

Spa Menu

Take a break from the hectic pace of life
and retreat into the tranquil environment of St. Gregory.
For a few precious moments, feel like the world is behind you,
your energy revitalized and restored and step out filled
with a lightness of being.

Pamper yourself with a wide range of face and body treatments
and traditional healing therapies, and let the healing hands of our
therapists bring you into the state of ultimate relaxation
ideal for your mind and body.



THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

PARKROYAL Penang Resort

Batu Ferringhi Beach, 11000 Penang, Malaysia

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ST. GREGORY SIGNATURES

Elemis Pro - Glow Smooth Facial

60 mins MYR550

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps the skin with optimal hydration to reveal a youthful appearance.

Relaxing Aromatic Body Bliss

60 mins MYR320

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

Traditional Malay Urut

60 mins MYR320

The ancient art of traditional Malay Urut is a comprehensive and efficient therapy. The technique combines stretching, long kneading strokes and pressure that is applied to every part of the body. Using unique Malaysian palm oil that is rich in vitamins E and A, various herbs and spices with a natural warming effect, this massage penetrates the skin to relax stressed muscles.

ST. GREGORY EXPERIENCES

St. Gregory Spa blends in a reinvigorating Asian wellness experience with the latest offerings in innovative spa and anti-ageing products. Set within an elegant urban oasis, our highly experienced and skilled therapists will whisk you away in renowned signature St. Gregory style.

Speedy Recovery

60 mins MYR295

Beauty Enhancer | 30 mins
Neck & Shoulder Massage | 30 mins

Jet Lag Relief

75 mins MYR310

Anti-Stress Back Bliss Massage | 30 mins
Foot Massage | 30 mins
Scalp Massage | 15 mins

Perfect for Two

150 mins MYR1550

Beauty Enhancer | 30 mins
Body Exfoliation | 30 mins (Choice of Vibrant
Ginger Salt Glow or Damask Rose Salt Glow)
Choice of Massage - Indonesian Balinese or
Traditional Malay Urut | 60 mins
Balneotherapy Rose Bubble Bath | 30 mins

Total Wellness

120 mins MYR535

Beauty Enhancer | 30 mins
Oriental Blossom Body Exfoliation | 30 mins
Choice of Massage - Indonesian Balinese or
Aromatic Body Bliss | 60 mins

All prices are quoted in Ringgit Malaysia and inclusive of prevailing taxes.

BRIEF ESCAPES

Anti-Stress Back Bliss

30 mins MYR190

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

Neck and Shoulder Massage

30 mins MYR190

Relieves stress points on the neck, shoulders and upper back, while soothing tense and aching muscles, leaving you relaxed and energised.

Beauty Enhancer

30 mins MYR200

Dedicated to the executive constantly on the move, this is an instant radiance booster for dull and tired skin. It is an ideal pre-event facial or a supplementary treatment for more comprehensive facials.

Foot Massage

30 mins MYR140

Boosts localised lymphatic and blood circulation, improves sleep and overall well-being.

Scalp Massage

15 mins MYR90

With gentle pressure applied to the scalp, this relaxing massage relieves tension, stimulates circulation and releases healing energies.

SKIN VITALITY

Using products from ELEMIS, an innovative leader in advanced phyto-therapy and aromatherapeutic spa and skincare (was skin care) formulations, hailing from the United Kingdom.

Elemis Pro-Grow Brilliance Facial

60 mins MYR550

Awaken dull, lacklustre-looking skin with this radiance-boosting facial for a visibly brighter, glowing complexion.

Elemis Pro-Grow Smooth Facial

60 mins MYR550

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps the skin with optimal hydration to reveal a youthful appearance.

All prices are quoted in Ringgit Malaysia and inclusive of prevailing taxes.

SKIN VITALITY

Biossentials Pure Nature Aromatherapy Facial treatments with certified organic ingredients utilise the intrinsic healing powers of nature to benefit a wide range of skin types. Precious essential oils provide the support and nourishment your skin needs to feel healthy, glowing and balanced.

