



# BONDAHAVEN

BREASTFEEDING SPECIALIST & MATERNITY SPA

## *Pre-natal*

Safely executed by trained & certified Physiotherapists, using essential oils especially curated for pregnant queens.

Recommended from **16 to 36** weeks of pregnancy.

## *Breastfeeding*

Safely executed by certified therapists using specially selected oils, suitable for nursing mothers and her breastfed baby.

## *Post-Natal*

Inspired by the time-honoured traditions of our Malay ancestors, backed by science, using only selected premium grade oils and herbs.

## *Women's Wellness*

Specific therapies to relieve your womanly woes.

[www.bondahaven.com](http://www.bondahaven.com)

# Pre-Natal

Safely executed by trained & certified Physiotherapists,  
using essential oils especially curated for pregnant queens.  
Recommended from **16 to 36** weeks of pregnancy.

## PREGNANCY ZEN THERAPY

This full body **pregnancy massage** is delicately assembled to help **balance your energy**. Choose your preferred premium essential oil blend:

**SLEEP:** for a comforting relaxation, especially for sleep-deprived expecting mothers

**ENERGY:** an invigorating therapy, for pregnant moms experiencing constant lethargy and tiredness

60min.....RM169

90min.....RM219

## PRENATAL BODY ACHE RELIEF

A full body **pregnancy massage** that targets key aching parts of a pregnant body to **relieve back pain**, hip pain, stiff upper back and leg cramping. Also improves circulation and reduces water retention.

60min.....RM169

90min.....RM219

## PREGNANCY PAMPERING

A relaxing **mini spa therapy** for the mom-to-be

Includes: Relaxing Foot Bath - Burnt Coconut Sugar Body Scrub & a 60 minute Full Body Prenatal Massage

110min.....RM269

## BABYMOON BLISS

A **premium indulgence** for pregnant queens before the baby arrives - the perfect gift for every expecting mama.

Includes: Relaxing Foot Bath - Algae Marine Foot Spa - Mini Pedicure  
Burnt Coconut Sugar Body Scrub - 60min Full Body Prenatal Massage

150min.....RM398

# Post-Natal

Inspired by the time-honoured traditions of our Malay ancestors, backed by science, using only selected premium grade oils and herbs.

## POSTNATAL URUT

A full body massage to recover your strength after your birthing experience, by improving circulation through manual muscle manipulation.



60min.....RM130

90min.....RM180

120min.....RM230

## C-SEC BIRTH RECOVERY

Safely executed treatment after a Caesarean birth, to facilitate early recovery and healing.

Includes: Relaxing Foot Bath - Herbal Bath - 40min Riverstone Tungku . 60min C-Sec Postpartum Massage

120min.....RM298

## MISCARRIAGE HEALING

Physical and emotional healing therapy after a miscarriage

Includes: Relaxing Foot Bath - Herbal Tangas - Herbal Bath - Riverstone Tungku - 60min Full Body Postnatal Urut

120min.....RM315

## NUSANTARA FULL MOON RITUAL

A beautiful ending to your postpartum confinement chapter. Traditionally known as Penutup Pantang.

Includes: Relaxing Foot Soak - Ukup Wangi - Lulur Beras Romance Aromatherapy Bath - 60min Full Body Postnatal Urut

140min.....RM339





# Breastfeeding

Safely executed by certified therapists using specially selected oils, suitable for nursing mothers and her breastfed baby.

## LACTATION ZEN THERAPY

*This full body lactation massage is designed to help balance your energy. Also includes breast massage to release any blocked milk ducts and improve your milk flow. Choose your preferred premium essential oil blend:*

*SLEEP : for a comforting relaxation, especially for sleep-deprived nursing mamas  
ENERGY : an invigorating therapy, for breastfeeding mothers experiencing constant lethargy and tiredness*

120min.....RM249

## BREASTFEEDING BAR

*A full body massage that focuses on the relief of common pain points of a nursing mama - back aches, shoulder stiffness, chest tightness and neck pain. Does not include breast massage.*

60min.....RM130

## MILK BOOSTER

*Increase your breast milk supply during pumping or direct feeding with this oxytocin booster massage which activates specific acupressure points to improve breast milk flow.*

60min.....RM120

## LIQUID GOLD

*A heavenly escapade for every nursing mother. The perfect premium gift to celebrate breastfeeding joy.*

*Includes: Relaxing Foot Bath - Hibiscus & Rose Body Scrub - Honey & Yoghurt Body Mask - Romance Aromatherapy Bath - 90min Full Body Lactation Massage*

170min.....RM389

## BLOCK BUSTER

*Effectively relieves painful blocked milk ducts. Includes warm compress, Epsom salt breast soak, vibration therapy and skilled massage technique to unclog and release blockages.*

60min.....RM120

90min.....RM180

# Breastfeeding

Professional breastfeeding counseling and classes to help mothers thrive in their breastfeeding journey.



