SUASANA
spa

SUASANA SPA AT PARKROYAL LANGKAWI RESORT OFFERS A PEACEFUL AND REJUVENATING ESCAPE. THE SPA'S TREATMENTS UTILIZE LOCALLY SOURCED INGREDIENTS INSPIRED BY TRADITIONAL MALAYSIAN CULTURE AND HEALING PRACTICES

THE SPA MENU FEATURES A VARIETY OF BESPOKE AND HOLISTIC THERAPIES, INCLUDING FULL BODY MASSAGES, CALMING FACIALS REJUVENATING BODY SCRUBS, AND HEAVENLY SPA TREATMENTS, AS WELL AS A RANGE OF BEAUTY TREATMENTS, ALL DESIGNED TO NOURISH THE MIND, BODY, AND SPIRIT

BRIEF ESCAPE

Anti-Stress Back Bliss

A relaxing back massage with slow and deep manipulation, gradually relieves tension in the neck and back.

30 Mins RM160

Neck And Shoulder

Relieves stress points on the neck, shoulder and back, while soothing tense and aching muscles, leaving you relaxed and energized.

30 Mins RM160

Express Refreshing Facial

A customized facial for all skin types using natural ingredients, such as a cleanser, a hydrating face massage with virgin coconut oil, to relieve redness and stimulate skin. The treatment is completed with a mask and moisturizer.

30 Mins RM170

Foot Massage

Boosts localized lymphatic and blood circulation, Improves sleep and overall well-being.

30 Mins RM130

Scalp Massage

With gentle pressure applied to the scalp, this relaxing massage relives tension, stimulates circulation and releases energy

15 Mins RM70

Herbal Heated Compress

Wrapped in a special cloth containing the amazing goodness of Bengal ginger, clove, turmeric, Kaffir lime, organic brown rice, and sea salt, the herbal compress will help relieve muscular aches and pain, improve blood circulation in the treated area, and leave you feeling physically rested and mentally uplifted.

30 Mins RM160

Ear Candling

The removal of excess wax and impurities helps to clear the inner ear and sinuses, regulate ear pressure, and bring about a lighter sensation in the head and ears. It helps people with sinus congestion, infections, headaches, and lymphatic congestion.

15 Mins RM80

All prices are in nett and quoted in Malaysian Ringgit (MYR)

MASSAGE

All Massage will begin with Signature pre and post-treatment Ritual Journey.

Ocean Wave Massage

Relax to the rhythm of breaking surf while being nurtured with long movements resembling the feeling of waves caressing your body. A healing massage for a complete sense of balance and well-being

60 Min RM320 I 90 Min RM420

Malay Traditional Massage

Deep-tissue holistic treatment traditional Malay massage combination of long rhythmic strokes, kneading, and thumb and palm pressure with unique blends of aromatherapy oil to stimulate the flow of blood, trigger points of specific areas that aid in releasing muscle tension, ease stress and calm the mind.

60 Min RM295 I 90 Min RM395

Aroma Sensory Massage

Our popular Swedish massage treatment uses light-to-medium pressure and is designed for all your needs. Choose from a selection of natural aromatherapy oils to enhance your spa experience. An excellent choice for first-time spa-goers.

60 Min RM280 I 90 Min RM380

Mother-To-Be Massage

Mothers-to-be often suffer from nausea, stress and strain on muscles and joints during pregnancy. Relieve tired muscles with a massage designed especially for mums-to-be. The massage is performed while you lie on your side with pillows placed for extra comfort, leaving you feeling relaxed and renewed.

60 Min RM280 | 90 Min RM380

Stretching Massage

Experience a combination of powerful thumb pressure and stretching massage with aromatherapy blends quickly helps to release tension and increase your flexibility and gentle rocking motion will remove any blockage allowing your energy to flow freely, rejuvenating your entire body and mind.

60 Min RM295 I 90 Min RM395

Healing Warm Stone Massage

Feel your tension melt away with hand-picked, heated river stones. When worked along the muscle cords, muscle soreness is eased, and knots are worked out along the way. Cold rocks have a very soothing effect on the delicate skin of the face providing it with lifting and firming results.

90 Min RM415

Gingerly Warm Oil Massage

An ancient therapy for many ailments. A deeply relaxing full body massage is given with a small amount of heated Gingerly oil to the skin using gentle strokes by skilled therapists, this practice results in a series of benefits such as a healthy appetite, alertness, peaceful sleep, reduced stress, anti-aging and detoxification of the blood which solves immune system problems.

60 Min RM280 I 90 Min RM380

Reflexology Massage

Beyond the feel-good effects, the practice and purpose of foot reflexology go more profound than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body.

60 Min RM230

All prices are in nett and quoted in Malaysian Ringgit (MYR)

FACIALS

The Marine Flower Peptide Facial

The Marine Flower Peptide Collection features natural active ingredients from both land and sea, sustainably sourced algae, plant extracts and botanical peptides to stimulate collagen production for visibly rejuvenated, lifted, and firmer skin. It is designed to support the collagen-boosting benefits of Eminence Organic Skin Care.

60 Min RM318 | 90 Min RM400

Natural Purifying Facial

Discover a natural facial that uses fresh tropical ingredients selected from our local gardens, blended to create this traditionally inspired beauty ritual. Begin with a cleanser using a wild honey blend, lime and cucumber juice toner, followed by almond and oatmeal scrub, a luxurious massage with raw organic coconut oil and a mask infused with tomato and cucumber into our delicious experience.

