

# UR SPA

## **UR SPA AT THE RUMA HOTEL AND RESIDENCES**

### **MODERN SCIENCE. ANCIENT HEALING.**

These are the core principles of UR SPA. Amidst the stress of an occasionally overwhelming city, Urban Resort Concepts (URC) has created a signature story of integrated, result-driven wellness within an urban and chic sanctuary of revitalisation.

Located across the 6th floor of the The RuMa Hotel and Residences, along with a 24-hour state of the art Gym, UR SPA is an exclusive wellness destination offering tangible, genderless and high performance treatments that work around your schedule. Tailor-made treatments that embrace local indigenous techniques of Malaysia from the tribes of Northern Borneo to the Urut healing traditions, along with bespoke and organic formulations by one of the industry-leading creators of wellness products COMFORT ZONE Italy, offer anything from 30-minute express treatments to whole day rituals.

Each of our five treatment rooms including one couple's suite, along with a foot therapy room, is luxuriously curated with colonial comforts, while gender-neutral beauty treatments and a barber shop by famed London barbers, Truefitt & Hill, complement the intelligently curated offering of our wellness areas.

After any of our treatments, unwind at one of UR SPA's numerous relaxations spaces, pick an exclusive gift from the designated retail area or simply transfer to SANTAI Pool Bar and Lounge, an oasis of relaxation to indulge in all-day refreshments and snacks.

## **THE PREQUEL**

Every UR SPA offers exciting and original inclusions to your spa journey you simply won't find in other spas. Your spa treatment at The RuMa begins with a Tranquillity welcome ritual; a botanical inhalation to decompress and relax and a Kabat stretch to prepare your mind and body for the treatments ahead.

# URSPA

## **CORE THERAPIES**

Our range of core therapies and treatments are developed with COMFORT ZONE using science-based conscious formulas™ to offer a series of supercharged treatments that can be enjoyed singularly or tailored to achieve optimum results. Beyond pampering and self-indulgence; it is about honoring our skin and body and promoting beauty as the result of balance, health and vitality.

### **UR AGELESS**

90min. 704

Inhale and allow yourself permission to surrender to this rejuvenating advanced natural facial. Begin with a sublime anti-ageing, toning and lifting facial followed by an intensive eye remedy treatment to tackle the signs of time and tiredness of the eye contour while reducing puffiness and dark circles.

### **UR ACTIVE**

90min. 704

An innovative anti-aging body experience that offers exceptional visible results, this treatment combines an active essential full body exfoliation with the Urban Activate Massage to invigorate and energize while soothing and releasing muscular tension.

### **UR VITAL**

90min. 907

This treatment addresses the whole body beginning with the Body Strategist Peel Scrub with natural silica particles, orange peel and %10 AHA for an immediate smoothing effect, followed by a detoxifying Body Strategist massage that focuses on problem zones such as hips and thighs to stimulate circulation and eliminate excess fluids. An envelopment of mud with thermal water of Bormio will continue the detoxification process, replace lost minerals, expel toxins and hydrate the body for a complete restoration of being.

### **UR A WARRIOR**

90min. 805

A Himalayan salt full body scrub deeply cleanses and invigorates by stimulating the circulation and reviving a sluggish complexion, followed by a Back to Basics deep tissue back massage to melt away unwelcome muscular knots and relieve tension in the neck and shoulders. Surrender to a Vital Foot Therapy that will bring your entire being into a complete state of relaxation.

### **UR A GODDESS**

90min. 907

This pampering therapy combats the effects of city life, focusing on areas most affected by stress, pollution and a busy lifestyle to restore and balance. Beginning with a Body Strategist Peel Scrub full body scrub, natural silica particles, orange peel and %10 AHA provide double mechanical and chemical exfoliating action ensures that the skin immediately looks smoother, softer and brighter. Relieve all aches and pains with a Vital Foot Therapy and conclude with an Essential Cleanse express facial to deeply clean the pores, tone and refresh the complexion.

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## TOUCH THERAPIES

### SILAT STRETCH 60min. 483

This dynamic treatment combines expansion, stretching, mobilization and 'unfolds' according to the Silat martial arts philosophy of energy and movement, breathing, relaxation and healing. A synthesis of ancient Malay Silat knowledge and Western principles of breath and anatomy, this is a creative and interactive dry treatment applied without the use of oil, ideal for active individuals who may already incorporate activities such as yoga, exercise, sports, in their daily or weekly routine to help in opening and lengthening the body.

### DUSUN INAN 60min. 438 BODY THERAPY 90min. 549

This Award-winning treatment is a deep tissue massage derived from an age-old traditional therapy practiced by the "Lotud Dusuns", a local tribe from Northern Borneo. A local indigenous group from the Tuaran District just north of Kota Kinabalu, Sabah, women in this rice-growing region learned the skills and techniques of massage to help ease the aches and pains left after a day of backbreaking work in the paddy fields, passing these time-honored techniques down through generations.

