

# Tantara Men Spa

## Body Massage Therapy

### Tantara Signature Massage

Tantara Signature Massage is a combination of Swedish, Balinese, Malay, Lomi-lomi and Tantrik massage technique to heal your mind, body and to improve blood circulation.

60 minutes	Rm130
90 minutes	Rm170
120 minutes	Rm210

### Balinese Massage

Balinese Massage is a full-body, deep-tissue, holistic treatment, using a combination of long stroke, thumb and palm pressure to stimulate the flow of blood, oxygen and energy around your body, and bring a sense of wellbeing, calm and deep relaxation.

60 minutes	Rm120
90 minutes	Rm160
120 minutes	Rm190

### Aromatherapy Massage

Aromatherapy massage is gentle, smooth and soft massage technique using pure essential oils to increase blood circulation.

60 minutes	Rm120
90 minutes	Rm160
120 minutes	Rm190

### Swedish Massage

Swedish massage is long sweeping strokes that alternate between firm and light pressure using the palm or thumb of the hand to energize and refresh senses.

60 minutes	Rm120
90 minutes	Rm160
120 minutes	Rm190

### Malay Traditional Massage

The Malay traditional massage is a comprehensive and effective massage technique that based on the kampong practice to remove toxins and relax the nerves and mind. This massage therapy involves stretching, stepping, long kneading strokes and pressure applied to every part of the body, from the head, face, abdomen, body to the toes of the feet. The massage strokes can alternate between gentle and hard touches, depending on your body needs.

60 minutes	Rm120
90 minutes	Rm160

### Sport Massage

Sport massage therapy is geared toward athletes of every kind, from world-class professionals to weekend joggers. Sport massage focuses on treating soft tissue aches, pain and injuries that are associated with recreational activities. Massage can reduce muscle stiffness and improve relaxation by reducing heart rate and blood pressure.

60 minutes	Rm120
90 minutes	Rm160
120 minutes	Rm190

**Top up** the above services to enjoy 30 minutes Body Scrub Treatment using:

Sea salt	RM65
Deep sea salt	Rm80

## **Other Treatments**

### **Body Scrub**

Gently polishes your skin to give a softer and smoother feel

45 minutes

RM108 (Sea salt Body Scrub)

45 minutes

Rm128 (Deep sea salt Body Scrub)

### **Back Massage**

Intensive back massage and muscle reconditioning using systematic stroking, kneading, or application of pressure to relieves muscular tension, to reduce pain or to improved blood circulation.

30 minutes

Rm60

60 minutes

Rm100

### **Head and Shoulder Massage**

This head, neck and shoulder massage relieves tension and stress and allow for total relaxation.

30 minutes

Rm60

### **Foot Reflexology**

Foot Reflexology is based on the principle that there are reflexes in the hands and feet that relates to every organ, gland and system of the body.

60 minutes

Rm80