## LACTATION COUNSELING

**Troubleshooting** for breastfeeding-related issues.

Baby Not Latching | Breast Pain | Nipple Pain | Low Milk Supply  
Persistent Blocked Duct | Breastpump Issues

60-90min.....RM130

Add 30mins.....RM60

Follow-up.....RM70



## PRIVATE BREASTFEEDING CLASS

Preparation towards a **successful breastfeeding journey**

Breastfeeding Basics | Return-To-Work  
Personalized Breastfeeding Plan | Relactation  
Induced Lactation for Adopted Babies

1-2 pax.....RM150

3-4 pax.....RM280



# Wellness

Specific therapies to relieve your womanly woes.

## BODY ACHE RELIEF

*Full body massage to release muscle tension for pain management, and to improve mobility and movement.*



60min.....RM130

90min.....RM180

120min.....RM230

## STRESS RELEASE

*Full body massage combining skilful kneading, stroking and flowing body sweeps to effectively relieve tension and stress. Perfect to refresh and restore your vital energy after an exhausting day.*

60min.....RM130

90min.....RM180

120min.....RM230

## ENERGY RECOVERY

*Rejuvenate your spirit and boost your energy naturally*

*Includes: Relaxing Foot Bath - Herbal Tangas - Herbal Bath - Riverstone Tungku - 60min Body Ache Relief Massage*

120min.....RM315

## WOMB THERAPY / IKHTIAR HAMIL

*Optimize your inner health to prepare the body as you try to conceive.*

*Includes: Pelvic floor release / Herbal Tangas Abdominal Herbal Compress / Womb Massage*

60min.....RM148



# Wellness

Specific therapies to relieve your womanly woes.

## ULTIMATE RELAXATION

*The ultimate soothing dream escape*

*Includes: Relaxing Foot Bath – Premium Lulur Beras  
60min Body Ache Relief Massage – Ultra-Hydration Face Therapy*

*130min.....RM298*

## GLOW UP

*Rediscover your natural beauty*

*Includes : Relaxing Foot Bath –  
Rose Salt Body Scrub  
Hibiscus & Rose Body Mask –  
Brightening Botanical Facial*

*110min.....RM248*

## MINI ESCAPADE

*A short yet blissful escapade from  
your daily chaos*

*Includes: Relaxing Foot Soak – 60min  
Body Ache Relief Massage  
Ultra-Hydration Face Therapy*

*90min.....RM160*

## SENSUAL THERAPY / MALAM JUMAAT

*Inject an irresistible charm into your personal aura*

*Includes: Relaxing Foot Soak – Ukup Wangi – Rose Salt Body Scrub  
Romance Aromatherapy Bath – 30min Aromatherapy Back Massage*

*120min.....RM298*

*Upgrade to Full Body Stress Release Massage  
+30min.....+RM50*



# Add-ons

Because life is all about the extras.

## BODY

- FULL BODY SCRUB.....RM80
  - COCONUT SUGAR
  - ROSE SALT
  - HIBISCUS ROSE
- PREMIUM LULUR BERAS.....RM100
- AROMATHERAPY BATH.....RM50

## TRADITIONAL

- HERBAL TANGAS.....RM50
- UKUP WANGI.....RM50
- RIVERSTONE TUNGKU.....RM80
- WOMB MASSAGE.....RM40

## FACIAL

- ULTRA HYDRATION FACE THERAPY.....RM50
- BRIGHTENING BOTANICAL FACIAL.....RM85



# Spa Etiquette

To ensure the guests can enjoy the calming and soothing atmosphere of Bondahaven, we respectfully request all visitors to keep noise to a minimum level. By the same courtesy, please switch off or silent your hand phones and electronic devices throughout your stay at the Spa

## MINIMUM AGE

Guests must be 18 years old and above to use the Spa facilities. Guests below 18 must be accompanied by guardian.

## RESERVATIONS

To secure your preferred date and time of treatment, it is recommended that you make an advanced booking prior to arrival.

## ARRIVAL AT THE SPA

Please check in at the Spa reception at least 15 minutes prior to your reservation to ensure you enjoy your complete treatment time

## SMOKING/ILLEGAL SUBSTANCES

Smoking, consumption of alcohol and illegal substances within Bondahaven Spa areas are strictly prohibited. We reserve the right to refuse admission to the Spa.

## REFUND POLICY

Spa Treatment packages are non-refundable

## VALUABLES

No jewelry should be worn during treatments. Lockers are provided for your use. Guests are responsible for her locker key whilst in the Spa area. While extra care is taken to ensure the safety of your valuables, the Spa management and staff accept no responsibility for the damage to or loss of valuables of any kind

## CANCELLATIONS OR RESCHEDULE POLICY

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments to be made at least 24 hours in advance.

## PAYMENT

We accept cash and all major credit cards. All prices are quoted in Ringgit Malaysia (RM).

## FEEDBACK AND SUGGESTIONS

We welcome your suggestions to provide you with better services. Kindly fill out our Feedback Form or speak to our Spa Manager directly.

