



**La Santé**  
ORGANIC WELLNESS SPA SPA MENU

### Gentle Facials

#### **Nourishing Detox Facial**

A nourishing detox facial that commences with deep cleansing of the back, lymphatic facial massage and a marine mask with hand harvested seaweed leaf strips.

#### **Reviving Facial**

A relaxing cleansing facial suitable for all skin types enriched with anti oxidant algae complexes and pro collagen organic extracts to give the natural glow one needs.

### Corrective Facials

#### **Aroma Lift**

A 'non surgical' face lift that combines the electro puncture and energizing drainage to lift and firm the skin.

#### **Collagen Activator for the Face by Alma RF™**

The alternative to surgical procedures, non-invasive, state of the art technology to produce new collagen to treat skin imperfections, giving the skin a smoother and younger appearance.

Options:

#### **Collagen Activator for the Eye by Alma RF™**

A skin tightening treatment to reduce dark circles and to tighten the skin around the eyes.

#### **Collagen Activator for the Neck by Alma RF™**

A skin tightening treatment dedicated to the delicate skin around the neck and décolleté area by activating collagen and elastin.



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**LPG Endermolift – Face**

This exclusive anti-aging endermolift technique redensifies in depth the skin and erase the signs of aging. Tired, dull complexions are revived by reoxygenating of the skin and re-activating the natural production of collagen and elastin.

Options:

**LPG Endermolift – Eye**

The gentle, yet deep lift action redensifies the skin to smooth lines and wrinkles (crow's feet and brow furrows). By optimizing circulatory exchanges, liftmassage decongests puffy eyes and erases dark circles.

**LPG Endermolift – Neck**

This skin tightening treatment is designed for the thin, delicate skin of the neck and décolleté area. As collagen and elastin production are reactivated, a dramatic increase in skin elasticity is achieved.

**Bust Lift**

**Aroma Bust**

An effective firming and toning treatment for the bust. The body formula and stimulating oil improve the skin's elasticity and firmness of the bust area.

**Pampering Massage**

**Swedish**

An aromatherapy relaxing massage that adopts smooth, gliding strokes and kneading to promote complete body relaxation and rejuvenation.

**Shiatsu**

Uses finger pressure and stretching techniques to work on the body's acupuncture points, meridians and energy channels to alleviate body stiffness, muscle pulls, anxiety and energy congestion, promotes and restores the balance of "chi".

**La Santé Signature**

A unique combination of Swedish and Shiatsu massages to provide deep tissue and muscle tension relief. It helps to improve one's circulation and energy level in complete harmony.

## Therapeutic Massage

### **Stress Relief**

A relaxing massage enhanced with the use of seaweed massage oil to relieve deep tissue and muscle tension and to revive one's energy level.

### **Seaweed Hot Stone**

Heated stones are placed onto organic seaweed leaves all over the body during the massage. The dual action of the heat of the stones soothes body muscles whilst releasing precious extracts from the seaweed to key parts of your body.

### **Reflexology**

The practice of applying pressure to the feet to stimulate energy pathways and promote healing effects on corresponding parts of the body.

## Body Exfoliation

### **Lavender Sugar Glow**

A wonderful fragrant mix of lavender buds, seaweed and sugar to gently remove dead skin cells, increase circulation and support skin regeneration.

### **Bladderwrack Body Buff**

100% certified organic powdered seaweed and oil scrub to protect the skin against cell damages, tone and stimulate, the ultimate treat for tired and dull skin.

### **Peppermint Sugar Glow**

The fresh and invigorating organic peppermint essential oil with seaweed and sugar scrub cools and is uplifting while promoting skin renewal.

### **Organic Sea Salt Glow**

A detoxifying salt exfoliating treatment that is designed to remove dull skin, refine the skin texture and helps to stimulate blood and lymphatic flow.



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### Wellness Body Exfoliation

#### **Soap Brush**

A signature body exfoliation treatment performed on the heated and automated Aquaveda bed, enhancing body circulation, skin vitality and glow.

### Hand and Feet Care

~ Manicure

~ Pedicure

~ Manicure & Pedicure

~ Spa Manicure

~ Spa Pedicure

~ Spa Manicure & Spa Pedicure

The ultimate pampering treatment for stressed, dry and chapped hands and feet, using the best of organic products to condition shape and buff nails and cuticles. Spa Manicure and Spa Pedicure treatments include soothing sea salts muscle soak and revitalizing scrub. Beautiful hands and feet is the ultimate goal.

