

Filled with the light and green energy of our Malaysian rainforests, experience the true essence of wellness in Kuala Lumpur at Essa Spa.

Retreat to deepest relaxation in the luxurious solitude of our spa sanctuary at ESSA, you'll bask in the powerful benefits of traditional Malay healing.

Mixing unique, natural elements from our rainforests in the distinctly Malaysian tradition of *ramuan*, ESSA optimises your health by developing personal treatment programs to reconnect you to the natural world.

Restoring your senses to optimal balance, we develop your inner radiance, nurture essential calm and activate energetic awakening.

Restoring flow, serenity and energy, experience the true essence of wellness in Kuala Lumpur at Essa Spa.



## RAMUAN AT ESSA

Within the practice of *ramuan*, healing begins by attuning the body's energies to the rhythms of nature.

Prepared according to ancestral wisdom, ESSA's *ramuan* oils, tinctures and elixirs originate from the leaves, roots, stems, barks, flowers and fruits of our rainforests to promote your good health in a systematic way. Rebalancing and reconnecting you to the natural world, enjoy *ramuan* healing at ESSA by asking yourself what you need. Explore:

### CALM

de-stress to achieve tranquil serenity  
Jasmine, Ylang Ylang, Bergamot and Frangipani

### REVIVE

uplift to activate instant energy  
Black Pepper, Cinnamon, Clove, Kaffir Lime and Tongkat Ali

### RENEW

purify to discover beauty and flow  
Vetiver, Neroli, Ginger and Lemongrass

Conscious of the balance between internal health and outer radiance you'll achieve the deep relaxation and true calm only nature can provide at Essa Spa in the heart of Kuala Lumpur.

### THE ESSA ENVIRONMENT

We invite you to explore our unique wellness facility flooded with natural light and lush greenery, complete with a fitness centre, hydrotherapy, personal training, an elevated swimming pool, sun lounge, all-inclusive spa suites and more.

## ESSA PACKAGES

With warm Malaysian grace, Essa Packages focuses on returning the body to equilibrium. Through well-choreographed rituals created with the ancient Malaysian healing art of *ramuan*, you'll be returned to a state of balance, deeply relaxed, newly awakened or indulgently radiant.

### CALM

Allow us to do all the work as you relax into a dream state. Artfully combining treatments to provide the ultimate in tranquillity, soak in the beauty of the Malaysian rainforest and emerge completely at ease.

60 minutes - Bergamot Honey Body Wrap

60 minutes - ESSA Dream State Massage

2 Hours MYR 570

### REVIVE

If you've been feeling sluggish or simply need to reset your internal clock, experience a powerful awakening with Malaysia's best natural ingredients. Expert *ramuan* mixing sees to it that your energy is unblocked.

60 minutes - Awaken & Renew Body Scrub

60 minutes - Malay Urut Body Massage

2 Hours MYR 570

### RENEW

For those seeking the ultimate uplifting moments and beauty therapy, this incredible series ensures nourishing, hydrating and inner relaxation to both mind as well as body. Invigorating, you'll be radiant and fully renewed.

60 minutes - Jasmine Smooth Body Scrub

60 minutes - ESSA Hot Stone Massage

60 minutes - One choice of Kerstin Florian Facials

3 Hours MYR 870

Prices quoted are in MYR and inclusive of 10% service charge.

## ESSA MASSAGE

Explore *ramuan* and the power of healing touch with ESSA Massage.

### CALM

#### ESSA Dream State

Blending jasmine, ylang ylang and bergamot, we initiate and maintain a deep sense of calm for the duration of this massage, focusing on energy points six and seven and adding pressure point stimulation for ears, face and palms to create a deeply hypnotic, dreamlike state.

60 minutes MYR 370  
90 minutes MYR 470

#### Essential Decompression

Long, gentle massage strokes relieve tension and calm the mind, increasing circulation and allowing you to decompress.

60 minutes MYR 370  
90 minutes MYR 470

### REVIVE

#### Malay Urut

This traditional Malay massage has been handed down generation after generation to restore and enhance energy and vitality. Local spices blend with herbal oils, long kneading strokes and thumb pressure to create new energy within the body and enhance overall well-being.

60 minutes MYR 370  
90 minutes MYR 470

#### Energetic Uplift

Deep tissue massage and kneading techniques work on sensory nerves to create heat and provide deep muscular release, as black pepper, clove and tongkat ali uplifts the body energy level.

60 minutes MYR 370  
90 minutes MYR 470

### RENEW

#### ESSA Hot Stone

Gentle gliding strokes blend with smooth, warm stones, imbuing their healing power deeply into the muscles. Activating detoxification, balancing the flow of energy and restoring radiance, you'll emerge deeply relaxed and ready to take on the world.

60 minutes MYR 370  
90 minutes MYR 470

#### Feet First

The feet are directly connected to every part of the body and we walk about 10,000 steps a day. Using pressure point reflexology and a blend of Ginger, Neroli and Vetiver, we rebalance and restore body function while relieving feet directly. You'll feel like you're walking on clouds.

60 minutes MYR 270

Prices quoted are in MYR and inclusive of 10% service charge.

## ESSA BODY TREATMENTS

Activate, alleviate and renew. Retreat to deep relaxation and slough away dullness with *ramuan* healing of ESSA Body Treatments which comprises of body scrub or body wrap treatments.

### Jasmine Smooth Body Scrub

A gentle exfoliation with jasmine calms, hydrates and nourishes the skin and relaxes the mind. Leaves skin incredibly soft and smooth.

