



The Spa & Gym

Hilton Kuala Lumpur, Level 8, 3 Jalan Stesen Sentral, 50470 Kuala Lumpur, Malaysia
T+60 (3) 2264 2830 F +60 (3) 2264 2831 www.life.hiltonkl.com



by Kerstin Florian



TERMS & CONDITIONS

- SPA • Daily • 10am – 11pm
 - Fitness Center • Daily • 6am – 11pm , 24 hours access for in-house guests
 - Facility • Daily • 6am – 11pm
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Advance Booking

To make your reservation at Spa & Gym, please call +60 3 2264 2830 or 'MAGIC' , We highly recommended booking your treatment in advance to ensure that your preferred time & service available. Prices are subject to change without prior notification.

Cancelation policy

Please allow 6 hours notice of cancelation to avoid changes. Cancellation within 6 hours will incur 50% cancellaion charge. Credit card numbers is required at the time of booking.

Adult Facility

Spa & Gym is an adult facility, available to both men and women over the age of 16 years.

Health Considerations

Please advise upon booking of any allergies, ailments or disabilities, especially if you have high blood pressure or are pregnant as some services may not be appropriate for you at this time.

Attire

There are ample changing facilities in our spa, where bathrobes, slippers and disposal panties and biefs are provided for added comfort. Sport shoes and attire are required in the gym others wise access & use of such facilities will be refused.

Accident or Injuries

Spa & Gym shall be liable for any accident and injury suffered by member or guest.

Tax & Service Charges

In an effort to make your spa experience as seamless as possible, all prices are in MYR and inclusive of service charge and GST. Additional gratuities for your service provider(s) are subject to your discretion.



SIGNATURE

Fitness Refresh

This massage relaxes all tension in the body by working the muscles and skin using agile, graceful strokes and gentle, comforting movements.

The kneading, treading and smoothing movements will leave you feeling relaxed and calm.

This massage works the body with parallel movements resulting in a feeling of well-being, a rested mind and relaxed body. (**)

90 minutes RM 488

Pure Indulgence

Achieve a heightened state of relaxation and well-being. Begin your experience with full body exfoliation that refreshes the skin. Continue the journey with a stress relieving full body massage to pinpoint areas of tension, bringing relief to tired or aching muscles. Then enjoy purifying facial to benefit flawless and youthful skin.

- Choices of Scrub (Salt/Chamomile)
- Fitness Refresh Massage
- Mini Facial

120 minutes RM 575



MASSAGE

Deep Tissue

Help release tension between knotted muscles, this treatment concentrates on releasing blocked energy points to balance the flow of 'Qi' throughout the whole body, leaving you light and rested. (**)

60 minutes RM 395 | 90 minutes RM 499

Fusion

'Traditional Malay Urut' which also means Traditional Massage is a combination of Swedish and Shiatsu massaging techniques which helps with relieving pressure points and eliminating fatigue from the body. (*)

60 minutes RM 360 | 90 minutes RM 395

Express

Fast and effective freedom massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension. (**)

30 minutes RM 290

Spa Sampler

Tired after a long flight, jet lag or physical exhaustion! Let us restore and uplift your natural vitality to soothe and melt your tension away in the comfort of your own room. This massage concentrates on firm strokes and releasing blocked energy points to balance the energy flow throughout your body. (**)

60 minutes RM450 | 90 minutes RM540

Remark | (*) Light Pressure | (**) Light to Medium Pressure | (***) Firm Pressure



JOURNEY

Sea Regeneration

Starting with a stimulating and invigorating massage, this regenerating journey will help with the flow of 'Qi' throughout the whole body followed by an exfoliating full body therapy using native Wild Rosella Pink Dessert Salt which helps with cleansing and purifying the skin leaving it soft and supple.

- Sea Salt Scrub
- Fusion Massage

90 minutes RM 465

Harmony

Begin your journey with creamy aromatic scrub with Chamomile and gentle buffing grains sweeps away dull surface cells and stimulate circulation, leaving the body feeling smooth and refreshed. Be pampered with 'Tradition Malay Urut' "massage" releasing tensions and fatigue.

- Chamomile Scrub
- Fusion Massage

90 minutes RM 465

Radiance

Experience combines back massage with the nourishing antioxidant facial from head to toe well-being. After the welcoming ritual, your back and scalp are deeply massaged before a facial which alternates between skin stimulation, relaxation and smoothing. This treatment results in a fresh, light complexion, while your body feels relaxed and recharged.

- Back Massage
- Advance Facial

90 minutes RM 465



SPECIALIZED FACIAL

Lux Caviar Facial

A luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants. Exclusive Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An AcuLift Massage visibly firms and tones and provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent!

90 minutes RM 595

Advance Repair

Results-oriented treatment to target specific skin concerns dull or uneven skin tone, dry and stressed skin. This nourishing antioxidant facial leaves skin looking balanced, smooth and radiant.

60 minutes RM 360

Organic Hydration

Intensive hydration boost facial for dehydrated and sensitive skin. Includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to hydrate and nourish the skin.

60 minutes RM360

Organic Purity

A deep cleansing facial focused on oily congested or blemished, includes a gentle exfoliation to buff away impurities, deep cleansing massage and pore-refining effective marine elements to regulate sebum for balanced, clear skin.

60 minutes RM 360