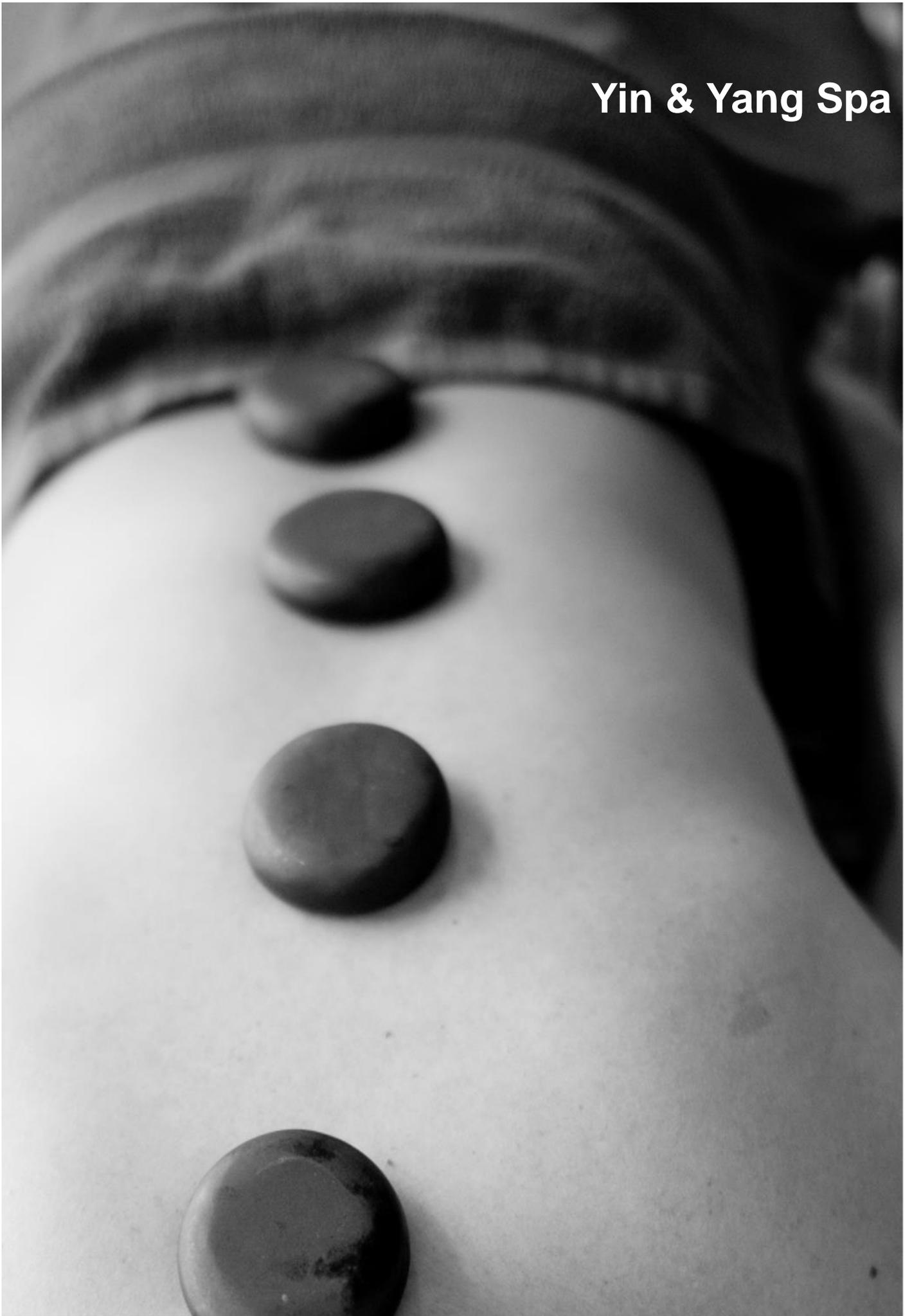


Yin & Yang Spa



Yin & Yang spa

A-2-1, Karamuning Capital, Lorong Kapital, Block A, 2nd Floor, 88000

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POMPOM Jewel invites you on a sensorial journey on an island dedicated exclusively to well-being and relaxation.

