

A la Carte Treatments

FOOT REFLEXOLOGY

To promote and maintain good health

Reflexology is a technique that uses pressure on the reflex areas of the feet that corresponds to parts of the body including the internal organs and body systems.

30 Minutes	45 Minutes	60 Minutes	90 Minutes
RM45	RM60	RM80	RM120

BODY SCRUB (Green Tea / Rose / Lavender / Lulur / Tongat Ali)

Helps in exfoliation and removal of dead cells, leaving the skin smooth and silky.

20 Minutes (portion)	60 minutes (whole body)
RM50	RM100

BATHS (Milk Bath / Balinese Coconut / Body Contour / Reviving / Whitening / Relief / Blue bath salt)

| 30 Minutes - RM55

WAXING

Half Arm	Full Arm	Half Leg	Full Leg
RM65	RM115	RM75	RM125
Underarm	Bikini Line	Brazilian	
RM50	RM80	RM100	

Facial Treatments

EXPRESS FACIAL (for all skin types)

A quick cleansing facial for glowing skin.

| 30 Minutes - RM45

INSTANT RADIANCE FACIAL (for all skin types)

A facial to refresh skin and look.

| 60 Minutes - RM105

HYDRATING FACIAL (for dry skin)

Helps in moisturising and nourishing dry and dull skin.

| 90 Minutes - RM155

SEBUM CONTROL FACIAL (for oily skin)

Helps to control excess oil on face, leaving it soft and smooth.

| 90 Minutes - RM155

PURIFYING FACIAL (for acne/sensitive skin)

Helps in deep-cleansing and detoxifying the skin.

| 90 Minutes - RM205

MINI LIFTING FACIAL

(for anti aging/matured skin)

Rejuvenates matured skin and minimising wrinkles.

| 90 Minutes - RM205

EYE CARE

Refreshing the eyes and eliminating wrinkles, dark circles and eye bags.

| 30 Minutes - RM65

THREADING

Forehead - RM20	Eyebrow - RM30	Upper Lip - RM20
Lower Lip - RM20	Chin - RM20	Full Face - RM75

Nails

MANICURE

| 60 Minutes - RM75

PEDICURE

| 60 Minutes - RM100

MANICURE & PEDICURE

| 120 Minutes - RM160

NAIL POLISH

| 15 Minutes - RM25

Spa Packages

LULUR HERBAL SPA

Softens skin, helps reduce unpleasant body odor and refreshes the whole body.

| 120 Minutes - RM250

SENSUAL ROSE SPA

Nature's own aphrodisiac, the sensual Rose scent and Sandalwood oils, used for centuries to relieve nervous tension, soothe emotions and the spirit. An ancient recipe for love, believed to be amorously stimulating.

| 150 Minutes - RM350

WHITENING CAMPHOR SPA

A gentle and natural blend of lemon and Camphor oils help remove impurities and dead skin cells. Tones and brighten dull complexion.

| 150 Minutes - RM350

REVIVING PLUMERIA SPA

The essential oils of Lemon and Mint are used in this treatment to relieve physical and mental tiredness. Refresh both body and mind, leaving the skin all supple again.

| 150 Minutes - RM350

TANGAS SPA

Softens and lightens skin, reduces vaginal discharge and leaves entire body scented.

| 165 Minutes - RM425

AYURVEDIC TREATMENT

This treatment is from head to toe. Here, medicated oil is poured onto the third eye, thus activating the marma points of the body.

| 150 Minutes - RM450



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* All prices quoted are NETT

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AWAKENING THE SENSES

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DAILY OPERATING HOURS:
10am - 10pm

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Therapeutic Massage

SHIRODHARA

To balance physical and emotional well-being

A treatment that uses specific medicated oils continuously poured over the Third Eye (Forehead / Head Meridian / Head Chakra) for an extended period to stimulate the nervous system. Effective therapy for mental relaxation and disorders such as insomnia, stress, depression and anxiety.

| 90 Minutes
RM300

DEEP TISSUE MASSAGE

Release chronic patterns of tension in the body

This massage focuses on the deeper layer of muscle tissues using slow strokes and deep finger pressure on the contacted areas, either following or going across the fibers of the muscles, tendons and fascia.

