RM138</b>
	<b>60 mins</b>	<b>RM188</b>

Did you know that your foot holds a network of nerve endings and pressure points that are connected to the rest of your body? To relax, just choose a 30-minute foot massage. For reflexology, choose the 60-minute massage.

<b>Siamese Back Tension Relief</b>	<b>60 mins</b>	<b>RM188</b>
------------------------------------	----------------	--------------

A back, neck and shoulder rub by someone who actually knows what they are doing for a change. So simple, so good. Feel those tension knots melt away under the fingertips and palms of an expert massage therapist. Perfect if you have just stepped off the plane.

<b>Siamese Head Massage</b>	<b>60 mins</b>	<b>RM188</b>
-----------------------------	----------------	--------------

Inspired by ancient Indian techniques, this treatment is especially helpful for those who suffer from migraines or insomnia. Meanwhile, everyone can benefit from the deeply relaxing rhythmic and gentle touches.

<b>Crystal Fresh Facial</b>	<b>30 mins</b>	<b>RM218</b>
-----------------------------	----------------	--------------

Face care with a deep cleansing facial treatment combined with crystal facial therapy for anti-aging and promoting radiant skin growth.

## Facial Treatments

Our facial treatments, using a globally renowned brand, helps transform your spa experience into an unforgettable sensory experience.

### Hydration Facial Treatment

90 mins

RM388

Replenish dry, tired skin with this ultimate moisture experience. Use this luxurious lipid and unique age-diffusing mask to ease fine lines, apply double skin hydration, restore your skin's natural contours, and recapture a youthful glow. Instantly tighten, firm, and revive dehydrated skin, whilst smoothing lines and renewing resilience.

### Sensitive and After-sun Treatment

60 mins

RM338

Whether redness on skin was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

### Deep Cleansing Facial Treatment

60 mins

RM338

This deep cleansing facial treatment dissolves pore-clogging impurities and refines the pores, whilst taking away dull, dry skin cells to leave an even skin texture and tone. This professional-strength deep cleansing treatment features a radiance peel to open up clogged pores, improving clarity and smoothness.

### Brightening Facial Treatment

60 mins

RM338

Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tone, this fast-acting formula with double brighteners will boost skin radiance and reverse visible signs of damage. If your skin is suffering from dullness and loss of elasticity, see the youthful glow and leave your skin brighter and smoother.

### Anti-Ageing Facial Treatment

90 mins

RM588

This comprehensive anti-ageing facial is the ideal treatment to target and defeat signs of ageing. Reduce the appearance of wrinkles with powerful intensive Radiance Peel, whilst infusing the skin with long-lasting hydration. The results will leave your skin smoother and more youthful after just one treatment.

## Body Treatments

Scrub it off, wrap it up or rub it in. These rich body treatments have been specially created with some of our very own Breeze Spa magic!

### Jasmine & Mint Body Scrub

60 mins

RM198

Uncover the mystery of soothing jasmine and refreshing melon with our Jasmine 'N' Melon scrubbing mask. Giving the treatment an extra boost is Certified Organic Sea Buckthorn Berry Oil, rich in antioxidants, essential amino acids, vitamin E and Certified Organic Black Mulberry Extract, the 'super fruit' praised for its rejuvenating properties. The scrub will leave your skin satiny smooth and feeling refreshed!

### Mango Sticky Rice Body Scrub

60 mins

RM198

Also a popular Thai dessert, this speciality works wonders for your skin! Infused with mango butter, creamy coconut and rice, this delicious scrub gently exfoliates the skin to ensure it is perfectly moist, and properly nourished with vitamins and minerals. A generous application of coconut milk is spread all over your body, leaving you smelling absolutely delightful!

### Sun Soother Body Wrap

60 mins

RM198

When you have accidentally taken that sun-kissed look one step too far, put out fire on your skin with the soothing and cooling power of Aloe Vera and cucumber. The sun's rays can sap your skin of its hydration, but these natural botanical healers will soothe, cool, and tame the burning feeling.