

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.



ST. GREGORY

THERAPY • FITNESS • AESTHETICS • ACTIVE-AGEING

PARKROYAL COLLECTION KUALA LUMPUR

Jalan Sultan Ismail, Bukit Bintang, 50250 Kuala Lumpur, Malaysia

Tel: +603 2782 8492 • Email: stgregory.prckul@parkroyalcollection.com

ST. GREGORY SIGNATURES

Relaxing Aromatic Body Bliss*

60 mins MYR330

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.

Royal Heritage Massage*

75 mins MYR390

Sink into blissful relaxation with this full-body massage with indulgent Royal Heritage Massage oil, rich with the essence that stimulates blood circulation, improves the lymphatic system and produces happy hormones, refreshing mind, body and soul. This traditional therapeutic session calms the nervous system, relaxes tired muscles and tension of the day, while the invigorating scent from the oil promotes a sense of tranquillity throughout the session.

Elemis Pro-Glow Smooth Facial

75 mins MYR460

This powerful anti-aging facial will smooth the look of fine lines, fill out expression lines, and plump skin with optimal hydration to reveal a youthful appearance, while our signature skin-lifting massage techniques deliver an immediate and visibly tightened effect. After treatment, your complexion looks firmer, supremely smooth, and rejuvenated. This facial includes an eye treatment.

ST. GREGORY EXPERIENCE

Speedy Recovery

60 mins MYR310

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

Jet Lag Relief

75 mins MYR360

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

Therapeutic Rejuvenation

120 mins MYR460

Indonesian Balinese or Relaxing Aromatic Body Bliss | 60mins
Biossentials Aromatherapy Facial or Purifying Facial | 60 mins

Total Wellness

120 mins MYR560

Beauty Enhancer | 30 mins
Aromatic Rose or Vibrant Ginger Body Exfoliation | 30 mins
Indonesian Balinese or Relaxing Aromatic Body Bliss | 60mins

Perfect for Two

90 mins MYR790

Indonesian Balinese or Relaxing Aromatic Body Bliss | 60mins
Elemis Skin Nourishing Milk Bath | 30 mins

* St. Gregory signature treatments.
Prices are inclusive of Sales & Services Tax.

BRIEF ESCAPES

Anti-Stress Back Bliss

30 mins MYR200

Relieves stress-related tension in the back, neck, and shoulder areas. Performed with special acupressure points applied on the scalp, it relieves tension and relaxes tired bodies.

Neck and Shoulder

30 mins MYR200

Relieves stress points on the neck, shoulders, and upper back, while soothing strained 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 supplementary treatment for more comprehensive facials.

Scalp Massage

15 mins MYR100

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

Foot Massage

30 mins MYR170

A relaxing foot massage designed to provide relief and comfort to tired feet and calves. This massage will stimulate blood circulation and reduce swelling of the legs.

ASIAN THERAPIES

MALAYSIAN ROYAL HERITAGE THERAPY

Imperial Herbal Bath

30 mins MYR190

No royal sensual pampering would be complete without a soak in an 'Imperial Herbal Bath'. One of the main ingredients used is lemongrass, a remedial alternative for body healing and rejuvenation. This bath cleanses and detoxifies your body by encouraging perspiration and the pores to open up. This in turn allows your body to relax, feel lighter, eases breathing, breaks down fat, prevents white discharge, reduces bacterial and fungal infections, prevents muscle soreness, and provides energy-boosting in the morning.

Queen Sensual Body Scrub

30 mins MYR230

Coconut and ginger grates are used to exfoliate dead skins and promote new skin cell growth. This sensual scrub is mixed with Royal Heritage Massage oil, for its rejuvenating properties used by royalties for centuries in Asia. The natural Asian exotic herb with ginger extract warms up the skin and promotes blood circulation while the natural exfoliation leaves the skin feeling soft, smooth, and refreshed.

Royal Heritage Massage

75 mins MYR390

Sink into blissful relaxation with this full-body massage with indulgent Royal Heritage Massage oil, rich with the essence that stimulates blood circulation, improves the lymphatic system and produces happy hormones, refreshing mind, body and soul. This traditional therapeutic session calms the nervous system, relaxes tired muscles and tension of the day, while the invigorating scent from the oil promotes a sense of tranquillity throughout the session.

INDONESIAN THERAPY

Indonesian Balinese

60 mins MYR330

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.

* St. Gregory signature treatments.

Prices are inclusive of Sales & Services Tax.

SKIN VITALITY

Elemis Pro-Glow Brilliance Facial

75 mins MYR460

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolve away dead skin cells to reveal healthy and clearer-looking skin. A fusion of superfoods and antioxidant-rich facial oils plumps the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy. This facial includes an eye treatment.

Elemis Pro-Glow Smooth Facial

75 mins MYR460

This powerful anti-aging facial will smooth the look of fine lines, fill out expression lines, and plump skin with optimal hydration to reveal a youthful appearance, while our signature skin-lifting massage techniques deliver an immediate and visibly tightened effect. After treatment, your complexion looks firmer, supremely smooth, and rejuvenated. This facial includes an eye treatment.