60 Min RM240

Eminence Eye & Lip Treatment

Marine Flower Peptide Eye Cream is uniquely formulated for the delicate eye area; this ultra-rich eye cream combines collagen-boosting actives. provides long-lasting hydration and visibly improves the appearance of wrinkles, puffiness and dark circles while Marine Flower Peptide Lip Serum botanical collagen and botanical hyaluronic acid, this silky lip serum improves the appearance of fine lines and wrinkles in the lips and surrounding area to reveal softer, plumper looking lips

30 Min RM160

BODY POLISH

Lime & Lemongrass Scrub

A body scrub made from a blend of traditional ingredients including lemongrass, kaffir lime, and rice is being described. The product promises to offer a bright and refreshing experience through its exfoliating and antioxidant properties, leaving the skin soft and smooth by removing dead skin cells. This remedy has been passed down through generations.

30 Min RM180

Hibiscus & Rose Scrub

A symbol of Malaysia's national flower, hibiscus, more known as Bunga Raya, with healing properties and the ability to absorb harmful ultraviolet radiant, offers a rich mix of plant compounds, including antioxidants, vitamins, minerals, and malic acid, this luscious body polish containing hibiscus, rose petal, and ground rice gives a gentle exfoliation providing the skin with a brightening and glow effect.

30 Min RM180

BODY WRAP

After Sun & Aloe Healing Wrap

A gentle massage with a special blend of fresh Aloe Vera and cucumber is gently rubbed to the entire body, ended with face and head massage, the wrap helps to heal, penetrate and soothe the skin leaving you with a pearly glow.

30 Min RM190

All prices are in nett and quoted in Malaysian Ringgit (MYR)

TIMELESS SPA RITUALS

Romance of Two

Experience the harmonious peace of luxury with the SUASANA Spa journey. Remember the true sanctity of spending peaceful moments together.

- Sensuality foot bath
- Aroma sensory massage
- Hibiscus and rose scrub
- Reflexology massage
- Love bathing ceremony with sparkling wine/juice and fruit skewer

2.5 Hours RM990 per couple

Beauty

Experience a ceremonious journey of enriching ingredients from nature combined with traditional Malaysian wellness rituals

- Cleansing lime foot bath ritual
- Gingerly warm oil massage
- Hibiscus and rose scrub
- The marine flower peptide facial treatment

2.5 Hours RM580

Malay Rainforest Healing

Experience the healing power of the rainforest with this unique ritual, which takes you on a sensory journey of renewal and purification.

- Herbal foot bath
- SUASANA Signature Malay traditional massage
- Lime and lemongrass scrub
- Herbal body wrap
- Rendam-rendam bunga (cleansing bath with kafir lime, betel leaves, and floral)
- Natural purifying facial

3 Hours RM650

Harmony

This luxury treatment reaches the highest level of wellness and your natural intrinsic beauty through this harmonising body treatment is perfect to start your day.

- Cleansing lime foot bath
- Ocean wave massage
- Lime and lemongrass scrub

1.5 Hours RM400

Inner Peace

This luxury head-to-toe program rejuvenates both the mind and body and concludes with a touch of beauty to attain balance and serenity. It's the perfect escape from the fast-paced city life.

- Spice foot bath ritual
- SUASANA Signature Stretching massage
- Reflexology massage
- Herbal heated compress

2 Hours RM500

Balance

A therapeutic and timeless journey of pure serenity, leaving you feeling complete and holistically pampered.

- Cleansing lime footbath
- Aroma sensory massage
- Reflexology massage
- Refreshing natural purifying facial

2 Hours RM500

All prices are in nett and quoted in Malaysian Ringgit (MYR)

HAND & FEET

Ultimate Manicure

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, polish application

60 Mins RM200 | 90 Mins RM260 Gel Colour

Gentleman's Manicure

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, buffing

60 Mins RM200

Ultimate Pedicure

Cleansing, callus removal, exfoliation, cuticle care, nail care, moisturizing massage, polish application

60 Mins Rm225 | 90 Mins RM280 Gel Colour

Gentleman's Pedicure

Cleansing, callus removal, exfoliation, cuticle care, nail care, buffing and moisturizing massage

60 Mins RM225

Gel Polish Remover

RM50

Little Prince & Princess

(5 to 10 Years Old)

Princess Manicure (Colour)
30 Mins RM70

Princess Pedicure (Colour)
30 Mins RM100

Foot Massage
30 Mins RM75

Full Body Massage
45 Mins RM120

All prices are in nett and quoted in Malaysian Ringgit (MYR)

Information & Policy

Opening Hours

SUASANA Spa provides facilities and services for both male and female guests between 10:00 am to 9:00 pm daily.

Reservations

To ensure your preferred treatment or therapist is available, we suggest scheduling appointments ahead of time. Walk-ins and same-day bookings are accepted if there is availability.

Health Matters

It is important to communicate any health conditions, such as high blood pressure or allergies when making an appointment. Drinking alcohol before or directly after spa treatments is not recommended.

Spa Attire

Spa attire, including underwear, will be provided or you can wear your own comfortable clothes. Our therapists will always use proper draping to maintain your privacy.

Valuables

A secure place will be provided for personal items, but we cannot accept responsibility for loss or damage. it is recommended to store valuable items in the safe in your hotel suite

Check-In

For your optimal experience, we recommend that you arrive at least 10 minutes prior to your scheduled appointment, to allow sufficient time for the extended check-in process and prepare for your session. First-time guests are requested to complete the pre-arrival advanced consultation form.

Cancellation

Cancelling or rescheduling appointments less than 6 hours before your slot will result in a 50% charge of the service fee and a full charge will be imposed for no-shows.

Product Return

Unopened products with a receipt can be refunded within 5 working days, but opened products, regardless of receipt, cannot be returned or exchanged.

Minimum Age Requirement

To use the gym facilities, guests must be at least 16 years old. Junior guests aged 5 to 16 years old may use services if accompanied by a legal guardian and dressed appropriately for the treatment.