Your transformation begins here...

A Customized Experience

Every treatment is transformed into a unique and personal occasion, a moment created especially for you – this is the essence of the Yin & Yang experience, the perfect union of effective know-how and aesthetic expertise. Our Beauty Coaches begin each treatment with a in-depth analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. They thus gain intrinsic understanding of your

essential concerns to tailor a treatment according to your needs, your expectations.

Yin & Yang Signature Massage

1h30m

In a peaceful atmosphere, Yin & Yang signature massage is highly recommended for your body and soul to be elevated to extraordinary levels. Thumb, palm, knuckle and forearm is used in stretching, long stroking, acupressure, pressing, and limuloid techniques. It is a remedial, hygienic and beautification massage to give completely excellent benefits.

RM340

Aroma Relax and Recover**1h**

Is particularly suited to conditions involving stress, improving emotionally related condition; headache, digestive disorders, back pain and premenstrual syndrome. The whole body massages that focus to back, neck and shoulder with a warm peppermint or lavender or geranium essential oils.

RM220

**Purifying Borneo Massage****1h**

A traditional therapeutic massage that detoxify your body, ease the soreness in muscles using deep thumb pressure, full palm movements with a strong pressure.

RM220

**Balinese Massage****1h**

A powerful massage that restores the vitality and rebalancing the body in a manner performed by using long palm stroking in a rhythmic way to dissolve the nodules related to tensions. Trigger the circulation of the heart and lymph. It stimulates the metabolic process.

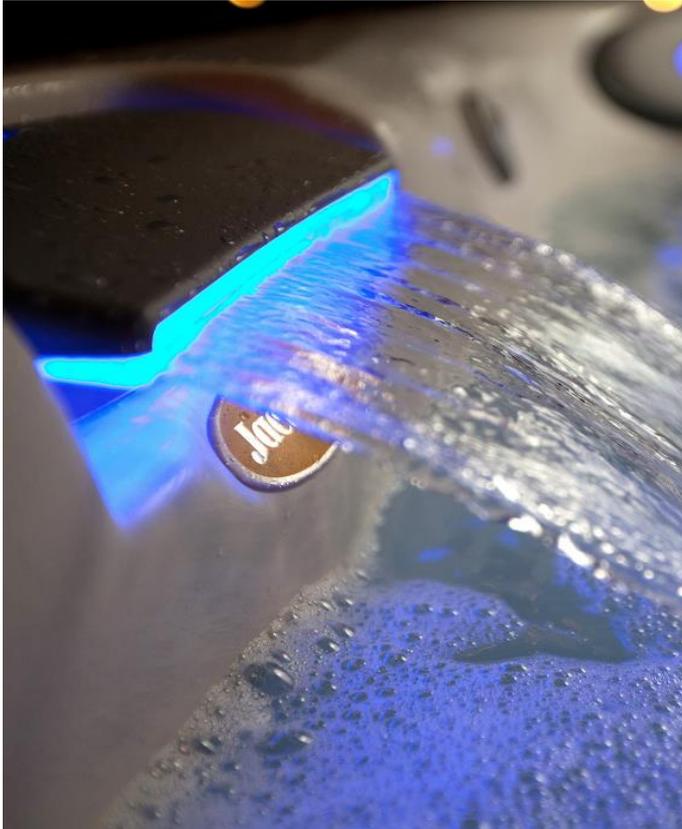
RM220

**Traditional Shiatsu****1h10m**

Is one of the well-known restoration massage therapy that works in meridian lines using fingers, palms, knuckles, elbow pressures in alternate or slow movements and depends on what pressures are needed by your body. Shiatsu can alleviate pain associated with a wide range conditions, stimulate the circulatory, lymphatic and hormonal system. It is perform with no oils used, wearing comfortable loose clothing.

RM280





Thai Massage

1h10m

Thai massage was actually developed by Buddhist monks in Thailand as a healing modality 2,500 years ago. Thai massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscles and joints tension and balance the body energy systems. Thai massage is both deeply relaxing and energizing. Thai massage takes place on a futon mat on the floor and you wear loose fitting provide you with an outfit to wear, something loose and comfortable. Thai massage is a little like yoga without any effort, because the therapist will

push your body into various positions without any work on your part. Therapist literally uses his /her whole body including her feet to move your body into various positions during Thai massages. Thai massage has its roots in a spiritual tradition, and its purpose is to heal a person physically emotionally and spiritually.

