



Spa Menu

eforea spa is a transformative enclave where you can reconnect with yourself and emerge brighter

These treatments are specially curated for DoubleTree by Hilton Penang Resort to introduce guests to renowned techniques from esteemed spa cultures around the world.

enhancement journey

Head and Face

RM 188 **20MIN**

Find clarity. This illuminating experience draws from ancient practices of Indian Ayurveda massage and powerful Thai therapies.

Shoulder, Neck and Scalp

RM 188 **20MIN**

Lighten your load. This deep relaxation experience draws from Chinese acupressure, the modern science of trigger point therapy, and traditional methods of Swedish massage.

Feet

RM 188 **20MIN**

Ground yourself. This feet and legs experience combines the methods of ancient Egyptian reflexology with the healing techniques of the Native Americans.

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

essential journey

Facial

Bio Mineral

RM 388 **60MIN**

Reset your complexion with this all-natural facial, designed to return the skin's microbiome to its ideal and most functional state. A combination of balancing pre- and probiotics, cell-renewing fruit enzymes, and skin-replenishing minerals combined with a jade massage tool to stimulate lymphatic drainage, release toxins, and improve circulation. The result will leave you feeling refreshed, renewed, and restored.

Refresh Facial

RM 188 **30MIN**

A deep cleansing introductory facial using organic moor mud to refine, brighten, and hydrate the skin. Includes a skin analysis and massage of the face, as well as a hand treatment.

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

Massage

Choices of eforea massage oil based on your preference:

Detox | Grapefruit, Black Pepper, Juniper, Rosemary

Purify | Cedarwood, Rosewood, Lavender

Regenerate | Bergamot, Chamomile, Lavender

eforea Oriental Detox

RM 388 **90MIN**

We incorporate various techniques and focus on specific areas that will best address and resolve your issues, making sure we meet all your needs.

Sense | Relaxing Aromatherapy

RM 288 **60MIN** | RM 388 **90MIN**

Let your body and soul relax with this gentle but powerful massage, using the art of movement combined with ancient aromatherapy oils, this rhythmic body massage uses gentle techniques to help restore harmony and relax the mind and body.

Therapeutic | Deep Tissue

RM 288 **60MIN** | RM 388 **90MIN**

Firm, deep pressure strokes are used to penetrate the deeper layers of muscle fibers and connective tissues surrounding the bones and joints, aimed to deliver deep relaxation, boost blood circulation to the muscles, relieve chronic stiffness and releases knots and blockages.

Himalayan Hot Stone

RM388 **90MIN**

Deep relaxing, detoxifying massage with hot stone and your choice of massage oil to improve the flow of lymph, relieve mental and physical exhaustion, restore harmony to the body and clear the mind.

escape journey

Penang is an island with a rich history of wellness practices. Deeply rooted in the cultural and traditional beliefs of the local communities, these practices are passed down through generations, promoting health and total well-being. The escape journey is a collection of therapies aiming to enhance the relaxation of body and mind, as well as restore and balance your energy level.

Sense of Place | Massage

Curative Peranakan

RM 288 **60MIN** | RM 388 **90MIN**

Influenced by the multicultural heritage of Penang, this traditional massage blends elements of various cultures to enhance blood flow and improve your overall sense of balance and well-being. The use of natural oils during the massage can help nourish and moisturize the skin, leaving it feeling soft and rejuvenated.

Herbal Poultice

RM 388 **90MIN**

A traditional healing practice that combines massage techniques with the use of heated herbal cotton pouch filled with ingredients such as lemongrass, galangal, pepper and cloves. This therapeutic treatment is believed to help relieve muscle tension, improve blood circulation, and promote overall relaxation.

Meridian Tui-Na

RM 388 **90MIN**

This ancient Chinese therapy combines both massage and acupuncture, using a range of vigorous penetrating techniques such as squeezing, pushing, pulling, and kneading to stimulate and enhance the flow of "Qi" or vital energy in the body, thus relieving tension and restoring balance.

Oriental Foot Massage

RM 188 **30MIN** | RM 288 **60MIN**

An ancient therapy known to promote the body's own healing powers by applying pressure to specific points on the feet. Through the stimulation of these points, reflexology can awaken your body's internal systems and promote an overall sense of equilibrium. With long lasting benefits, this natural healing therapy is an effective remedy for an endless array of health ailments.

Indulgence

Freshen Me

RM150 **30MIN**

A deep exfoliation, mask, moisturizer and a relaxing massage.

