

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 revitalised 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. 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

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BRIEF ESCAPES

Anti-Stress Back Bliss

30 minutes MYR190

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

Neck and Shoulder

30 minutes MYR190

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

Beauty Enhancer

30 minutes 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 minutes MYR140

Boosts localised lymphatic and blood circulation, improves sleep and overall wellbeing.

Scalp Massage

15 minutes MYR90

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

Elemis Wellbeing✓

60 minutes 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 into the tension, encouraging optimal circulation.

Indonesian Balinese

60 minutes 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.

Relaxing Aromatic Body Bliss✓

60 minutes 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 minutes 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 the unique Malaysian palm oil that is rich in vitamin E and A, various herbs and spices with natural warming effect, this massage penetrates the skin to relax stressed muscles.

Aroma Hot Stone Healing Therapy

75 minutes 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.

BODY EXFOLIATION

Elemis Frangipani Intensive Cleaning Salt Scrub

30 minutes 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.

Botanicals Salt Glow

30 minutes 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, Ginger, and Lime.

Damask Rose Salt Glow – with Damask Rose, Rose Geranium, and Lavender.

Oriental Blossom Exfoliation

30 minutes MYR190

Experience 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.

✍ Signature Treatment

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

BODY DETOXIFICATION

Elemis Body Nectar Nourishing Wrap

60 minutes MYR390

This lusciously fragrant moisturizing 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 condition oils do their work. An emotionally grounding experience for skin that has never felt silkier.

Essential Skin Recovery / Sun Soothe

60 minutes MYR210

Soothe and nourish dehydrated or sun affected skin effectively with our comforting lavender skin recovery ritual. Start with 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 effected area.

BALNEOTHERAPY

Elemis Skin Nourishing Milk Bath

30 minutes MYR190

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

Rose Bubble Bath

30 minutes MYR170

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

✂ Signature Treatment

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ELEMIS

Using products from ELEMIS an innovative leader in advanced pytho-therapy and aromatherapeutic spa and skin care formulation, hailing from the United Kingdom.

Elemis Pro-Glow Smooth

60 minutes MYR550

This powerful anti-ageing facial will smooth the look of fine lines, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance. Using our clinically proven PRO COLLAGEN formula and signature skin-lifting massage techniques. After treatment, the complexion looks firmer, supremely smooth and rejuvenated.

Elemis Pro-Glow Brilliance

60 minutes MYR550

Turn up the brightness with our triple cleanses, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect immediately revealing an outdoor fresh glow, skin is left feeling fresh, radiant and healthy.

BIOESSENTIALS

Bioessentials pure nature Aromatherapy Facials 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.

Bioessentials Revitalizing Aromatherapy

60 minutes MYR320

Bioessentials revitalizing aromatherapy facial for all skin types with purifying clays, mineralising pytho-nutrients and potent antioxidant, gently restores, firms, balances and revives the skins natural texture and tone. The skin will feel nurtured with a natural lustrous glow.

Bioessentials Triple Rose Intensive

60 minutes MYR345

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

✦ Signature Treatment

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

Classic Spa Pedicure or Manicure

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 minutes	MYR150
Pedicure	30 minutes	MYR160

Little Prince and Princess (5 to 10 years old)

Betty Boop Manicure (color)	30 minutes	MYR50
Barbie & Ken Foot Massage	30 minutes	MYR65
Princess Jasmine & Aladdin Full Body Massage	45 minutes	MYR85
Chocolate Body Scrub	30 minutes	MYR65

Signature Treatment

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Speedy Recovery • Beauty Enhancer 30 minutes • Neck and Shoulder Massage 30 minutes	60 minutes	MYR295
Jet Lag Relief • Anti-Stress Back Bliss Massage 30 minutes • Foot Massage 30 minutes • Scalp Massage 15 minutes	75 minutes	MYR310
Total Wellness • Beauty Enhancer 30 minutes • Oriental Blossom Body Exfoliation 30 minutes • Choice of Massage 60 minutes – Indonesian Balinese or Aromatic Body Bliss	120 minutes	MYR535
Perfect for Two • Beauty Enhancer 30 minutes • Body Exfoliation 30 minutes – Vibrant Ginger Salt Glow or Damask Rose Salt Glow • Choice of Massage 60 minutes – Indonesia Balinese Massage or Traditional Malay Urut • Balneotherapy Rose Bubble Bath 30 minutes	150 minutes	MYR1550

✂ Signature Treatment

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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 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 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.

Spa Ethics

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

Mobile Devices

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

Minimum Age Requirement

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 spa services that require them to be dressed appropriately according to 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.