RM280

Head Neck Shoulder Massage

30m/15m

It is highly recommended to alleviate discomfort of the neck and shoulders especially for those who suffered stiff neck. Techniques used are by thumb chucking, kneading and pressing.

RM100/RM40

Anti-Stress Back Massage**40m**

Full relaxation to relieve muscle tensions, a remedy of smooth rhythmic massage movements by full palm stroking, palm circular, alternate two handed thumb kneading with a warm essential oil that focus on your back.

RM190

**Pediatric Massage****30m**

All the massage manipulations are love touch and make them very comfortable using acupressure points, pinching, rubbing, kneading, pushing and grasping that distribute to entire their body. Pediatric massage particularly and effectively treats pediatric digestive and respiratory disorders such as abdominal pain, vomiting, lack of appetite, constipation, common colds, fever, sinusitis, ear infection, cough, asthma.

RM140

**Foot Reflexology****1h / 30m**

Is a physical act of applying pressure to the feet that corresponds to internal organs using finger and thumb pressure techniques and effecting physical change. Benefits can be relaxation, reduction of stress, improvement of blood flow, and beneficial to post-operative recovery.

RM170 / RM100

Our Therapeutic Treatments

Volcanic Massage

1h10m

Stone massage bathed in blended aroma oil by using deep tissue massage. Helps aid relaxation of the mind and cure muscle soreness, stress relief and lose tension, over all wellness for mental, spiritual, and physical.

RM280



Kativasthi

1h10m

Is an excellent Ayurvedic treatment that is prepared with herbal and medicated oil kept over the lower back and held by dough. It is good for any kind of back problem and spinal disorder.

RM280

Yin & Yang Healing Treatment

Sunburn Repair

1h

Fresh cucumber and tomato will reduce the redness and inflammation of the skin .It gives best result in healing the damaged skin due to ultraviolet rays emitted from the sun.

RM200



Balancing Facial Mask

Rejuvenating Papaya Facial Mask

45m

A real fresh fruits and vegetables that clean your face to remove dirt and improved skin tone, effective for reduce appearance for aging. A fresh papaya followed to moisturize and helps your skin remain clear, spot free, naturally soft, supple, and beautiful.

RM170



Cucumber Facial Mask - For Oily Skin

45m

The oats and cucumber mask for acne is great to fight pimples because it is the combination of astringent and exfoliant so this mask is really perfect to nourish the skin, but also to clean it well and avoid the appearance of pimples. It is a perfect astringent and at the same time helping those who have oily skin.

RM170



Banana Facial Mask

45m

The banana is a great ally of the skin (of whatever kind) for the richness of potassium, beta-carotene and vitamins of group B.

Potassium is useful to combat water retention and reduce bags and dark circles.

Beta-carotene which, in 'body turns into vitamin A, hinders the action of free radicals, keeping younger cells and making the skin smooth and soft.

RM170





Seaweed Facial with Collagen Mask **45m**

Seaweeds works quickly to reveal smooth, refresh glowing skin. It infuses the skin with a “diet” minerals and vitamins which eliminate the impurities and toxins and leave the skin sort and hydrated .Collagen sustained moisturizers to the skin and stimulates tissue regeneration and detoxify the skin to facilitate toxic elimination.