Biossentials Revitalising Aromatherapy

60 mins MYR320

Biossentials revitalising aromatherapy facial for all skin types with purifying clays, mineralising phytonutrients and potent antioxidants, gently restores, firms, balances and revives the skin's natural texture and tone. The skin will feel nurtured with a natural lustrous glow.

Biossentials Triple Rose Intensive

60 mins MYR345

Triple Rose Intensive Facial treatment provides a super boost to dehydrated, sun-damaged and ageing skin. A specialised age-defying facial technique gently lifts and energises the skin targeting fine lines and loss of tone. Followed by a luxurious triple rose skin rejuvenating and hydrating facial masque, with deeply nourishing and balancing pure botanicals. Triple Rose is the ultimate hydrating facial to redefine, soften and replenish texture and tone.

BODY WELLNESS

BODY MASSAGE

Elemis Well-Being

60 mins MYR460

Tune into you with this deeply relaxing massage tailored entirely to your needs, leaving you feeling grounded and focused. Your therapist will select a wellbeing essence according to your concerns, be they muscle pain, stress relief, pure relaxation, or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

Indonesian Balinese

60 mins MYR320

An ethnic massage that stimulates deep tissues, relieves muscle soreness, improves circulation and eliminates toxins. Tension areas are eased away with firm, deep pressure, percussion movements and pressure circles.

All prices are quoted in Ringgit Malaysia and inclusive of prevailing taxes.

BODY WELLNESS

BODY MASSAGE

Traditional Malay Urut

60 mins MYR320

The ancient art of traditional Malay Urut is a comprehensive and efficient therapy. The technique combines stretching, long kneading strokes and pressure that is applied to every part of the body. Using unique Malaysian palm oil that is rich in vitamins E and A, various herbs and spices with a natural warming effect, this massage penetrates the skin to relax stressed muscles.

Aroma Hot Stone Healing Therapy

75 mins MYR400

Harnessing the healing power and energy of basalt stones, the stones are warmed and placed on key points of the body. This healing therapy improves circulation, calms the nervous system and eases away aches and muscle tension, restoring balance to the mind and body. This is suited to people who tend to feel chilly or who have cold feet, back aches and poor circulation, and those suffering from insomnia.

Relaxing Aromatic Body Bliss

60 mins MYR320

Combining the power of essential oils with gentle Swedish massage strokes, this holistic therapy melts away tension, calms your senses and lulls you into a state of ultimate relaxation.

BODY EXFOLIATION

Elemis Frangipani Intensive Cleaning Salt Scrub

30 mins MYR240

This luxurious salt scrub cleanses and exfoliates, leaving skin feeling beautifully soft and lightly scented with lush Frangipani. The indulgent formula melts on contact and leaves skin beautifully smooth, soft and supple.

Oriental Blossom Exfoliation

30 mins MYR190

Experience the beauty secrets of the Orient with our brightening all-natural body exfoliation treatment containing a traditional blend of aromatic botanicals enriched with hibiscus, rose and rice. Leaving your skin silky smooth and nourished.

Botanicals Salt Glow

30 mins MYR190

Luscious all-natural salt glows buff away dull, dry skin, with a nourishing blend of mineralising salts, aromatic oils, clays and botanicals, leaving your skin glowing and lightly moisturised.

- **Vibrant Ginger Salt Glow – with Lemongrass, Grapefruit & Lime**
- **Damask Rose Salt Glow – with Damask Rose, Rose Geranium & Lavender**

All prices are quoted in Ringgit Malaysia and inclusive of prevailing taxes.

BODY DETOXIFICATION

Elemis Body Nectar Nourishing Wrap

60 mins MYR390

This lusciously fragrant, intensely moisturising body wrap will transport you to the Far East. The velvet texture of the Monoi oil offers super hydration, quenching thirsty skin. You are kept cocooned and warm while the mood-balancing aromatic and skin-conditioning oils do their work. An emotionally grounding experience for skin that has never felt silkier.

