

SPA
L'OCCITANE
EN PROVENCE





SPA L'OCCITANE EN PROVENCE

at Eastern & Oriental Hotel

Discover the art of Provençal wellbeing at Malaysia's first exclusive Spa L'Occitane en Provence, a sanctuary of serenity nestled within the timeless grandeur of the Eastern & Oriental Hotel. Here, the pure essence of Provence meets the elegance of Penang's storied seafront, offering a wellness experience unlike any other in the country.

Each ritual begins with a soothing Welcome Rituals and unfolds into a sensorial journey of rejuvenation—crafted with natural ingredients from the south of France and performed using expert L'Occitane techniques. From signature aromatherapy massages to radiance-boosting facials, every treatment embodies the soul of Provence and the warmth of Eastern hospitality.

Immerse yourself in an experience where French art de vivre meets colonial charm. At Spa L'Occitane en Provence, beauty, balance, and wellbeing come together in perfect harmony – exclusively at the E&O.





HERE, WELL-BEING BECOMES
BETTER-BEING

Where Nature flourishes,
Inspiring our ingredients, our surroundings,
and our gestures crafted by expert hands.

Sleepy notes of lavender,
Warm sunlight caresses the skin.
Soothing melody of nature.
Close your eyes...

Be Touched by Haute-Provence.

A moment beyond time, where reason meets heart,
and time slows to be savoured with pleasure.
So you see clearly, feel deeply, listen intently.
The body releases, the mind unwinds.

More than well-being, this is ***Better-Being.***



HOTEL SIGNATURES



BODY
90 Minutes

GOLDEN SPICE STRESS-RELIEF MASSAGE

INDULGENT. This body treatment features a bespoke blend of nutmeg essential oil and massage oil to create a gently warming, comforting aroma. The soothing blend helps awaken circulation while encouraging the body to let go of built-up tension. A flowing fusion of movement eases tightness and calms the mind.



ICONIC TREATMENTS

Heritage. Sensoriality. Expertise.

Crafting better-being moments based on four pillars:

LONGEVITY, REGENERATION, BALANCE & VITALITY.

*To measure and highlight the benefits on holistic better-being and sleep quality,
our protocols have been tested and approved by L'Occitane en Provence laboratories
as well as recognised research institutes.*

LONGEVITY

Reveal timeless rejuvenation



FACE *Treatments*

FACE

90 Minutes

IMMORTELLE DIVINE SECRET

FIRMING. This treatment helps in unveiling the skin's natural youthful glow. The Immortelle Super Extract helps to redensify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the skin appears to be well-rested.

FACE & EYES

45 Minutes

IMMORTELLE RESET

REVITALISING. This treatment helps to smooth expression lines and brighten the eye area. Combined with Gua Sha stones, the Face and Eyes Reset Serums act as a breeze of fresh air, leaving the skin rejuvenated and reinvigorated.

REGENERATION

Renew through the art & science of sleep



BODY *Massages*

BODY
25 Minutes

POWER NAP

REINVIGORATING. Tested in collaboration with the European Sleep Center, this treatment offers deeper relaxation and enhanced recovery compared to a regular nap. A harmonious blend of effleurage, acupressure, and percussion gestures to soothe the mind, release tension, and revitalise the entire body.

BALANCE

Harmonise body, mind & emotions



BODY *Massages*

BODY

60/90 Minutes

RELAXING AROMACHOLOGIE

COMFORTING. This enveloping massage eases the body and mind into letting go, thanks to its relaxing movements. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.

BODY

90 Minutes

SHEA NURTURING

ENVELOPING. A 90-minute compilation of L'Occitane en Provence's signature massage movements designed to promote muscles relaxation and balance energy flow. The Shea Body Oil's formula has an in-depth moisturising effect and leaves the skin durably nourished.

BODY

60 Minutes

MIND & SCALP

UNWINDING. This massage of the neck, décolleté and scalp, awakens microcirculation to welcome the benefits of the scalp expert serum, while releasing tension and inviting your whole body to a sensory reconnection for a deep sense of release.

VITALITY

Restore the mental & physical energy



BODY
60/90 Minutes

ALMOND DETOX

DETOXIFYING. This massage promotes circulation and provides a feeling of lightness. The draining movements help to remove toxins and reduce water retention. The Almond Supple Skin Oil hydrates the skin and improves its elasticity.



MADE TO MEASURE TREATMENTS

Because each person is unique, so are our treatments.



FACE & BODY *Made to measure*

FACE

30 Minutes

60 Minutes

90 Minutes

FACIAL TREATMENT

EXPERT. A personalised facial treatment with a range of product options and massage techniques tailored to suit every skin mood.

