

HOLISTIC THERAPIES

Chi Nei Tsang ✨

Rooted in the ancient Taoist tradition, Chi Nei Tsang aspires to heal your body from within by removing unprocessed emotions that manifest themselves in the form of energy blockages, impairing the body's vital functions and constricting the flow of the life-force "Chi". Upon "reading your navel", the therapist will carefully work on the knots and tangles in your abdomen to stimulate your intestines to abolish toxins, improve digestion and metabolism to revitalize your entire body. Please avoid prior to the treatment the consumption of food (3-5 hrs) and liquids (1 hr). A course of 3 to 6 treatments is highly recommended for maximum results.

30min **RM200**

60min **RM350**

Manual Lymphatic Drainage

Utilizing only a very light pressure, the Manual Lymphatic Drainage focuses on a subtle stimulation of lymph nodes. Precise circular movement redirects fluid away from congested areas, eliminates potential edemas and encourages a natural flow of the lymph throughout the body. Promoting detoxification and strengthening the immune system, you will experience a boost in vitality.

60min **RM350**

Chi Foot Reflexology

Originated in Taoist China 5000 years ago, this unique holistic art is based on the principle that our feet mirror the entire body, with each pressure point being linked to a specific organ or gland. A gentle pressure will stimulate their functions, promoting a natural healing process and harmony within your body creating a marvellous sensation of head-to-toe relaxation.

60min **RM350**

Hot Rock Massage

Used for thousands of years by Native Americans during sweat lodge ceremonies, the Hot Rock Massage will free your body and mind of physical and spiritual impurities. The smooth volcanic stones radiating soothing heat become an extension of your therapist's hands, melting the tension in each and every muscle, promoting deep relaxation and restoring inner balance.

90min **RM450**

Pregnancy Massage

Other than physical and emotional changes, mothers-to-be often suffer from nausea, stress and strain on muscles and joints during pregnancy. Focused on helping the mother-to-be relax and reduce her stress mentally and physically, this massage helps relieve muscle spasms and cramps while promoting blood circulation that will also help relieve puffy ankles and varicose veins.

60min **RM350**

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.