Revitalising Aromatherapy Facial

60 mins MYR310

Biossentials revitalising aromatherapy facial for all skin types with purifying clays, mineralising phyto-nutrients, and potent antioxidants gently restores, firms, and balances the skin. Customised precious essential oils are specially prepared to enhance and revive the skin's natural texture and tone. The skin will feel nurtured with a warm natural lustrous glow.

Eye Booster : Elemis Feast Your Eyes

30 mins MYR210

Rehydrate your eyes while getting facial care.

FOR HIM

Deep Cleanse Purifying Facial

60 mins MYR300

Deep cleanse purifying facial treatment is targeted for congested, oily, and problematic skin. Algae marine sea minerals and potent clays are combined with penetrating essential oils to cleanse, exfoliate, detox, and restore the skin's natural balance. Deep Cleanse includes steam and skin extraction.

* St. Gregory signature treatments.

Prices are inclusive of Sales & Services Tax.

BODY WELLNESS

BODY MASSAGE

Relaxing Aromatic Body Bliss*

60 mins MYR330 / 90 mins MYR480

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.

Elemis Well-Being

75 mins MYR390

Your therapist will select a well-being essence according to your concerns, be it muscle pain, stress relief, relaxation, or emotional in-balance. Skin is prepped to release toxins and a flowing massage works deeper and deeper into the tension, encouraging optimum circulation.

Royal Heritage Massage*

75 mins MYR390

Sink into blissful relaxation with this full-body massage with indulgent Royal Heritage Massage oil, rich with the essence that stimulates blood circulation, improves the lymphatic system and produces happy hormones, refreshing mind, body and soul. This traditional therapeutic session calms the nervous system, relaxes tired muscles and tension of the day, while the invigorating scent from the oil promotes a sense of tranquillity throughout the session.

Indonesian Balinese

60 mins MYR330

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.

Warm Herbal Compress Massage

75 mins MYR390

The warm herbal compress contains a concoction of a variety of herbs, stimulating blood circulation, relaxing aching muscles, and easing away stress and tension. It is used at the beginning of the session to help relax the muscles. This effective healing therapy is combined with a massage for an enhanced relaxation experience.

Hot Stone therapy

90 mins MYR450

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

* St. Gregory signature treatments.

Prices are inclusive of Sales & Services Tax.

BODY EXFOLIATION

Elemis Frangipani Intensely Cleaning Salt Scrub

30 mins MYR230

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

Vibrant Ginger Salt Glow

30 mins MYR200

A spa favourite, this vibrant and fresh scrub with pure lemongrass, lime, and ginger essential oils is formulated to awaken and energise the skin, leaving it refined and lightly moisturised.

Aromatic Rose Exfoliating Salt Scrub

30 mins MYR200

A luscious salt scrub containing a combination of cold-pressed soya beans, sweet almonds, jojoba, and a pure essential oil blend of rose geranium, ylang-ylang, damask rose, and lavender. This scrub leaves skin moisturised, silky, smooth, and renewed.

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 aromatics and skin condition oils do their work. An emotionally grounding experience for skin that has never felt silkier.

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.

* St. Gregory signature treatments.

Prices are inclusive of Sales & Services Tax..

PRODUCT BRAND INFORMATION

ELEMIS

Developed in 1989 by entrepreneur and investor Linda Steiner, the ELEMIS brand's core mission was, and remains, to create innovative skincare products. We are passionate about taking care of your skin. Our focus is on delivering proven results with feel-good skincare products combined with cutting-edge technology. Our award-winning skincare portfolio includes face and body skincare products with revolutionary formulas and spa treatments.



The KUDEM Royal Heritage range of wellness products celebrates women with a royal pampering experience from head to toe using a century-old ROYAL LEGACY herbal formula used exclusively by Kelantan State Royal families in Malaysia. KUDEM Royal Heritage offers this royal secret through its patented and advanced formulation technique for the enjoyment of women around the world.



As a leading purveyor of pure and natural products to the wellness and spa industry, Biossentials aromatherapy spa, body, and beauty products are recognised and appreciated for their quality, authenticity, and effectiveness. Our Product Development Team takes pride in the continuous research and development of effective natural products that are kind to the environment, vegan-friendly, and cruelty-free. Created with heart, we are passionate in our quest to integrate the benefits of aromatherapy and nature's plethora of sustainable botanicals into our natural range of products.

INFORMATION & POLICY

Opening Hours

St. Gregory offers facilities and services for the use of both ladies and gentlemen during the following operating hours:

(Daily 11am to 8pm).

Reservations

Advance reservations are recommended as appointments are subject to availability.

Health Considerations

When making your spa reservation, kindly highlight any health conditions you may have including pregnancy, high or 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 10 minutes prior to your scheduled appointment. Regular amenities and basic toiletries are provided for your enjoyment.

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 when available

Payment

Payment can be made via cash in Ringgit Malaysia or other major credit cards (Visa, MasterCard, AMEX). All prices are inclusive of SST.

INFORMATION & POLICY

Valuables

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

Spa Ethics

Male clients must be appropriately clothed in shorts during hydro bath treatment.

Mobile Devices

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

Minimum Age Requirement

Guests must be at least 18 years of age to utilise the gym facilities. Spa services are available to guests aged 17 and above. Junior guests aged five to 16 years and accompanied by a legal guardian may use 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.