Massage techniques: Radiance or Firmness.

BODY

30 Minutes

60 Minutes

90 Minutes

BODY MASSAGE

SENSORY. A selection of massage techniques paired with preferred massage oil creating a better-being interlude designed to delight the senses.

Massage techniques: Relaxation, Warmth or Detox.

Massage Oils: Relaxing, Revitalising, Almond, or Shea Butter.

BODY & FACE

From

60 minutes

BODY & FACE TREATMENT

COMPLETE. A combination of a personalised facial treatment and a sensory body massage that meets every need and creates harmony between face, body, and mind.

OTHER TREATMENTS



BODY

90 Minutes

RE-ENERGISING SUN STONES

VIBRANT. The intense heat retained by the natural basalt stones has a soothing effect on the heart, circulation and well-being - promoting the relaxation process. Associated to Swedish effleurages and Shiatsu pressures points, this massage allows you to release tensions in a targeted way.

BODY

45 Minutes

LEG REFRESHER

LIGHTNESS. This treatment targets the legs and feet to give a pleasant feeling of lightness as well as improve circulation. It consists of an invigorating scrub followed by a massage using the revitalising massage oil, to provide softness and comfort.

BODY

45 Minutes

SHEA NOURISHING SCRUB

EXFOLIATING. This Shea enriched scrub restores the comfort of a soft, smooth and supple skin. The exfoliation is completed with a bespoke moisturiser application, leaving the skin hydrated and nourished.

BODY

45 Minutes

SHEA ULTRA-MOISTURISING WRAP

NOURISHING. This treatment contributes to nourishing and reinforcing the skin barrier. The creamy and velvety texture of the rich Shea Butter cream soothes the skin and comforts all the senses, while a foot and scalp massage complete this moment of better-being.



ADD-ON TREATMENTS

| *+15 Minutes* |

**Elevate your experience
at the highest level**

FACE & BODY *Targeted treatments*

FACE

Brightens or firms with a tailored touch.

EYE CONTOUR

Revitalises and smooths the eye area.

GUA SHA

Smooths facial lines and refreshes eye contours.

NECK & DECOLLETÉ

Lifts and refines neck and décolleté for a radiant look.

SCALP

Soothes the mind and invites letting go.

HANDS

Softens and relaxes the hands.

LEGS

Soothes, eases tension, and refreshes.

FEET

Grounds and energises tired feet.

PACKAGES



PACKAGES

FACE & BODY

150 Minutes

PROVENÇAL YOUTHFUL CALM RITUAL

A holistic journey inspired by Provençal care – youthful skin meets deep relaxation. The Immortelle Divine Secret facial focuses on firming and radiance through expert lifting and stimulation techniques. The Aromachologie massage completes the ritual with a comforting, slow unwind that settles both body and mind.

- IMMORTELLE DIVINE SECRET 90MIN
- RELAXING AROMACHOLOGIE 60MIN

BODY

135 Minutes

SHEA COMFORTING RENEWAL

A full-body renewal designed to polish, soften, and deeply nourish. Begin with a Shea-enriched scrub to exfoliate and restore smooth, supple skin. Finish with a Shea Nurturing massage using L'Occitane's signature techniques to promote muscle relaxation and energy balance, and maintain long-lasting nourishment.

- SHEA NOURISHING SCRUB 45MIN
- SHEA NURTURING 90MIN



SPA ETIQUETTE

ADVANCE BOOKING

We kindly recommend that you book your treatment in advance to ensure that the desired time and service are available.

We would like to remind you that access to the aquatic facilities is exclusively available through prior reservations.

SPA ARRIVAL

We recommend that you arrive at least 15 minutes before your spa appointment. This will allow you sufficient time to change and relax. Our therapists can assist you in selecting the most beneficial treatments for your needs. Please note that late arrivals will not receive an extension for their scheduled treatments.

DRESS CODE

Bathrobe, disposable underwear, and slippers are at your disposal for your comfort.

CANCELLATION

The treatments you choose are especially booked for you. To avoid being charged for your treatments, please provide a minimum of 24 hours' notice for cancellations of treatments, whether they are à la carte or part of a package.

HEALTH

When booking your spa experience, please inform us of any health problems, allergies, or injuries that could impact your treatment. For your comfort and safety, we reserve the right to deny access to our facilities or treatments to anyone whose condition is not compatible with our services.

LOSS AND DETERIORATION

Unfortunately, we cannot assume responsibility for the loss or deterioration of personal items. To safeguard your clothing, we recommend wearing the provided robe.

SPA
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OPENING HOURS

Open daily 11:00am - 8:00pm

RESERVATION

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