



**THE ORCHARD**

*Spa*

Your Journey to  
Relaxation & Wellbeing





### Welcome to The Orchard's SPA Menu

Our spa is a little different to others you might have visited. We focus on your holistic wellbeing and the nourishment of your mind, body and soul.

Guests can choose between an individual treatment or Spa Journey treatments from the menu.

Our friendly and helpful spa team would be delighted to talk to you about booking or to explain and recommend treatments.

**OPERATION HOURS:** 10:00 AM - 18:00 PM

*\* Advanced booking is required. Last booking at 17:00 PM.*

*\* Kindly contact our concierge for enquiries or booking.*



The Orchard Wellness & Health Resort, Malaysia





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## **SPA PHILOSOPHY**

Inspired by ancient philosophy and the wisdom of nature,  
The Orchard Spa was conceived.

We bid you to come to this sanctuary of the senses which enchants you  
through the seamless integration of holistic and therapeutic treatments,  
filled with the richness of beauty and healing rituals from our forbearers.

Surrender yourself into the gentle caring hands of our professionally  
trained therapists to alleviate your stress, tension and aches.

Our hallmark of all-natural and botanical ingredients will further enhance  
your spa experience and lull you into the realm of complete wellbeing.

At The Orchard Spa, cross the threshold to commune with nature and find  
balance of body, mind and spirit...

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## THE ORCHARD AROMATHERAPY MASSAGE OIL

### **Tropical Balance Massage Oil**

Balance blend contains oils traditionally used to Balance & Harmonies. For PMS, painful periods, fluid retention, menopause. Use for a relaxing and soothing massage. Contains with Bergamot, Clary sage, and Geranium

### **Tropical Energy Massage Oil**

Be energized with tropical blend of invigorating natural plants oils. Feel the zesty fragrant energy of lemongrass, lime, and ginger to refresh, uplift and recharge the senses. Traditionally used for its Detoxifying and cleansing properties. Contains with lemongrass, lime & ginger.

### **Tropical Calming Massage Oil**

Is a tranquil escape from every day trails and tribulation by incorporating a pure concentration of Lavender extract. This massage oil will help you overcome concern such as sleep deprivation, fatigue, tension, aches and stress. Contains with Lavender extract



## SIGNATURE MESSAGES

### **The Orchard Signature Massage 90 min ..... RM350**

Perfect blend of Hawaiian Lomi – Lomi and Japanese Shiatsu technique, a holistic treatment for those who seek for deep tissues pressure that work on stiff muscles, to enhance circulation, restores muscle tone and improves vitality.

### **The Orchard Relaxing Touch 60 mins ..... RM290**

Gentle and soothing touch on the body helps to enhance poor circulation, improve respiratory and digestive system. Use of therapeutic essential oils help to relax, body, mind and soul.

### **Balinese Massage 60 min ..... RM300**

Balinese massage is an ancient massage technique designed to work almost every muscle in the body. Gentle gliding, kneading, palm & thumb pressure help to stimulate blood flow, reduce stress and anxiety.

### **Shiatsu Massage 90 mins ..... RM350**

Shiatsu is originated in Japan word meaning “Finger Pressure” is a hands on method preventive health care and therapy that increases vitality, relieve stress, and stimulates the body’s natural healing ability by applying pressure to key points on the body.

Rates are Ringgit Malaysia and inclusive of 8% SST

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## THE ORCHARD REJUVENATE THERAPIES

### **De-Stress Back Massage 45 min ..... RM200**

A truly rejuvenating experience that works deep into muscle, helps improve blood circulation, reduce stress and alleviate muscle aches and release the channel of positive energy.

### **Head Massage 30 min ..... RM150**

A gentle healing treatment that focus on energy techniques which makes the treatment magical. Helps to relieve tension, insomnia, headache, and migraine. Gentle kneading on neck and shoulder helps to increase blood circulation.

