



THE MANGROVE
SPA



REJUVENATE HEAL TRANSFORM

Nestled in tranquil surroundings,
The Mangrove Spa
offers holistic treatments, traditional
Balinese therapies, and modern wellness
rituals. It is the perfect place to
restore balance, rejuvenate the body,
and calm the mind.



BODY MASSAGE

Balinese 1 hr RM200

Traditional 1 hr RM230

Warm Stone 1.5 hr RM280

Foot 1 hr RM 160

For more spa packages,
please enquire within.

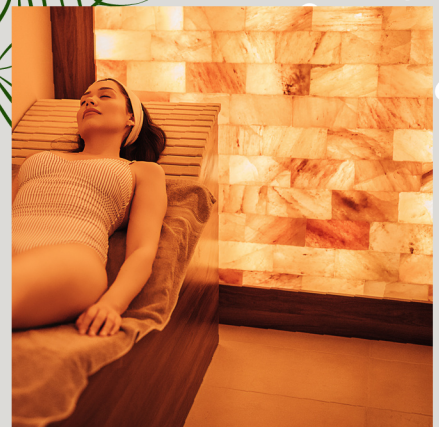


TREATMENTS

Manicure & Pedicure
Express 25 mins RM80

Classic 60 mins RM125

De-stress massage
30 mins (head &
shoulder/foot/
back) RM120



FIRE & ICE THERAPY

Salt , Heat & Ice Ritual
Himalayan Salt Room
Infrared Sauna
Ice Bath Plunge

60 min RM100

Book your reservation now.



+6012-213 8752



ask@themangrove.com.my



www.themangrove.com.my



Infrared Sauna & Himalayan Salt Room

Key Infrared Sauna Wellness Benefits

1. Detoxification at a Cellular Level

As the infrared heat penetrates the skin, it causes a deep, cleansing sweat that helps remove toxins like heavy metals, pollutants, and chemicals stored in fat cells. Infrared saunas can trigger a more thorough detox compared to traditional saunas, offering significant health advantages.

2. Enhanced Circulation

The heat from an infrared sauna dilates blood vessels, which improves circulation and oxygen delivery throughout the body. Improved circulation not only supports cardiovascular health but also speeds up recovery from injuries and reduces inflammation.

3. Stress Relief and Relaxation

Highly effective for relieving stress and promoting relaxation. The soothing warmth of the infrared heat encourages the release of endorphins, the body's natural "feel-good" hormone, leading to reduced anxiety and a sense of calm.

4. Muscle and Joint Pain Relief

Whether it is chronic pain or recovering from an intense workout, infrared saunas provide much-needed relief. The deep-penetrating heat soothes sore muscles and joints, reducing pain and stiffness. This makes the infrared sauna wellness benefits especially valuable for people with arthritis, fibromyalgia, or other chronic pain conditions.

5. Skin Purification

Sweating helps skin cleansing by removing toxins and impurities. Regular sessions improves skin tone and clarity, encourages more development of collagen and elastin, leaving you with a healthier, more vibrant complexion. Plus, the halotherapy element in the Himalayan Salt Room further enhances skin health by reducing inflammation and fighting bacteria.

6. Weight Loss Support

While not a substitute for a balanced diet and exercise, infrared saunas can contribute to weight loss by boosting your metabolism and helping you burn calories. The increase in heart rate and metabolic activity during a session can mimic the effects of light exercise, helping you shed extra pounds over time.