60 minutes MYR 340

### Awaken & Renew Body Scrub

Invigorate the body and activate health with this coffee and tongkat ali scrub. Improving the surface texture and appearance of uneven skin, this treatment tones and exfoliates sluggish skin.

60 minutes MYR 340

### Lemon Sugar Body Scrub

This ultra-mineral rich sugar scrub detoxifies and hydrates skin for a radiant glow, formulated with coconut oil and lemon to deeply purify, smoothen and soften skin.

60 minutes MYR 340

### Bergamot Honey Body Wrap

Soak in the essential nourishment of bergamot and honey. Combined with vanilla, this warm body wrap experience calms as it purifies, reviving up your natural glow and relaxing body and mind while deeply hydrating.

60 minutes MYR 340

Prices quoted are in MYR and inclusive of 10% service charge.

## KERSTIN FLORIAN FACIALS

Cleansing and clarifying, activate healthy skin with Kerstin Florian Facials.

### Gentle Nourish

Calming and deeply hydrating facial for sensitive skin and after sun exposure. Light botanical cleansing, gentle exfoliate, mineral rich mask and application of hydrating booster to balance out reddened skin.

60 minutes MYR 370

### Balancing Cleanse

Result-oriented cleansing targeted for oily skin. Purifying the skin with antioxidant rich serum to heal and vitamins to balance, giving it a clear, healthier complexion.

60 minutes MYR 370

### Radiant Bright

A powerful blend of skin illuminating botanical and brightening complex solutions for specific skin concerns including hyperpigmentation, fine lines and premature aging, diminishing fine lines and enhance skin radiance.

60 minutes MYR 370

Prices quoted are in MYR and inclusive of 10% service charge.

## HYDRA FACIALS

The ultimate anti-aging facial rejuvenation, this advanced remedial technology blends vortex fusion and hydro exfoliation with powerfully hydrating hyaluronic acid.

### Hydra Mini – A Facial For Men

Achieve instant lift and awaken tired skin with this breakthrough formula that is specially devised for men. Enriched with vitamins and minerals, the active ingredients provide ultimate hydration while protecting the skin against signs of aging, resulting in firmer, revitalized and youthful looking skin.

30 minutes MYR 450

### Hydra Lux

Beginning with a detox process and complete facial, the Hydra Lux bathes the skin in rich antioxidants before basking in blue and red LED light therapy to address redness and acne, hyperpigmentation or both. Providing deep nourishment, treatment also increases facial firmness.

60 minutes MYR 650

### Hydra Lift

Deeply cleansing with complete facial treatment including painless extractions, we deeply hydrate and nourish your skin with rich antioxidants. Next, Derma Builder treatment works to refine fine lines and build muscles, firming, improving elasticity and slowing the aging process. Plumping muscles, treatment sees instant reduction of lines and wrinkles.

90 minutes MYR 750

Prices quoted are in MYR and inclusive of 10% service charge.

## ESSA FINISHING

Put the finishing touches on your look with ESSA's essential services.

### EssaLux Pedicure

Essential oils hydrate and restore for a luxurious experience. Includes exfoliation, nail shaping, cuticle work, massage and polish.

60 minutes MYR 270

### EssaLux Manicure

Essential oils hydrate and restore for a luxurious experience. Includes exfoliation, nail shaping, cuticle work, massage and polish.

60 minutes MYR 270

## ESSA FITNESS

### Personal Training

Inquire at spa reception to sign up for ESSA Fitness.

60 minutes MYR 170

Prices quoted are in MYR and inclusive of 10% service charge.

## HOW TO **ESSA**

### **HOURS**

Essa Spa: 10:00 AM to 10:00 PM Daily

Fitness Center : 6:00 AM to 11:00 PM - 24 hours access for In house guests

### **BOOKING**

To make your reservation at Essa Spa, please book online at [essaspa.com](http://essaspa.com), call +60 3 2182 1234 or dial extension 2140 from within the hotel; a valid credit card is required to hold your reservation. Prices are subject to change without prior notification.

### **PRE-ARRIVAL**

Please arrive 30 minutes prior to your appointment to enjoy a spa tour or a steam and sauna before your Essa Spa experience.

Please avoid eating a heavy meal, consuming alcohol and sun bathing prior to treatment as this may negatively affect your experience.

### **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.

### **SPA ATTIRE**

Essa Spa will provide you with a robe and slippers for your comfort. A secured change closet will be available for your personal belongings. Essa Spa is not responsible for any lost or misplaced items.

### **SPA ENVIRONMENT**

At Essa Spa, we strive to provide you with the most relaxing and soothing spa experience from the moment you arrive to the moment you leave. Kindly note this is a non-smoking facility. Please also refrain from using your mobile phone at all times while on the premises. Your cooperation in providing a quiet environment is greatly appreciated.

#### COUPLES SUITES

At Essa Spa, you can enjoy treatments with a partner in one of our couple suites, each of which has a private bath and shower area.

#### CANCELLATION

We appreciate 12 hours of advance notice for cancellation, change or rescheduling of any appointment. Less than 3 hours of notice or a “no-show” will incur full payment.

#### SERVICE CHARGE

In an effort to make your spa experience as seamless as possible, all prices are in MYR and inclusive of 10% service charge. Additional gratuities for your service provider(s) are subject to your discretion.

#### GIFT CERTIFICATES

Gift Certificates are available to create your own personal spa experience.

#### ADULT FACILITY

Essa Spa is an adult facility, available to both men and women over the age of 18 years.

#### INFORMATION PRIVACY

Because we consider the privacy and confidentiality of your information to be important, we use your information in accordance with the Global Privacy Policy for Guests available at [privacy.hyatt.com](https://www.hyatt.com/privacy) or by request from the spa reception.