



ST. GREGORY

THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

PARKROYAL Penang Resort

SPA MENU

TREATMENT	DURATION	PRICE
PACKAGES FOR TWO		
St. Gregory Signature Treatments <i>For Him and Her</i> Fragrant Herbal Steam Chocolate Mud Body Mask and Romantic Flower Bath Aromatic Body Bliss Massage Complimentary fruit juice	150 mins	RM 986
Royal Honeymoon <i>For Him and Her</i> Choice of Body Scrub Choice of any Indonesian Bath Ritual (Milk / Flower / Herbal Bath) Choice of Aromatic or Balinese Body Massage Manicure	180 mins	RM 918
Love Birds <i>For Him and Her</i> Choice of Body Scrub Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial	150 mins	RM 850
PACKAGES		
Bridal Spa Choice of Body Scrub Choice of any Indonesian Bath Ritual (Milk / Flower / Herbal Bath) Choice of Aromatic or Balinese Body Massage Express Manicure Express Pedicure	210 mins	RM 561
Lullaby Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial Express Manicure Express Pedicure	210 mins	RM 527
Traditional Javanese Javana Body Wrap Choice of any Indonesian Bath Ritual (Milk / Flower / Herbal Bath) Tropical Javanese Massage	210 mins	RM 519
Thalgo Rejuvenation Thalgo Marine Mud Prelude Thalgo Specialised Hydrobath (Marine Algae & Essential Oil) Thalgo Soothing Facial	150 mins	RM 475

<p>Sweet Dreams Choice of Body Scrub Choice of Aromatic or Balinese Body Massage Thalgo Soothing Facial</p>	150 mins RM 425
<p>Rejuvenating Bliss Choice of Body Scrub Aroma Hot Stone Healing Therapy Thalgo Eye Treatment</p>	135 mins RM 408
<p>A Touch of Paradise Choice of Body Scrub Choice of any Indonesian Bath Ritual (Milk / Flower / Herbal Bath) Choice of Aromatic or Balinese Body Massage</p>	120 mins RM 357
<p>Jet Lag Spa Hydrobath with Essential Oil Neck, Shoulder and Scalp Massage</p>	45 mins RM 180
<p>Escape Fragrant Herbal Steam Back Massage</p>	45 mins RM 170
<p>Kids Spa (7 to 12 years old) Mini Manicure or Mini Pedicure Milk or Flower Bath</p>	60 mins RM 170

FACIAL TREATMENTS

<p>Thalgotive Refining Firming Treatment An anti-ageing treatment to recondition the skin from within. Complexion is radiant with the regaining of tone and elasticity.</p>	90 mins RM 350
<p>Thalgo Hydra Moisture Source Treatment A unique hydrating mask combining the use of active marine ingredients and vegetal milks to leave skin soft and radiant.</p>	90 mins RM 280
<p>Thalgo Cold Marine Facial A cold mask and treatment using reviving marine and plant extracts that help reduce redness and refine tension lines. Perfect for sensitive skin.</p>	90 mins RM 220
<p>Thalgo Micronised Marine Algae Facial A natural seaweed treatment rich in minerals and vitamins. Oily, problem or combination skin is deep cleansed and stabilised.</p>	90 mins RM 200
<p>Thalgo Soothing Facial This facial calms and refreshes the skin to give a perfectly radiant complexion.</p>	60 mins RM 160
<p>Thalgo Eye Treatment Gentle eye massage for tired eyes, coupled with an eye patch mask to smoothen and treat wrinkles, instantly giving a youthful boost to eye contours.</p>	30 mins RM 100

FACIAL TREATMENT FOR MEN

Thalgo Men Ocean Treatment

Created for stressed skin, this treatment combines relaxing massage movements with a purifying mask of Algue Bleue Vitale to let your skin regain its energy and balance.

90 mins RM 200

MASSAGE RITUALS

Aroma Hot Stone Healing Therapy

Harnessing the healing power and energy of stones, small stones are placed on key energy points of the body. With its deep penetrating heat, the stones are used to massage the body, easing away aches and muscle tension, while relaxing and restoring balance to the mind and body.

75 mins RM 260

Additional
30mins: RM100

Tropical Javanese Massage

A revitalising body massage with honey and yogurt, which is absorbed by the skin in a luxuriating and moisturising wrap. Skin virtually glows with each treatment.

90 mins RM 250

Herbal Heat Revival Massage

A herbal pack consisting of herbs and spices is placed on various parts of the body to relieve muscle aches and pains resulting from excessive sports.

60 mins RM 250

Additional
30mins: RM100

Aromatic Body Bliss Massage

Combining the soothing properties of the purest oils with gentle Swedish massage movements, this massage stimulates the senses and lulls you into a deep state of relaxation.

60 mins RM 220

Additional
30mins: RM100

Balinese Massage

A firm pressure massage that boosts sluggish circulation to relieve muscle soreness and eliminate toxins. Tension areas are eased away with deep pressure and percussion movements.

60 mins RM 220

Additional
30mins: RM100

Back Massage

A deep tissue massage to loosen tension knots in the back.