| 90 Minutes | 120 Minutes
RM200 | RM250

HOT STONE

Good for relieving muscle tension using a lighter massage

Heated, smooth stones are placed on certain points of the body to warm and loosen tight muscles. The heat is comforting and helps to detoxify and balance the body's energy centres.

| 90 Minutes | 120 Minutes
RM225 | RM275

GOLFER MASSAGE

Especially good for golfers and trekkers

A mixture of Thai and Ayurvedic massage, specially prepared for golfers using warm oil and herbs to relieve muscle pain, increase flexibility and maintain posture.

| 90 Minutes | 120 Minutes
RM225 | RM275

THAI MASSAGE

Effective for reducing lower back pain, stress and tension

This massage uses gentle pressure on energy lines and the Yoga like stretching to relax the body on deeper levels. Helps to control stress levels, improves overall circulation and reduce muscle stiffness and strain.

| 30 Minutes | 60 Minutes | 90 Minutes
RM95 | RM145 | RM195

HEAD & SHOULDER

Ideal for head-related problems like eye strain

Improves blood circulation to the head and eases neck and shoulder tension. Nourishes and strengthens hair roots and scalp.

| 30 Minutes | 45 Minutes | 60 Minutes
RM75 | RM100 | RM125

SPINAL MASSAGE

Relieves stress and back pain. Improves posture

A spinal massage is best given as part of an overall back massage, though for an initial general massage it can be performed with or without the use of oil.

| 30 Minutes | 45 Minutes | 60 Minutes
RM75 | RM100 | RM125

Relaxing Massage

AYURVEDIC MASSAGE

To balance body functions

Herbs and essential oils are used to improve blood circulation and to relieve stress. Helps in the healing of certain ailments related to muscles, ligaments and the nervous system.

| 60 Minutes | 90 Minutes | 120 Minutes
RM125 | RM175 | RM200

AROMATHERAPY MASSAGE

Suitable for stress-emotional-related conditions

The treatment uses one or more essential oils for the massage to address specific needs. Different oils are used to relax, energise, reduce stress and balance the body.

| 60 Minutes | 90 Minutes | 120 Minutes
RM125 | RM175 | RM200

TRADITIONAL NEWARI MASSAGE

Focuses in marma (meridian) points of the body, which helps to cure and provides relaxation

Uses one of the techniques from the Newar Society (One of the Oldest Ethnic Group of Nepal), which are traditionally derived and scientifically developed. This massage is now gaining popularity in many countries in Europe and America.

| 60 Minutes | 90 Minutes | 120 Minutes
RM150 | RM200 | RM225

SWEDISH MASSAGE

To relax muscles and softening tissues by applying pressure

Uses kneading, stroking, friction, tapping, and vibration techniques to provide relief from stiffness, numbness, pain and other health problems. It also aids recovery, reduce scar tissues and provides relaxation and well-being.

| 60 Minutes | 90 Minutes | 120 Minutes
RM125 | RM175 | RM200

TRADITIONAL MALAY MASSAGE

Relieves sore muscles

Targetted at sore muscles as well as giving full relaxation using the basic oil and effleurage techniques to body veins, muscle fibres and lymphatic systems.

| 60 Minutes | 90 Minutes | 120 Minutes
RM125 | RM175 | RM200

Signature Massage

HIMALAYAN MASSAGE

Rejuvenate, nourish and restore energy

This is a special treatment combining 10 steps - one-hand palming, thumb-circling, kneading, rolling, thumb-cleansing, wringing, thumb-soothing, twisting, feathering and squeezing taken from Ayurvedic, Swedish, Deep Tissue and Nepalese Himalayan Traditional methods.

| 60 Minutes | 90 Minutes | 120 Minutes
RM200 | RM275 | RM300

FOUR HAND MASSAGE

Provides complete relaxation

This treatment uses two therapists at the same time, mirroring each other's massage movements. Four-Hands massage comes from the Ayurvedic tradition called Abhyanga. To synchronise, one therapist takes the lead and the other follows.

| 60 Minutes
RM250