



## *my chi spa journeys*

### one legged pagoda journey

A good luck story starting with a Temple Steam or Cloud Atlas Sauna, followed by a Sacred Lotus Ritual, a combination of herbal compress and aromatherapy. Completed with My Chi Flow Ritual in the Silent Sanctuary.

**90 min/ 950,000 nett**

### 100 knot bamboo tree journey

A story of possibility with a Temple Steam or Cloud Atlas Sauna, followed by Bamboo Hero Ritual, a combination of shiatsu-inspired pressure and bamboo rolling. Completed with My Chi Flow Ritual in the Silent Sanctuary.

**90 min/ 950,000 nett**

### pajau yan, lady moon journey

A story of inner beauty with a Temple Steam or Cloud Atlas Sauna, followed by Moon Rhythm Ritual, a combination of aromatherapy and reiki. Completed with My Chi Flow Ritual in the Silent Sanctuary.

**90 min/ 950,000 nett**

## *my chi spa packages*

### hero power

Zen Pressure Balance followed by a Sacred Bamboo Foot Flow

**105 min/ 900,000 nett**

### soul bliss

Sandalwood Temple Scrub followed by an Aroma Soul Massage

**105 min/ 900,000 nett**

### royal beauty

Moon Glow Facial followed by a Priestess Herbal Compress

**120 min/ 950,000 nett**

### sacred footprints

Foot Flow Massage followed by Foot Ritual and Pedicure

**105 min/ 950,000 nett**





## *my chi fitness memberships*

fitness centre open from 06h00 - 22h00

### Package Includes:

- Unlimited access to fitness centre
- Hotel swimming pool
- Access to daily energy yoga (as schedule below)
- 15% discount on spa services
- 15% discount on food and beverage

### Fitness Memberships

1 month	<b>950,000 nett</b>
3 months (10% discount)	<b>2,500,000 nett</b>
6 months (15% discount)	<b>4,500,000 nett</b>
12 months (20% discount)	<b>9,500,000 nett</b>

## *my chi studio memberships*

daily classes as per monthly scheduled program

Daily Energy Yoga Express Class

**30 min/ 95,000 nett/ class**

Daily Studio Classes as Schedule

**60 min/180,000 nett/ class**

### Studio Memberships

5 classes (5% discount)	<b>900,000 nett</b>
10 classes (10% discount)	<b>1,600,000 nett</b>
15 classes (15% discount)	<b>2,350,000 nett</b>
20 classes (20% discount)	<b>3,000,000 nett</b>