### URUTAN MALAYSIA 90min. 662

Urutan Malaysia provides a holistic wellness experience through the combination of the finest elements from Malay and various indigenous massage techniques with Malaysian Herbal Foot Soak, Chinese Qi Gong Breathing, Indian Head Massage and Reflexology to rejuvenate, refresh and relax.

### PRE-NATAL TREATMENT 90min. 594

Designed to comfort and relax a woman's body during pregnancy, this treatment focuses on relieving strain on the lower back, abdomen and shoulders caused by changes in posture, and provides a much-needed opportunity to unwind, relax and melt into the skillful hands of our therapists.

### URUT SCALP MASSAGE 45min. 393

Just as a full-body massage releases tension in tight muscles, the Urut Scalp Massage relaxes contracted muscle tissues and relieves pressure on the nerve endings in the head, especially beneficial for those suffering from migraines or headaches to help restore blood flow and equanimity.

### URUT ABDOMINAL 45min. 393 MASSAGE

The treatment begins with deep breathing through the belly, said to enhance the flow of Qi through the meridians, draw more oxygen into the lungs and relax the body in preparation for the massage. A specially concocted herbal oil blend is warmed and used in conjunction with the massage to ease internal wind, digestive issues, abdominal bloating and fluid retention.

### PRO-SLEEP MASSAGE 60min. 550 90min. 662

An innovative massage activating three sensorial pathways: olfactive, tactile and hearing, for profound relaxation. The synergy of a unique blend of essential oils, the bespoke Tranquility™ Sound, Ayurvedic and Indonesian Sea Malay modalities combined with the use of soft brushes, gently guide the way to achieve a quiet and peaceful state of mind and body, helping to nurture sleep and recover from the effects of jetlag.

### VITAL FOOT THERAPY 30min. 280 60min. 438

Drawing on foot reflexology techniques to apply focused pressure on reflex points located on the foot, this therapy improves blood circulation, increase energy and harmonizes the entire body for serenity and well-being.

### TIRED LEG THERAPY 45min. 393

An invigorating treatment targeting tired legs and feet, the therapy starts with a refreshing herbal soak and scrub, followed by a revitalizing massage combining the use of warmed stones an oil blend of orange, lemon and peppermint to ease muscle fatigue. A minty spritz further refreshes.

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## **EXFOLIATIONS**

SALT & OIL SCRUB 30min. 296

A deep-cleansing exfoliation with marine sea salt and the [comfort zone] aromatic Tranquility™ oil blend to leave the skin bright, refreshed and fully hydrated.

BODY STRATEGIST DOUBLE PEEL EXPRESS 30min. 398

Embark on a transformative spa journey with our detoxifying treatment, combining the purifying properties of Bormio thermal water and a powerful thermogenic cream. Experience immediate reshaping, as essential oils and marine algae work synergistically to eliminate toxins, reduce cellulite, and stimulate metabolism.

## **ENVELOPMENTS**

BODY STRATEGIST ANTI-CELLULITE AROMATHERAPY WRAP 60min. 439

An intensive treatment based on essential oils to fight cellulite imperfections caused by a weakening of the microcirculation. An immediate sensation of lightness and the reactivation of the legs identifies the efficacy of the treatment. Iodine free.

BODY STRATEGIST TONE FIRMING MASK 60min. 499

A sensorial cocooning experience and the perfect body treatment to improve the tone and the elasticity of the skin. Ideal for skins which are dry and undernourished, also as an after-sun treatment. Suitable for new mothers or pregnant women.

BODY STRATEGIST THERMAL MUD 60min. 540

For everyone who needs a sense of deep renewal and detoxification, this treatment re-mineralizes the body and helps to tone, firm and condition the skin. The therapeutic benefits of the thermal waters also help to relieve aches and pains associated with joint problems as well as muscular tension.

# U R S P A

## **SKIN FITNESS FACIALS**

### URBAN RESCUE - MAN

45min. 439  
60min. 540

A purifying and rebalancing treatment that gives an immediate smooth, mattified and even appearance to men's skin.

### SKIN REMEDY

45min. 439  
60min. 540

A soothing, renewing and protective treatment for reactive skin types which are sensitive, fragile and prone to redness. Smooths and restores protective skin barrier for balanced, visibly toned and nourished skin. This treatment is suitable for both new mothers and pregnant women.