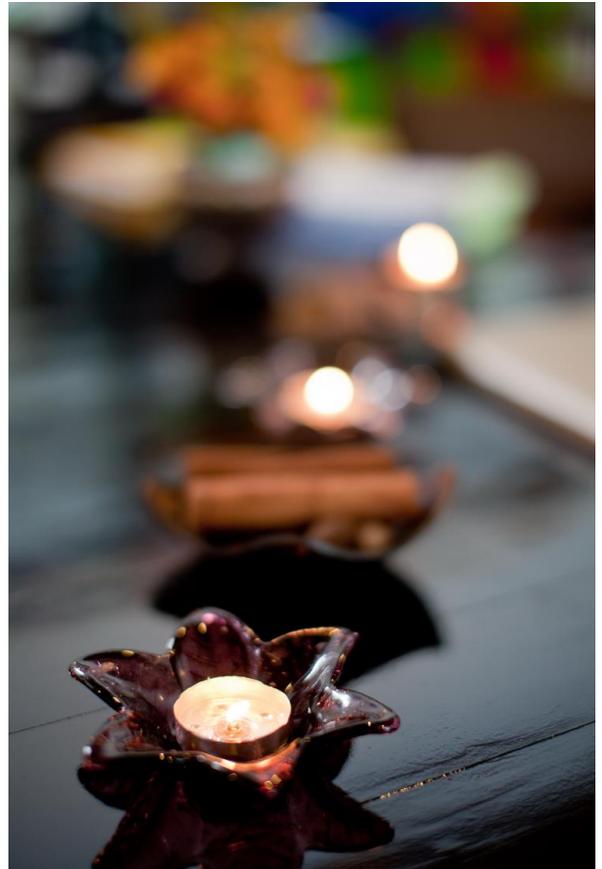
RM170

Corn Facial Scrub with Aromatic Facial Mask

45m

Corn facial scrub makes a great facial for opening pores and freeing from the dirt and balancing the oil production of the skin, makes us dusting agent for relieving irritating rashes and poison ivy.

RM170



Body Scrub

All types of body scrub and body wrap includes 10mins steam.

Coconut Body Scrub

1h

Excellent nourishment for your skin made from freshly grated coconut. A simple and pleasurable way to cleanse softens and smooths your skin while promoting cell regeneration. Suitable for all types of skin.

RM170



Ginger and Coconut Body Scrub

1h

Ginger and freshly grated coconuts are great for sensitive skin, are a powerful anti-inflammatory and energize your skin to make it tighter and appear more youthful. A coconut body scrub is one of the most luxurious and efficient ways to hydrate and exfoliate skin. The smell of this organic body scrub transforms you to a tropical locale and calms any negative you may bearing on your shoulders. After all, haven't we all felt instantly relieved after nuzzling into our favorites smell after a stressful moment? So embrace that tropical scent inhale deeply and relax.

RM170



Arabica Coffee Body Scrub**1h**

We recommend this Arabica Coffee scrub for deep cleansing stimulates your body's natural detoxification process. Nourish and restore your skin's natural properties.

RM170

**Coffee and Coconut Body Scrub****1h**

Coffee is rich in antioxidants bust cellulite and increase libido. Delight your senses as you exfoliate your skin with coffee coconut body scrub. Gentle and revitalizing body scrub promotes cell rejuvenation.

RM170

Chamomile Rose Face and Body Scrub**1h**

This luxurious scrub gives benefits of an antioxidant and exfoliating which encourages the growth of the new skin cell. Recommend for all types of skin.

RM170

Tropical Magnolia Body Scrub

1h

This fragrant and luxurious body scrub will help to loosen up your dead skin cells promoting the growing of a new one and imparting a healthy radiance to the skin.

RM170



Sandalwood Lulur Body Scrub

1h

A body scrub that recommended to induce a comfortable feeling, bringing the benefit of increasing the blood circulation ,while gently exfoliating and improving skin so soft texture.

RM170



Cinnamon & Coconut Aromatic Scrub

1h

We recommended this scrub for deep cleansing and stimulate your body's natural detoxification process, nourish and restore your skin's natural properties in giving nourishment and anti-aging skin.

RM170



Rose Aromatic Scrub

1h

This luxury scrub gives benefits as antioxidant, exfoliate encourage the growth on the new cell skin. Recommend for all types of skin.

RM170

Body Wrap

Oatmeal Body Wrap

1h

A body wraps that clean and nourishes the skin to relieve the dryness and to restore the balance of the skin. It reduces the itching and discomfort, heals the minor irritations, gently exfoliations and leaving the skin smooth and silky.

RM190

Honey Body Wrap

1h

A body wrap that loose fatty fluids deposits, detoxify body effectively and fast lose weight and enrich nourish skin with vitamins and minerals using the real honey that spread to your entire body.