Relax Me

RM120 **30MIN**

Encourage relaxation, enhance circulation and relieve sore muscles.

Calm Me

RM120 **30MIN**

Perfect grounding massage focusing on feet and legs to relieve muscle aches and tiredness.

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Scrubs and Wraps

Smoothen My Skin

RM 288 **60MIN**

Rest, rebalance and renew with a choice of one of the three eforea spa signature body polishes to effectively remove dead skin cells. Result is smooth and silky.

Choose one (1) of the below:

Detox | Charcoal, Green Bean, Buckwheat, Algae

Purify | Sesame, Sea Salt, Coconut

Regenerate | Oat Kernel, Yogurt, Apricot Seed

Soothing Body Wrap

RM 488 **60MIN**

The healing moisturizing properties of aloe vera are combined with the mineralizing and nourishing properties of algae and soothing properties of lavender in this deluxe hydrating body wrap. Includes a luxurious scalp and neck massage as well as a foot massage with alpine foot balm.

escape journey

Matahari Soother

RM599 **150MIN**

A unique Peranakan-influenced treatment aiming to detoxify the body after basking in the Penang sun. Prelude with aloe body wrap rich in thermal water-derived minerals renowned for their healing properties and ability to soften and purify the body. After a shower, you will be treated with a stimulating Peranakan massage featuring a blend of black pepper, bergamot, and cedarwood oils, expertly targeting tense areas to ease tension, spark circulation and restore energy to the entire body.

Soothing Algae Wrap | 60 minutes

Body Massage | 90 minutes

Renew

RM599 **150MIN**

Discover the perfect balance between a facial and a massage with this exquisite treatment, offering a sensation of profound wellbeing and lightness. Combining skin-renewing organic botanicals like amalaki, bibhitaki, and haritaki, alongside antioxidant-rich goji berry and skin-loving vitamins, your skin will undergo rejuvenation, leaving your complexion radiant and your tissues re-oxygenated. Through a sequence of fluid maneuvers with a draining effect, your circulation is stimulated, muscle tension is relieved, and you'll emerge feeling refreshed and revitalized.

Kerstin Florian Facial | 90 minutes

Body Massage | 60 minutes

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escape journey

Digital De-Stress

RM499 **120 MIN**

A tailor-made experience aimed to combat modern technology stress and for people used to life in the fast lane, needing total relaxation. Begin with a refreshing facial to exfoliate and restore hydration to the skin, followed by an exquisite body scrub to brush off all dead skin cells while preparing the body for a tension relieving, recovering massage. The body is fully revived and rejuvenated.

Scrub | 30 minutes

Massage | 60 minutes

Refresh Facial | 30 minutes

Kedamaian

RM499 **120 MIN**

A tranquility ritual that begins with an all-natural facial using jade tools to release toxins, designed to return the skin's microbiome to its ideal, most functional state. When combined with a foot massage to focus on meridian energy lines, stress is released, circulation is improved, hence granting you with a feeling of calm and harmony.

Facial | 60 minutes

Oriental Foot Massage | 60 minutes

Bespoke eforea

RM399 **90 MIN**

Awaken your intuition as you de-clutter and de-stress the face, body and mind. This package integrates an instant refresh facial to brighten and hydrate the skin, as well as our bespoke eforea massage techniques to create focus and clarity, establishing a deep and profound sense of relaxation.

Refresh Facial | 30 minutes

Head and Face | 20 minutes

Shoulder, Neck and Scalp | 20 minutes

Feet | 20 minutes

Straits Indulgence

RM399 **90 MIN**

Taking inspiration from holistic experiences in the Straits Peninsula, this treatment aims to brighten and hydrate the face, while the body is being massaged with a luxury blend of aromatherapy oils using the art of movement to help restore harmony and relax the mind and body.

Refresh Facial | 30 minutes

Massage | 60 minutes

etiquette

Arrival

Please arrive at least 15 minutes prior to your appointment time
Please understand that late arrivals may result in a reduction of treatment time.

Cancellation

A valid credit card is required to hold all reservations. Should you need to cancel or reschedule your appointment, kindly provide a 24 hours' notice to avoid incurring the full-service fee.


Age Requirement

The spa is an adult-oriented atmosphere. Therefore, guests must be 16 years of age or older to experience spa treatments and enjoy the spa facilities. Guests under the age of 16 can enjoy our spa treatments accompanied by a parent or guardian.

Health Conditions

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries or pregnancy, as these may affect your treatment selection.





eforea spa at
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