

ESSA [escape, serenity, sanctuary, aspire]

Escape from the city's hustle and bustle and step into your wellness sanctuary, Essa Spa where balance is sought and restored. Supported by our extensive research on the concerns which are encountered by urbanites nowadays such as hectic lifestyles, sleep deprivation and imbalanced nutrition, we provide an urban oasis, grounded in mindfulness, offering holistic treatments and wellness experiences designed to elevate your well-being and promote respite and rejuvenation.

Immerse into our lavish female and male wellness zones where you start your wellness journey through detoxifying bio-sauna, relaxing aromatherapy steam bath and invigorating vitality pool before embarking into your treatments.

We blend our Malaysian's healing tradition which has been passed through generations with selection of botanical and cutting-edge products into an array of wellness journeys, delivered through the hands of our gifted therapists.

Our wellness offerings are inspired, guided and revolved around our core philosophies.

escape ~ Essa Spa encourages you to escape from the upbeat pulse of the city and be rejuvenated

serenity ~ here you will find a serene space to reconnect with your inner peace

sanctuary ~ we provide an urban sanctuary where you can have a respite amidst your hectic lifestyles

aspire ~ through our wellness offerings, we aspire that each guest will leave Essa Spa feeling refreshed, energized and invigorated!

At the end of your wellness experience, savor our Essa Elixir, which is lovingly prepared with fresh, organic ingredients such as ginger, lemongrass, cinnamon, clove and a dash of honey complemented by a choice of dainty pastry, as you muse on your next activity, feeling recharged and rejuvenated!

escape

TRADITIONAL URUTAN MALAYSIA

90 MINUTES

MYR490+

Urut' or massage in Malay has been passed through generations, usually from mothers to daughters to care for family well-being. Combining a long rhythmic strokes and deep pressure on body meridian and stress points to alleviate muscle aches and banish all the tensions away using a secret blends of indigenous herbs extracts.

HEAVENLY BALI MASSAGE

60/90 MINUTES

MYR390+/MYR490+

Inhale and let go with timeless invigorating journey through the island of paradise. Used for centuries to renew, strengthen and heal both body and mind, this traditional therapy combines stretching, long strokes, skin rolling and palm and thumb pressure techniques to relieve tension, improve blood flow, ease stress and calm the mind. It can also help to improve the circulatory, lymphatic, muscular and nervous systems.

TROPICAL ESCAPE BODY GLOW

60 MINUTES

MYR290+

This aromatic body polish delivers an aroma-sensory experience. The gentle exfoliation removes impurities and toxins by gently polishing your skin. Nourished with anti-oxidant infusion from tropical fruit extracts and vitamins to brighten the skin. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

FLORAL BATH

30 MINUTES

MYR290+

Featuring a potpourri of tropical flowers and essential oils to nourish the skin, enhance your mood and wipe the stress away...

+) all prices are subject to additional 8% service tax

serenity

AROMATIC REPOSE MASSAGE

60/90 MINUTES

MYR390+/MYR490+

Unwind and de-stress with this aromatic bespoke treatment to instill a sense of peace. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

NOURISH & PURIFY FACIAL

60 MINUTES

MYR490+

Purify, hydrate, nourish and smooth your complexion with this simple yet effective facial that is suitable for all skin types. Infused with active ingredients that gentle on skin yet renders a radiance glow, leaving your skin supple and deeply nourished.

DAMASCENA ROSE SCRUB

60 MINUTES

MYR290+

A delightful blend of ionized salt crystal for its healing properties and Damascena Rose extract to gently exfoliate the skin and restore body-mind equilibrium. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

+) all prices are subject to additional 8% service tax

sanctuary

HOT STONE MASSAGE

90 MINUTES

MYR590+

This unique advanced therapy utilizes rejuvenating basalt stone ergonomically crafted as treatment modality to reach deeper knots and tension. The heat helps to reduce muscle aches and spasms and balances your entire energy flow. Your body is de-stressed, blood and lymphatic circulation are stimulated, cell metabolism is increased which renders a sublime sense of utter wellness and relaxation

DEEP MUSCLE EASE MASSAGE

60/90 MINUTES

MYR390+/MYR490+

Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrated on specific areas of concern to help relieve common discomforts and sports related tension.