RM190

Body Ginger Mask

1h

Ginger on the skin can increase skin's radiance and decrease inflammation that may contribute to conditions such as psoriasis and acne. Ginger is an antioxidant, which means it inhibits harmful free radicals that cause skin damage and aging. Ginger has been used as a remedy for nausea and to settle upset stomachs...It is also a very strong and powerful anti – inflammatory ,making it excellent for people with arthritis and other inflammatory conditions. It can also be used to increase energy and appetite ,What many people do not know is that ginger are both highly suitable additions to any anti-aging regimen and it is simple to learn how to use them for this purpose.

RM190

Sweet Orange Body Wrap

1h

Excellent nourishment for making your skin so smooth. This wrap is applied to the whole body during the treatment our therapist will provide a specialty relaxation smoothing head massage.

RM190



Balinese Boreh Body Wrap

1h

The benefits of this wrap are good for muscles aches, headaches, overcome the blood circulation problem and prevent rheumatism. Not suitable for sensitive skin.

RM190





Body Bath

Detoxification of our body through body bathing is an ancient remedy. Our skin is our third kidney. Body bath will assist our body in eliminating toxins as well as absorbing the minerals and nutrients that can give smooth, silky and makes skin glow and younger.

Oatmeal Bath

1h

An excellent body bath that works magically on treating or calming some skin problems. Oatmeal has a property of relieving and reducing itching and

scratching sensation. It gives an action on making your skin smooth, silky, moisturized and softer.

RM170/Per Person

Honey Milk Bath

1h

A well-known body bath for couples. It has a combination of properties that can give an elixir of life. It is anti-aging and anti-microbial.

RM160/Per Person

Detox Body Bath

1h

A detoxifying blend that gives a full relaxation of senses and makes the skin fresh and rejuvenated.

RM170/Per Person

Foot and Hand Care

Pedicure

1h

A procedure which need slight care and professional touch that can be a good way to kept your feet healthy, looking and feeling good. Pedicure is a relaxing and therapeutic by soaking in herbal bath followed by organic scrub to ease the dry skin and make you comfortable of giving foot massage.

RM150

Manicure

45m

Pampering, accessorize and stress reducer .Hydrate and exfoliate the skin in your hands and surrounding your nails. You may regularly trim and inspect for hangnails to be aware of fungus.

RM120

Hair Removal and Waxing

We recommend after each waxing not to use body lotions or soap with alcohol as well as not to be expose for a sun bed before 24hours.

Eyebrow wax or tweezers	RM40
Facial hair	RM60
Bikini	RM90
Full leg	RM190
Half leg	RM100
Full arms	RM90
Underarms	RM50
Upper lip	RM40
Men's back or chest	RM200

Thermal Auricular Therapy

Ear Candling

20m

Ear candling relieve tinnitus(ringing in the ears)helping to relieve sinus pain and pressure ,removing ear wax build up ,assisting with headaches ,relieving severly itchy ears and helping to unplug ears.

RM60

Disclaimer

Ear candles are not medical device .They are home remedy.Results will vary from user to user.

Do not use ear candles as a substitute for professional medical treatment.



Spa Facilities

Jacuzzi

1h

Provides hydrotherapy massage for your muscles and joints that can range from gentle to deep massage that works for stress and fatigues reducer, and states the warmth of the hot tub loosens joints and make it easier for you to be more mobile even if you are suffering arthritis.

RM105/Per Person

Steam Room

2h

Taking steam bath is a good to relax and take care of your body inside and out. And people who are having trouble falling asleep or dealing with insomnia. Helps to detoxify and cleans your skin of dirt and bacteria. Also good for respiratory troubles, increase circulation and metabolism and boost your immune system.

RM60

GYM

2h

Wants to get sweat? Here have good place to let you sweating.

RM25

Special Package

Honey Moon Package

2h

Share your unforgettable moments of your life in our holistic and relaxing spa.

RM620

1. Herbal Steam Bath

Is the most efficient methods of ridding the body of toxic waste through skin and lungs .The aroma herbs cleanse the respiratory tract and pores , promotes blood circulation .The steam bath ritual is highly recommended as a preparation of massage.

