



THE MANGROVE  
SPA



## 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

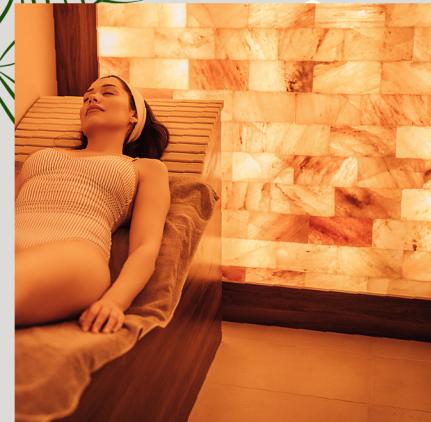
Manicure & Pedicure

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.



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# 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" hormones, 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.