

# 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 the pool and SANTA! 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

## TOUCH THERAPIES

Our range of touch therapies incorporate the healing benefits of touch to enhance your sense of self and well-being while restoring balance and harmony as our therapists identify the ideal match to your individual needs.

### **SILAT STRETCH** **60min. 430.**

This dynamic treatment combines expansion, stretching, mobilisation 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 BODY THERAPY** **60min. 390.**

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-honoured techniques down through generations.

### **URUT SCALP MASSAGE** **45min. 350.**

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 MASSAGE** **45min. 350.**

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. 490.**

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 Tranquillity™ 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. 250.** **60min. 390.**

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

### **TIRED LEG THERAPY** **45min. 350.**

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

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## **SKIN FITNESS FACIALS**

### **URBAN RESCUE - MAN**

45min. 430.  
60min. 530.

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

### **BOTANICAL RECOVERY - WOMAN**

45min. 430.  
60min. 530.

An organic anti-aging treatment which nourishes and protects using bio certified ecocert® formulas suitable for all skin types, even the most sensitive. Provides nutritional replenishment to depleted skins, leaving you with a fresh, vibrant and dewy complexion.

### **SKIN REMEDY**

45min. 430.  
60min. 530.

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.

### **HYDRAMEMORY**

45min. 430.  
60min. 530.

An intensive and regenerating facial for dehydrated skin to nourish and repair. Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin bright, smooth and rejuvenated.

### **SKIN REGIMEN**

45min. 530.  
60min. 590.

This facial treatment intensely rejuvenates and plumps the skin, resulting in visibly lifted and younger skin with reduced fine lines and wrinkles. The efficacy of the exclusive longevity complex is maximised by deep yet comforting massage movements for lasting fresh, vibrant and dewy appearance to the skin.

### **SUBLIME SKIN**

60min. 590.

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. skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin bright, smooth and rejuvenated.

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## **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. 290.**

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. 250.**

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. 250.**

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 any time of day, 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**

**SINGLE. 250.  
COUPLE. 290.**

Soak in a remedial concoction of salt and botanicals while enjoying a well-deserved single malt whiskey and a dark chocolate cigar. 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**

**SINGLE. 250.  
COUPLE. 290.**

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

### **UR RELAXED**

**SINGLE. 290.  
COUPLE. 350.**

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 HAPPY**

**SINGLE. 290.  
COUPLE. 350.**

Designed with our little guests in mind, this fruity and frothy bath with bubbles and marine adventures will keep them occupied while chocolate chip cookies served with healthy cocoa and almond milk drink will delight them no end.

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## **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.

### **UR SPA COVID-19 READINESS**

We want to reassure you that the safety and wellbeing of our guests and employees remains the primary focus it has always been, and that the highest levels of preventative, hygiene, sanitation and ongoing training measures are in place at all our hotels, to ensure that we operate within the world-leading safety, sanitation and hygiene standards you have every right to expect as a guest of an Urban Resort Concepts hotel and UR SPA.

- While UR SPA has always met stringent sanitation requirements, we will now more visibly display those efforts and display additional signage for your comfort.
- UR SPA's revised hours and treatment schedule (14:00-21:00) better allows us to practice heightened levels of hygiene and sanitation while complying with the requirements set forth by Ministry of Health.
- All therapists to be equipped with the necessary PPE including masks, gloves and disposable gowns during every treatment
- A temporary simplified menu for treatments to be a maximum of 60 minutes to ensure every treatment can be performed while following the health and safety guidelines.

To keep our guests and employees safe, all guests will be asked to:

- Refrain from visiting the spa if you or a household member have fever, COVID-19 symptoms or a communicable illness.
- Refrain from visiting the spa if you are under an isolation or quarantine order/directive.
- Wear a mask before and after your treatment. Masks may be removed during treatment at your discretion.
- Respect all of UR SPA's sanitation and hygiene standards and processes posted within the spa and shared by employees.
- Wash their hands and take a shower prior to each treatment.
- Share any personal sanitation or hygiene requests prior to arrival for treatment.

### **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 ARRIVAL**

In order to give you adequate time to relax, we ask that you arrive ten minutes prior to your treatment. Late arrivals will affect the duration of your treatment. You may also wish to enjoy our UR SPA facilities including the fitness centre and outdoor swimming pool prior to or after 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 Address

14:00 to 21:00  
14:00 to 21:00 (closed on Mondays)  
7 Jalan Kia Peng, 50450 Kuala Lumpur, Malaysia  
urspa@theruma.com  
www.theruma.com

Prices are in Malaysian Ringgit (MYR), inclusive of GST. Prices may be subject to change without notice.