2. Traditional Borneo Massage

Is a combination of different kinds of massage techniques that focus to a trigger points for purification and restoration of your body, mind and soul.

3. Serenity Body Bath

Is a oatmeal bath that excellent body bath that works magically on treating and calming skin problems. It relieves and reduces itching and scratching sensation. Leaves your skin so soft, silky and smooth.

4. Eye Pillow Treatment

The perfect weight of the flaxseed applies gentle acupressure around the eyes and temples. This helps to relax tired, sore eyes, soothe facial muscles and help reduce eye puffiness. The eye pillow will block out light allowing you to relax as you breathe in the refreshing fragrance. It is perfect for people who need to de-stress and then rejuvenate, energize and uplift their spirits. It stimulates the senses and helps to relieve mental fatigue as its soothing scent softly surrounds you.



5. Ginger Tea

Help you deal with anxiety and stress, which are very ordinary for asthma sufferers. It combats infection, is a good remedy for bad breath, as well good stimulator of weak appetite. Ginger slows down the creation and growth of cancerous cells, thus helpful to prevent colon and ovarian cancer. Helps in keeping the liver protected against the ill effects of toxic substances like alcohol.

6. Honey Lemon Juice

It helps burn calories and fat deposits in the body. The citric acid in lemon and antioxidants in honey. It cures digestive disorders, to lose weight and get glowing skin, has anti-bacterial properties that kills bacteria and germs that cause throat problems, has many antioxidants that fight tumour formation.

Best of Friends Retreat

1h

RM220

1. Footbath Ritual

Detoxifying the body with a foot bath helps to release toxins and metals that have built up in the body from foods, drinks and the air. This type of detox is beneficial to the internal organs and the circulatory and respiratory systems. The bottom of the feet have the largest pores, which makes the foot bath an ideal detox option.

2. Stress Buster Massage

Stress buster for adults in lowering blood pressure, relieving anxiety and muscle tension, can be very effective in lessening stress., used to prevent aches and pains and create relaxation.

3. Rejuvenating Papaya Facial

Being a good source of Vitamin A and Papain, this fruit helps in removing dead skin cells along with breaking down the inactive proteins. It helps you keep your skin hydrated. Helps reduce those unwanted pimples and other embarrassing blemishes on the face, treating the sore and cracked heels and acts as a natural skin exfoliator. Papaya helps the skin by reducing the aging signs on the face.

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Back to Nature

2h

With Cocos Spa Treatment

RM260

1. Herbal Steam Room

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2. Coconut Face and Body Scrub

A coconut body scrub is one of the most luxurious and efficient ways to hydrate and exfoliate even the most sensitive skin. Coconut oil acts as an effective moisturizer on all types of skins including dry skin. It can treat psoriasis, eczema, rosacea and even wrinkles and protects the skin from sun exposure, skin cancer, and free radical damage.

3. Coconut Oil Massage

Coconut oil is very soothing so it's an excellent massage oil for the skin. Applying coconut oil to the head followed with a gentle massage helps in removing mental fatigue. Just the natural aroma of coconuts is extremely soothing thus helping to lower your stress level.

4. Eye Pillow Treatment

Reduces appearance of puffy, tired eyes. Softens wrinkles and pores. Refreshes tired complexion .Reduces post-operative swelling and bruising. Alleviates headaches, relief from clogged sinuses due to colds, allergies.



5. Ginger Tea

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Ginger slows down the creation and growth of cancerous cells, thus helpful to prevent colon and ovarian cancer. Helps in keeping the liver protected against the ill effects of toxic substances like alcohol.

POMPOM Jewel Spirit

1h30m

RM260

1. Herbal Steam Room

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2. Ginger and coconut Body Scrub

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Island Paradise Revitalizing Leg Treatment

1h

RM140

We need all the help available prior to baring legs on the beach. This treatment combining exfoliation and lymphatic drainage massage is a wakeup call for sluggish circulation.



Radiant Foot Therapy

1h

RM140

This a decadent affair and perfect if you spend your days in needs. First, a detoxifying mask (turmeric and lemongrass) is a applied to the lower legs and feet then key pressure point are massaged with nourishing orange and sweet almond oil.