### Therapeutic Body Wrap

#### **Mermaid's Purse**

An intense hydrating and detoxifying wrap for tired, dry and dull skin by stimulating blood flow and promoting cell renewal.

#### **Ocean Essence Body Envelopment**

A combination of Fucus Serratur and Laminaria Digitata seaweed wrap stimulates blood and lymph circulation, an effective relief for muscle stress and fatigue.

#### **Tangle Me Up**

An anti aging and anti cellulite body wrap that helps to improve suppleness and elasticity of the skin. Its anti-oxidant compounds offer protection to cell damage.



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**Signature Seaweed Leaf**

Visualize your entire body being wrapped with the finest seaweed, hand harvested from the ocean to ensure the highest content of bio-actives is preserved. This enriched wrap helps to detoxify, firm and soften the skin and is excellent for weight loss programmes.

**Bath**

**Lazy Days**

Close your eyes and imagine you are swimming in the ocean, submerging your body into a luscious deep bath of Fucus Serratus Seaweed. The bath is designed to enhance blood circulation and detoxify the body through the stimulation of lymphatic system.

**Aroma Bath Infusion**

Relaxing bath infused with a blend of organic essential oils of lemon, lime, clove, basil, mandarin and patchouli to awaken your senses, enhance breathing and leaving your skin feeling hydrated, soft and smooth.

**Seaweed Peat**

An ancient traditional therapy of a dark deep relaxing bath that will soothe away your body's muscular aches and pains, relieving stress and fatigue. The infusions of organic blend of spicy peppery ginger with cinnamon herbs invigorates the body, mind and soul.

**Wellness Therapy**

**Dry Body Brush**

Using a firm Horse Hair bristled brush to remove dry and dull skin on the back, continued with a relaxing massage using seaweed massage oil to stimulate the circulatory and lymphatic system to promote detoxification and enhancing skin texture.

**Seaweed Peat Ritual**

An ultimate stress relief therapy which includes an invigorating bath, a gentle full body exfoliation, a head to toe body wrap in seaweed leaf and a restorative head massage. The bio active content in the seaweed promotes firmness and softening of the skin.



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### Wellness Antidote

#### **Aroma Detox**

A body detox heat treatment to eliminate toxins and fluid retention.

#### **Aroma Total Body**

An anti-cellulite treatment using lymphatic drainage to eliminate fluid retention, promote detoxification and break down stubborn fat deposits.

#### **Herbal Bath**

An European heated chamber infused with the choice of herbs of Rosemary, Chamomile and Lavender.

#### **LPG Relaxing / Jet-Lag**

This energizing treatment stimulates reflex zones to release stored energy. As a result, the body quickly recuperates and adapts to the time change. A great remedy after a long flight.

### Therapeutic Body Mud

#### **Healing Earth**

A relaxing and purifying mud that deep cleanse the skin and assist to combat rheumatism or joint problems.

#### **Rock Oil Fango**

A therapeutic mud for rheumatism, gout, phlebitis and muscle tension as it activates microcirculation and the lymphatic system to promote detoxification.

#### **Dead Sea Mud**

Pure dead sea mud enriched with minerals and trace elements to relieve tensed muscles, tired and painful joints.

## Slim and Shape

### **Aroma Slim**

An anti-cellulite treatment to break down stubborn fatty deposits.

### **Body Contouring by Alma RF™**

Using radio frequency technology for advanced deep controlled heat therapy activating collagen to contour and slim the body, improve cellulite and tighten sagging skin.

### **Body Reshaping by Alma Ultrasound™**

A novel treatment using state-of-the-art ultrasound technology for a safe, non-invasive and painless body reshaping, the first real alternative to surgical procedures – with no down time, recuperation period, and uncomfortable side effects. The ultrasound technology of resonance vibration technique reacts selectively to provoke the immediate and gradual break up of fat cells membranes. As a result the fat layers will continuously collapse and compact after treatment, resulting in a safe and effective lipolysis for long lasting results.

### **LPG Lipomassage – Slim and Tone**

Cellular stimulation slimming treatment performed with LPG Roll technology. It is designed to slim the figure by activating lipolysis process and eliminate those resistant fat pockets that refuse to budge with weight loss, diets and exercise.