PHYTO-BOTANICAL FACIAL

60 MINUTES

MYR490+

Designed for dry, sensitive and damaged skin, this hydrating and restorative facial delivers a nutrient-rich elixir that revitalizes your dehydrated skin. This calming facial is infused with advanced anti-oxidants and essential fatty acids to fight free-radical damage and protect the skin natural barrier. The relaxing facial massage delivers active ingredients to help skin cells renewal, before a botanical hydration mask locks moisture into the skin

GENTLEMAN'S TONIC FACIAL

60 MINUTES

MYR490+

An active lifestyle, daily skin aggression from shaving and the absence of a skin care program, quickly takes the toll on your skin. Strengthen your skin with this simple and nourishing facial to prevent razor burn, condition and improve skin texture

+) all prices are subject to additional 8% service tax

aspire

ESSA SIGNATURE MASSAGE

60/90 MINUTES

MYR390+/MYR490+

Join us on a journey to various parts of the world through our signature massage which combines the invigorating Balinese techniques, energizing Chinese acupressure and gentle Hawaiian Lomi Lomi massage. Accented with our own oil blend of Energize to encourage energy flow and release muscle tensions

AGE-DEFFYING COLLAGEN FACIAL

60 MINUTES

MYR490+

The most advanced defense against aging, this opulent treatment lavishes your skin with pure marine collagen and elastin. This luxurious skin ritual improves skin elasticity, increases skin oxygenation and suppleness, promoting cell renewal and visibly reduces fine lines and wrinkles

CUTTING-EDGE FACIAL ~ ELEVATE YOUR OUTSTANDING RESULT

COLLAGEN POLYPEPTIDES + MYOXY CAVIAR

30 MINUTES

MYR390+

Enhance your Age-Defying Collagen Facial with this cutting-edge anti-ageing intensifier works to significantly decrease the skin's deterioration and the appearance of lines. Featuring a highly concentrated formula, this unique Intensifier blend unites: Collagen Polypeptides, Caviar Extract, and Hibiscus Esculentus Extract which penetrated into deeper skin layers with nourishing elements to slow down the ageing process, eliminate wrinkles, increase skin plumpness and replenish collagen and elastin for a youthful glow.

+) all prices are subject to additional 8% service tax

aspire

ANTI-CELLULITE SCRUB

60 MINUTES

MYR290+

Specifically formulated to combat cellulite appearance and breakdown fat cells, this unique body therapy contains lemongrass, grapefruit and fennel extracts and evening primrose oil to smoothen the skin, detoxify and reduce water retention. A layer of hydrating body balm is applied with soothing, light massage to seal the nourishment.

ANTI-CELLULITE WRAP

60 MINUTES

MYR490+

Featuring the potent organic ingredients of ginger, lemongrass, juniper berry and fennel, this wrap works naturally to treat skin imperfection. The warm cocoon helps stimulate blood circulation, allowing the active elements to penetrate into the deeper layer of the skin to breakdown adipose cells, flush toxins and excess fluid for slender and smooth appearance.

+) all prices are subject to additional 8% service tax

essa spa packages

ESCAPE - BALI GETAWAY

120 MINUTES

MYR580+

(usual price RM780+)

Bali – some call it heaven on earth with its panoramic beaches and rich culture, steeped in tradition. Join us on a journey to the island of gods with our most-sought after package, combining gentle Tropical Escape Body Glow and Heavenly Bali massage to work on muscles and nerve pathways to encourage blood circulation and reduce stress. *(30 minutes Tropical Escape Body Glow + 60 minutes Heavenly Bali Massage)*

SERENITY – URBAN [SPA]CE

120 MINUTES

MYR680+

(usual price RM880+)

Be pampered in this indulgent rituals which combines a relaxing aromatic repose massage to alleviate stress and reduce muscle aches followed by a choice of Phyto-Botanical or Gentlemen's Tonic facial to deeply nourish your skin and improve skin cells renewal for healthier looking skin. *(60 minutes Aromatic Repose Massage + 60 minutes Phyto-Botanical or Gentlemen's Tonic Facial)*

SANCTUARY – WELLBEING JOURNEY

150 MINUTES

MYR780+

(usual price RM1,170+)