### **Reflexology 45 min ..... RM160**

For thousand of years, the Chinese have practiced accupressure – finger point pressure that stimulate reflex zone in the feet, which are systematically linked to all parts of the body. This magical touch unclogs energy flow promoting oxygenating of tissues and the removal of toxins.

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## THE ORCHARD BODY EXFOLIATE

### **Himalayan Salt Scrub 60 min ..... RM210**

Is an Ayurveda oils dripping technique and use of Himalayan salt in healing properties, followed by gentle exfoliating helps to remove dead skin cell, dry skin, improve circulation. The body lotion will be applied after shower to nourish the skin.

### **Coffee Traditional Body Scrub 60 mins ..... RM230**

Richly fragrant revitalizing herbal coffee scrub with Tongkat Ali and Ginseng originates from the exotic island of Borneo. Coffee is rich in anti-oxidant, natural fruits acids & caffeine. The synergy achieved when combined with the stimulating effects of Tongkat Ali & Ginseng tone and exfoliate tired skin, leaving it soft, smooth and glowing. Especially useful for cellulite prone areas such as buttocks and thighs. Coffee scrub stimulates circulation & energizes the skin, and enjoy the heavenly aroma as you cleanse, re-energized and invigorate the body.

### **Rose Salt Body Scrub 60 mins. .... RM200**

Deliciously enriching super gentle Rose salt scrub with Himalaya mineral salt and damask rose. Leaves the skin fragrantly refreshed and renewed. The body moisturizer will be applied after shower to nourished the skin.

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## THE ORCHARD BODY WRAP

### **Algae Marine Mask 60 mins ..... RM350**

Micronized Marine Algae & Marine muds are especially rich in calcium, magnesium, trace elements and other micro nutrients which result from the minerality of sea water. Studies demonstrate the Detoxification powers of marine muds, well known in thalassotherapy to soothe general aches and pain, activate circulation, sluggish metabolism, and for general well-being.

### **Mococa Borneo Body Wrap 60 mins ..... RM210**

Intoxicating delicious cocoa, coconut milk, & coffee provides soothing, nourishment to the skin whilst delighting the senses. Theobroma cocoa with anti-oxidant and calming properties contains a rich source of vitamins & minerals. Known as the "Food of God by the ancient Mayan's". Cocoa has a history of traditional use, hydrating and calming to irritated skin conditions this richly smooth body wrap and leaves a soft delicious fragrance.

### **Tropical Cucumber & Aloe Vera Wrap 60mins ..... RM250**

Perfect combination of cucumber and aloe vera it has instant relief and gentle way to treat sun burn. While waiting for the two agents to soothe the skin, and gentle head massage help to relax the mind and body. Applied the body moisturizer after shower to seal nourishing.

### **Boreh Traditional Body Wrap 60 mins ..... RM250**

Boreh body treatment with exotic spices has stimulating & warming effect to bring comfort to body aches and pains. This is most popular and longstanding traditional treatment evoking wonderful soothing sensation, boosting circulation & revitalizing skin tone. Especially recommend those who have been active the whole day and need to relax.

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## SPA JOURNEY

The Orchard Spa offers a series of holistic and therapeutic Spa Journeys that has been designed to improve your well-being and helps you to find balance in life.

Spa Journeys can be experienced alone, with partner or a friend. Each journey session takes three to four hours - long enough to give you time to relax and unwind properly.

Experience unforgettable healing journeys with us.

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## THE ORCHARD SPA JOURNEY

### **AQUAMARINE**

**Healing Energy & Personal Charm 2hrs 30 mins ..... RM450**

Jacuzzi  
Himalaya Salt Scrub  
The Orchard Relaxing Touch Massage

### **AMETHYST**

**Peace & Healing 3hrs ..... RM480**

Exotic Rose Body Mask  
Balinese Massage  
Reflexology Massage

### **PEARLS**

**Purity, Honesty & Wealth (For Her) 3hrs 15 mins ..... RM560**

Boreh Traditional Body Wrap  
The Orchard Signature Massage  
Himalaya Salt Scrub

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