30 mins RM 110

Foot Massage

Boosts blood circulation, balances hormones, removes toxins, relieves back pain, improves sleep and overall well-being.

30 mins RM 110

Ayurveda

Shirodhara (Medicated Oil Drip for Head)

Anti-stress, induces good sleep, relieves chronic headache and insomnia, and releases healing energy.

45 mins RM 225

4 sessions RM195

Sarvanga Abhyangam (Ayurvedic Full Body Massage)

Relaxes, detoxifies and rejuvenate the body, relieves jet lag, improves blood circulation, anti-stress and anti-aging.

50 mins RM 190

4 sessions RM160

Ayurvedic Anti-Stress Massage

Anti-stress, relaxes the neck, shoulder and back. Useful for frozen shoulder.

30 mins RM 120

4 sessions RM90

Ayurvedic Scalp Massage

Relieve tension, headache and migrane. Nourishes the scalp, prevent hair loss and improves hair texture.

30 mins RM 120

4 sessions RM95

Ayurvedic Foot Massage

Relieves pain, muscle spasms, varicose veins and improves blood circulation.

30 mins RM 120

4 sessions RM80

Ayurvedic Cream Massage Nourishes the skin, anti-aging, improves complexion and blood circulation.	45 mins RM 195 <i>4 sessions RM180</i>
Ayurvedic Slimming Massage Reduces excess body fats.	45 mins RM 245 <i>4 sessions RM200</i>
Ayurvedic Scrub Herbal scrub with milk improves circulation.	25 mins RM 130 <i>4 sessions RM100</i>
Njavara Kizhi (Special Rice Bolus Massage) An anti-aging treatment strengthens muscles and softens skin.	45 mins RM 270 <i>4 sessions RM210</i>
Podi Kizhi (Herbal Powder Bolus Massage) Relieves body aches, joint pain and swelling, reduces excess body fats.	45 mins RM 270 <i>4 sessions RM210</i>
Special Eye Treatment Medicated oil pool over the eyes reduces dark circles and puffiness. Nourishes the eyes area and improves eyesight.	30 mins RM 80 <i>4 sessions RM60</i>
Special Nasal Treatment Herbal steam for face followed nasal infusion with medicated oil relieves sinusitis, stress, headache and migraine. Prevent hair loss.	30 mins RM 80 <i>4 sessions RM60</i>
Special Lower Back Treatment Topical medical oil pool on back relieves back pain, useful in back stiffness and osteoarthritis.	30 mins RM 155 <i>4 sessions RM105</i>

BODY SCRUBS

Nourishing Oatmeal Body Polish Oatmeal, honey and lavender are mixed together and rubbed over your body for smooth and healthy skin.	30 mins RM 140
Thalgo Body Exfoliation A deep-cleansing treatment which gently removes dead skin cells leaving skin renewed and silky smooth.	30 mins RM 120
Boreh Scrub A warming scrub ideal for aching muscles or to ward off the onset of flu.	30 mins RM 120
Yoghurt Body Glow Dead sea salt and yoghurt are used to gently buff away dull and rough skin surface to reveal soft and supple skin.	30 mins RM 120

BODY WRAPS

Javana Body Wrap This traditional treatment uses a combination of eucalyptus oils, citrus fruits and sea elements to draw out toxins, stimulate internal organs and tighten muscle tissues.	90 mins RM 280
Chocolate Mud Body Mask A sensuous treat for chocolate lovers. Milk, honey and chocolate are applied on your body to firm and nourish your skin.	60 mins RM 280
Detox Herbal Wrap A herbal wrap that detoxifies, cleanses, pampers and moisturises your skin at the same time.	75 mins RM 280
Thalgo Marine Mud Prelude Refines skin texture and invigorates the body using natural sea salts and marine mud rich in vitamins and minerals.	60 mins RM 260

HYDROTHERAPY EXPERIENCES

Thalgo Specialised Hydrobaths

Micronised marine algae and essential oils

30 mins RM 138

Essential oils only

30 mins RM 98

A powerful water massage therapy to enhance the healing properties of marine extracts to purify and rejuvenate the body.

INDONESIAN BATH RITUALS

Herbal Bath

30 mins RM 80

A traditional bath using herbs ideal for the elderly and those who suffer from rheumatism.

Mandi Susu (Milk Bath)

30 mins RM 80

A luxurious skin softening bath used in ancient times as a skin nourishing treatment for Javanese princesses.

Mandi Bunga (Flower Bath)

30 mins RM 80

A fragrant mix of flower petals and aromatherapy essences to relax and revitalise the body and mind.

MANICURE AND PEDICURE

French Manicure or Pedicure

60 mins RM 160

Express Manicure or Pedicure

45 mins RM 120

Nail Colouring

15 mins RM 40

BODY WAXING

Back

30 mins RM 180

Full Legs

60 mins RM 180

Half Legs

30 mins RM 100

Bikini Line

20 mins RM 100

Full Arms

30 mins RM 150

Half Arms

20 mins RM 90

Under Arms

15 mins RM 70

Menu of services may be refined from time to time.

All prices are inclusive of government tax.