Uplifting and revitalizing, this recovery ritual renews the skin, boosts energy and awakens the senses. Smoothing body exfoliation combines shea butter and tropical fruit extracts to leave your skin nourished and supple, a perfect preparation for the full body massage that follows, using powerful essential oils of calming lavender and chamomile or detoxifying seaweed and green tea and advanced massage techniques to ease muscle spasms, aches and tension. An Age-Defying facial completes the wellbeing journey, leaving you refreshed with youthful, glowing skin. *(a choice 30 minutes Body Scrub + 60 minutes Deep Muscle Ease Massage + Age-Defying Collagen Facial)*

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essa spa packages

ASPIRE – BODY CONTOUR THERAPY

150 MINUTES

MYR780+

(usual price RM880+)

Get a silhouette you always want with our body contour therapy, combining both anti-cellulite scrub and wrap, enriched with powerful extracts of lemongrass, ginger, grapefruit, juniper berry and fennel to reduce cellulite appearance and fluid retention. A lymphatic drainage massage accelerates the toxin removal and improve overall circulation for slimmer you! *(15 minutes aromatherapy steam bath + 60 minutes anti-cellulite wrap + 60 minutes Lymphatic Drainage Massage)*

ASPIRE – ESSA BESPOKE RETREAT

180 MINUTES

MYR880+

(usual price RM1,180+)

Create your own wellness retreat by combining the treatments of your choice. Our experienced wellness therapists will be pleased to assist you based upon a thorough consultation and your expectation how you want to feel after the treatment. *(choose any treatment from Essa Spa Menu for a total of 3- hour wellness journey)*

ESSA COUPLE THERAPY

210 MINUTES

MYR1,880+

(usual price RM3,120+ including complimentary Aromatic Floral Bath worth RM580+)

Embark on a blissful wellness journey for two, where you can escape to the tranquil oasis, find a respite and share an unforgettable moment which seems like eternity. Start your journey with Tropical Escape Body Glow to remove skin impurities then immerse into a sensual Aromatic Floral Bath – complimentary from the house, followed by Essa Signature Massage to de-stress and decompress. Inhale deeply as your therapists healing hands work to unravel tensions and knots. Choose from Nourish & Purify or Phyto-Botanical or Gentleman's Tonic Facials to complete your journey, feeling like you're walking on cloud 9! *(30 minutes Tropical Escape Body Glow + Complimentary 30 minutes Aromatic Floral Bath + 90 minutes Essa Signature Massage + a choice of 60 minutes Nourish & Purify or Phyto-Botanical Facial or Gentleman's Tonic Facial)*

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how to essa

Operation Hours

10:00am to 10:00pm daily

Advanced Bookings

We encourage you to schedule your appointment in advance to ensure that your preferred time and service is available.

Cancellation

We value your visit and appreciate your cooperation with our cancellation policy. Please respect our scheduling by providing a minimum 6-hour notice. Any cancellation which occur within 6-hour prior the appointment time will incur a full payment of the treatment(s) selected.

Arrival

We suggest that you arrive 30 minutes prior to your first appointment. This allows us to have a brief discussion with you about your treatment expectations and give you ample time to enjoy the environment including our comprehensive hydro-thermal facility and make the most of your experience. Please understand that late arrivals will not receive an extension of scheduled treatments

Age Requirement

Strictly no children and junior (below 16 years) are allowed using therapy space and hydro-thermal facility

Spa Attire

Wear whatever comfortable. Proper attire or robe must be worn in the spa and we will provide disposal underwear during treatment

Spa Etiquette

Our spa is a tranquil environment. For the courtesy of our guests, cellular phone use is prohibited within the spa premises. Respect yourself and others by turning off communication devices prior to entering the spa. Kindly refrain from smoking. Anyone under the influence of alcohol or drugs will be asked to leave immediately and will be charged 100% appointment time.

For Gentlemen

We offer a variety of services that are specially designed for men. Shaving isn't necessary, but it is recommended. If you do choose to shave prior to your facial, be sure to do so at least 2 hours prior to your service.

Service Charge

All prices are subject to additional 8% service tax.

Gratuities

Gratuities are a matter of personal discretion. They should reflect your level of satisfaction with our services.

Loss or Damage

We do not advise you to bring your valuables during your treatment and we do not assume any liability for loss of personal items.

Health Conditions

Please advise us when booking your appointment if you have high blood pressure, are pregnant, suffer from allergies and injuries. We do not recommend the consumption of alcohol before, during and after the treatment.