

# Spa makes use of crystal stones in massage sessions

Story and photos by FAZLEENA AZIZ

FOR a nice pampering session after a hard day of work, head to the Crystal Harmony Massage at the Mandara Spa in Renaissance Hotel Kuala Lumpur.

The soothing massage focuses on the energy centre of the body to rejuvenate it. You might feel drowsy after the one hour relaxing massage session. It starts with a selection process of the stones and essential oils followed by the sounds of the crystal singing bowl.



Setting the right mood: Cooling ginger tea to welcome patrons.

There are seven key energy locations, known as Chakras, which is represented by the different colour of the rainbow or crystal prism.

Each one relates to different organs of the body and associated with different emotions. The Chakra crystal stones are used to focus healing energy while blending specific essential oil for balance.



Crystal healing operates on the principle that every cell in the body vibrates at its own frequency. The crystal alternates to a natural healing frequency that is activated by mental energy.

The suitable healing energy is stimulated, balanced and transmitted through the unique molecular structure of natural crystals.

This helps to harmonise the body's frequencies back to optimum level. The energy is then brought back to balance.



**Take a pick: The various essential oils and crystal coloured stones.**

Mandara Spa Renaissance provides a range of treatments including various massage therapies; body scrubs and wraps, facials, foot and hands spa, herbal steam showers and aromatherapy floral baths.

Some of their special aromatherapy oil blends are Harmony, Mandara, Island Spice and Tranquillity Massage Oils.

They have four types of body scrubs, which people can choose from; Bali Coffee, Balinese Boreh, Javanese Lulur and Coconut scrubs.

The Crystal Harmony Massage costs RM295 while other massages ranges from RM100 to RM355.

For face and whole body treatment, the price ranges from RM235 to RM1,269. The cost of packaged deals ranges from RM290 to RM767.

Mandara Spa is located on the 3rd floor, Renaissance Hotel, KL. For further details call 03-2162 2233 or visit [www.mandaraspaspa.com](http://www.mandaraspaspa.com)