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	TREATMENT DURATION (mins)	PRICE RM
<b>Gentle Facial</b>		
~ Nourishing Detox Facial	75	410
~ Reviving Facial	50	350
<b>Corrective Facial</b>		
~ Aroma Lift	75	455
~ Collagen Activator for the Face	50	490
~ Collagen Activator for the Eye	20	290
~ Collagen Activator for the Neck	20	290
~ LPG Endermolift – Face	45	390
~ LPG Endermolift – Eye	20	290
~ LPG Endermolift – Neck	20	290
<b>Bust Lift</b>		
~ Aroma Bust	50	350
<b>Pampering Massage</b>		
~ Swedish	50 / 75	340 / 455
~ Shiatsu	75	455
~ La Santé Signature	75	490
<b>Therapeutic Massage</b>		
~ Stress Relief	50	340
~ Seaweed Hot Stone	75	525
~ Reflexology	20 / 50	175 / 315
<b>Body Exfoliation</b>		
~ Lavender Sugar Glow	50	375
~ Bladderwrack Body Buff	50	375
~ Peppermint Sugar Glow	50	375
~ Organic Sea Salt Glow	50	375

All prices are nett in Ringgit Malaysia and inclusive of 6% ST.



	TREATMENT DURATION (mins)	PRICE RM
<b>Wellness Body Exfoliation</b>		
~ Soap Brush	50	375
<b>Hand and Feet Care</b>		
~ Manicure	45	190
~ Pedicure	45	210
~ Manicure & Pedicure	80	330
~ Spa Manicure	50	260
~ Spa Pedicure	75	280
~ Spa Manicure & Spa Pedicure	110	470
<b>Therapeutic Body Wrap</b>		
~ Mermaid's Purse	50	375
~ Tangle Me Up	50	375
<b>Therapeutic Body Scrub and Wrap</b>		
~ Ocean Essence Body Envelopment	75	490
~ Signature Seaweed Leaf	75	560
<b>Enriched Bath</b>		
~ Lazy Days	50	445
~ Aroma Bath Infusion	20	210
~ Seaweed Peat	20	210
<b>Wellness Therapy</b>		
~ Dry Body Brush	75	490
~ Seaweed Peat Ritual	105	645

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	TREATMENT DURATION (mins)	PRICE RM
<b>Wellness Antidote</b>		
~ Aroma Detox	50	375
~ Aroma Total Body	75	525
~ Herbal Bath	20	140
~ LPG Relaxing Jet-Lag Remedy	45	490
<b>Therapeutic Body Mud</b>		
~ Healing Earth	20	210
~ Rock Oil Fango	20	210
~ Dead Sea Mud	20	210
<b>Slim &amp; Shape</b>		
~ Aroma Slim	50	375
<b>Body Contouring by Alma RF</b>		
Option on Localised Areas:-		
~ Tummy and Love Handles	75	650
~ Upper and Lower Abdomen	50	550
~ Thighs	75	650
~ Buttocks	50	550
~ Arms	50	550
~ Lower and Upper Back	75	650
<b>Body Reshaping by Alma Ultrasound</b>		
Option on Localised Areas:-		
~ Tummy and Love Handles	75	650
~ Upper and Lower Abdomen	50	550
~ Thighs	75	650
~ Buttocks	50	550
~ Arms	50	550
~ Lower and Upper Back	75	650
LPG Lipomassage – Slim and Tone	45	490

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**FITNESS & YOGA CLASSES**

	DURATION (mins)	PRICE RM
~ Group Classes	45	70 per class
~ Personal One to One Training	45	140 per session

**WELLNESS CONSULTATION**

While healthy individuals may come in different shapes and sizes, taking these simple, non-invasive tests and consultation is a great way to start your journey to wellness. We provide you with a launching point for a positive change into a healthier you.

**Body Composition Analysis**

With our body composition analyzer, get to know your current weight, body mass index, basal metabolic rate, total body water, proportion of body fat to lean muscle mass and segmental body fat. Comparing the results with normal ranges suitable for your age, weight and height gives you an overview of your nutritional state.

Duration of Test: 15 mins | Price: RM30

**Bone Density Test**

Our FDA approved bone densitometer in place screens your bone mass quality. With this quick ultrasound test of the heel, we will find out whether one has low or good bone quality.

Duration of Test: 15 mins | Price: RM30

**Nutritional Consultation**

An opportunity to work closely with our certified Nutritionist to improve your lifestyle in terms of choosing the correct food, enhancing your bodily functions, alleviating symptoms of illnesses and improving your diet. Personalised action plans are created to help you achieve your health goals.

Duration of Consultation : 45 mins | Price: RM295

*\* complete with Body Composition Analysis and Bone Density Test*

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