### HYDRAMEMORY

45min. 439  
60min. 540

An innovative HYDRA GLOW facial treatment, inspired by cryotherapy known for its firming and toning action, combines specific lymphatic drainage manual techniques with Ice Roller for a visible improvement in the hydration, vitality and adaptability of the skin, which is refreshed, toned and radiant. Recommended for those whenever chronic dehydration is perceived: excessive sun exposure, long-haul flights, exposure to air conditioning and central heating.

### SKIN REGIMEN

45min. 540  
60min. 602  
90min. 663

The perfect antidotes to modern fatigue and urban lifestyle, all our facials counteract the effects of stress and pollution and are ideal for a time-pressed, unisex clientele with dull, aging and intoxicated skin. A customized selection of highly effective boosters is enhanced by the synergy of Qigong and Rolling Roulage massage, the Macro Waves Sound™ and the brand's Natural Aroma, which recharge the skin and the mind.

### SUBLIME SKIN

60min. 602  
90min. 704

The ideal preventive and corrective anti-aging solution, this deeply renewing and anti-aging facial treatment provides a double peeling action to improve the appearance of fine lines, wrinkles, scars and pigmentation. Your skin tone will be left smooth, illuminated and uniform.

### SWISS LIFTING INFUSION

75min. 600

Revitalize your skin with a tailored treatment using Swissline products, designed for all skin types. It offers a harmonious blend of moisture, firmness, and youth-inducing mechanisms, ideal for combating aging, tiredness, and environmental stressors.

# U R S P A

## **EXPRESS TREATMENTS**

Whether you're on a tight schedule, a lunch break or simply want to enhance your UR SPA journey, our range of express treatments offer highly targeted results for effortless wellness.

### RESTORATIVE EYE TREATMENT 30min. 296

For all skin types as a protective, corrective and preventative treatment against puffiness, dark circles, fine lines and wrinkles.

### BOTANICAL HAIR TONIC & SCALP TREATMENT 30min. 280

A concentrate of kafir lime essential oil helps to soothe irritated scalps, strengthen hair from the roots and promote healthy hair growth. An awakening massage helps to infuse the tonic and provide relief to a stressed and fatigued mind.

### WARMING, BACK, NECK & SHOULDER TREATMENT 30min. 280

Offering profound relaxation and tension relief with a warm, relaxing aromatic oil compress to soften and relax muscles, followed by firm massage techniques focusing on the main areas of tension. Ideal for everyone, especially those who find themselves feeling tense and rigid with muscle aches and pains.

## **IN-ROOM BATH BUTLER**

Available from 11am to 8pm daily, our in-room bath butler treatments are tailored around your individual needs, designed for a deep immersion into relaxation, all whilst in the privacy of your room.

### UR RESTORED 357

Soak in a remedial concoction of salt and botanicals while enjoying a well-deserved Sauvignon Blanc and chocolate cookies. Whilst your mind is soothed and your muscular aches and pains are alleviated, an immediate sensation of mental and physically well-being follows.

### UR BEAUTIFUL 357

Indulge in a luxuriant rose oil bath with rose petals, a glass of wine and the kind of cookies you don't want to share. Put your phone on silent, dim the lights and light the candle.

### UR RELAXED 357

Surrender to a deeply relaxing botanical soak, the solution to a highly stressful day. A comforting chamomile tea served with wild honeyed walnuts and almonds further soothes, while the magnesium and natural tryptophan repairs tired muscles and encourage sleep.

# UR SPA

## SPA ETIQUETTE

### HEALTH MATTERS

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health-related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

### SPA ATTIRE

We will provide you with spa attire including a choice of spa underwear or you may choose to wear your own. Alternatively, treatments may be enjoyed without clothing. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

### VALUABLES

We provide a secure place to store your personal items inside the spa suite. However, we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

### SPA ARRIVALS

In order to give you adequate time to relax, we ask that you arrive fifteen minutes prior to your treatment. Late arrivals will affect the duration of your treatment.

### CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a %50 cancellation fee for treatments cancelled less than 12 hours prior to the appointment time. No-shows or cancellations will be charged at %100. Please give us a call should you wish to reschedule your appointment or if you need any clarification about our cancellation policy.

### SMOKING

Kindly note the spa and fitness facilities are designated as no-smoking zones.

### MOBILE PHONES

Kindly refrain from using your mobile phone in the spa premises. Please keep your mobile phone on silent mode at all times, or preferably switch your phone off.

### CHILDREN

Minimum age for entry to the spa is 16 years old.

### GIFT CERTIFICATES

Gift certificates for spa services and retail products are available from UR SPA reception.

### HOURS OF SERVICE

UR SPA

Barber at The RuMa by Truefitt & Hill

Address

Email

Website

10:00 to 21:00 (Monday to Sunday)

10:00 to 19:00 (closed on Monday)

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