Essential Skin Recovery / Sun Soothe

60 mins MYR210

Soothe and nourish dehydrated or sun-affected skin effectively with our comforting lavender skin recovery ritual. Start with a soothing ocean marine mud wrap with aloe vera. Feel restored as the heat gently seeps away. Complete your experience with a pure, soothing aloe vera that will be applied on the affected area

BALNEOTHERAPY

Elemis Skin Nourishing Milk Bath

30 mins MYR190

An ancient beauty treatment enjoyed by Javanese royalty, combining the power of aromatherapy with the richness of milk. Excellent for sensitive skin.

Rose Bubble Bath

30 mins MYR170

Pamper yourself with our richly fragrant and sensuous rose bubble bath and rose petals fused together in perfect harmony to leave you feeling carefree and your skin deeply nourished and relaxed.

ESSENTIALS

Enjoy our spa ambience as you indulge in our classic spa pedicure. Begin with a cleansing aromatherapy foot soak and scrub followed by a natural pedicure or manicure to trim, shape and buff the nails.

Manicure 30 mins MYR150

Pedicure 30 mins MYR160

Little Prince and Princess (5 to 10 years old)

Betty Boop Manicure (color) 30 mins MYR50

Barbie & Ken Foot Massage 30 mins MYR65

Princess Jasmine & Aladdin Full Body Massage 45 mins MYR85

Chocolate Body Scrub 30 mins MYR65

All prices are quoted in Ringgit Malaysia and inclusive of prevailing taxes.

INFORMATION & POLICY

Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours: 10:00am to 7:00pm daily. (Booking for the last treatment at 6:00pm)

Reservations

Advance reservations are recommended as appointments are subject to availability. A credit card number is required at the time of booking to secure the appointment.

Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have, including pregnancy, high and low blood pressure, heart conditions, skin diseases, allergies or injuries, which may affect your treatment.

Check-in

Please check in at St. Gregory at least 15 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your use.

Cancellation

Guests who cancel or reschedule their appointments less than 6 hours from their appointment slots will be charged 50% of the requested service fee. A full charge will automatically be imposed in the event of a no-show.

Punctuality

We strongly encourage that you arrive on time for your appointment. In the event that you are late, you may choose to receive:

- the treatment for the remaining time booked, or
- an alternative treatment slot when available.

Payment

Payment can be made via cash in Ringgit Malaysia, major credit cards (Visa, MasterCard, AMEX) or room charge. All prices are quoted in Ringgit Malaysia and inclusive of all prevailing taxes.

Valuables

The Management of St. Gregory and PARKROYAL Penang Resort, Malaysia will not be responsible for the loss of any money or valuables brought into its premises or in the surrounding public areas.

INFORMATION & POLICY

Spa Ethics

Male clients must be appropriately clothed in shorts and a towel in the steam room.

Mobile Devices

In consideration of other guests, please refrain from using mobile devices when you are in the spa premises.

Product Return

Refunds can be offered for all unopened products when accompanied by a receipt and returned within 5 working days excluding Saturday, Sunday and Public Holidays. Opened products with or without receipts cannot be returned or exchanged.

An exception on a case-by-case basis will be made for those suffering from medical and/or allergy conditions certified by registered doctors and/or dermatologists in Malaysia.

Package Refund

Refunds can be offered for all unused packages when accompanied by a receipt and returned within 5 working days excluding Saturday, Sunday and Public Holidays.

Clients who suffer from medical condition(s) or have undergone an accident requiring an unknown recovery period may claim for the balance of the unused package (within the stipulated date of expiry) or exchange the balance for other suitable treatments. A supporting report by a registered doctor in Malaysia on the medical condition must be provided at any point in time.

Minimum Age Requirement

Spa services are available to guests aged 17 and above. Junior guests aged 5 to 16 years and accompanied by a legal guardian may use spa services that require them to be dressed appropriately according to the treatment.

Customer Care

We aim to provide a holistic spa journey for you. Please feel free to contact our associates for any assistance or information. Your feedback and suggestions are much appreciated.
