



VIRTUE TCM  
AT THE QING SUITES



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### A wellness journey incorporating Traditional Chinese Medicine

Rooted in Traditional Chinese Medicine (TCM), our wellness experiences are designed to restore harmony between Jing (Essence), Qi (Vital Energy) and Shen (Spirit).

TCM is especially close to our hearts as Cheong Fatt Tze's father was not just a scholar, but also a practitioner of these long-established methodologies.

Every session begins with a consultation and pulse diagnosis, allowing our trained practitioners to discover the rhythms of your body — a time-honored technique to assess your internal health, including organ function, qi and blood flow, emotional state, and constitution. From there, we can better personalise and propose treatments ideal for you.

Ranging from 30 to 120 minutes long, each treatment harnesses time-honoured healing techniques, coupling it with modern comforts and offering a personalised care programme.



## SIGNATURE RITUALS

标志性仪式

These are specially designed for Virtue at The Qing Suites,  
embracing ancient TCM rituals to elevate body, mind and spirit

### **The Qi Rebalance Therapy**

Release tension, eliminate toxins, and restore your Qi. This rejuvenating therapy combines gua sha, cupping and personalised acupuncture to enhance circulation, clear blockage and rebalance energy. First, gua sha to ease tension, then cupping improves circulation and clears blockages and finally the option of acupuncture to rebalance energy flow, relaxing you deeply.

Includes:

- TCM pulse diagnosis and consultation
- Neck and shoulder gua sha
- Cupping therapy
- Acupuncture
- Optional: Herbal eye pillow, warm light therapy

**60 minutes | RM258**

**In-House Guest: RM240**

### **The Qing Escape: Nourish & Nurture**

A luxurious head-to-toe ritual that restores inner harmony and revitalises the complexion. Begin with a lifting face gua sha, followed by soothing scalp acupressure and a neck gua sha massage. The experience concludes with a calming Qi flow body massage to ease tension and revitalise your glow.

Includes:

- Face gua sha glow (45 min)
- Scalp acupressure and neck gua sha (15 min)
- Qi flow body massage (60 min)

**120 min | RM448**

### **Yin Harmony Sleep Therapy**

A restorative treatment designed to replenish Yin energy, calm the mind and promote deep, restful sleep. This therapy combines traditional techniques such as pulse diagnosis, aromatherapy scalp acupressure, back and neck gua sha to ease stress, regulate energy and support jet lag recovery. Leaving you feeling refreshed, harmonised and ready for true rest.

Includes:

- TCM pulse diagnosis and consultation
- Scalp acupressure
- Back and neck gua sha
- Ear seeds/auriculotherapy
- Optional: Herbal eye pillow, warm light therapy

**60 minutes | RM248**

**In-House Guest: RM230**

### **Women's Healing Therapy**

A therapeutic session tailored for women's health, designed to nourish the Qi energy, support hormonal balance and enhance feminine vitality. Gentle moxibustion that warms and stimulates key acupuncture points, followed by acupuncture and warm light therapy for deeper alignment and renewal. The treatment ends with ear seeds or auriculotherapy, extending the healing benefits. You'll leave feeling balanced, supported and deeply rejuvenated.

Includes:

- TCM pulse diagnosis and consultation
- Moxibustion
- Acupuncture and warm light therapy
- Ear seeds/auriculotherapy

**60 minutes | RM248**

### **Wu Xing Five Elements Sound Therapy**

In Traditional Chinese Medicine, the five elements – wood, fire, earth, metal and water, describe the essential forces that shape the body, mind and emotions. Each element corresponds to specific organs and emotional states: wood relates to growth and emotional flow, fire to vitality and joy, earth to grounding and nourishment, metal to breath and release, and water to restoration and inner calm.

This personalised, one-on-one sound healing experience works through resonance to harmonise the five elements. Using sound and vibration, the session gently supports balance across the body's energetic systems.

Each experience is attuned to your present condition, combining singing bowls with five elements resonance instruments, guided by the traditional Chinese medicine understanding of Zang-Fu (脏腑) organ relationships and emotional wellbeing.

Designed to gather scattered energy, calm the nervous system and encourage a deep sense of clarity.

**60 minutes | RM318**





TCM AESTHETIC TREATMENTS  
美容治疗

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### **Trio Radiance Facial Therapy**

A luxurious TCM facial ritual blending gua sha, acupuncture, bo jin massage and cupping to energise, de-puff and rejuvenate.

Includes:

- Facial diagnosis and TCM consultation
- Facial gua sha
- Facial acupuncture
- Bo jin eye massage
- Facial cupping
- Rose hydration nano oxy mist

**75 minutes | RM318**

**In-House Guest: RM298**

### **Facial Rejuvenation Acupuncture**

**60 minutes | RM248**

Stimulates collagen production, boosts circulation and softens fine lines naturally. Promotes deep relaxation and skin vitality. A soothing calendula, cica and chamomile hydrogel mask follows to calm, hydrate, and restore the skin's natural suppleness.

Includes:

- Facial diagnosis and TCM consultation
- Face acupuncture
- Rose hydration nano oxy mist
- Treatment mask

### **Gua Sha Glow Facial**

**45 minutes | RM198**

A sculpting facial massage using traditional gua sha tools and our Signature Qi Glow Facial Oil to improve circulation, reduce puffiness, and enhance your natural glow.

Includes:

- Facial diagnosis and TCM consultation
- Facial gua sha
- Bo jin eye massage
- Facial cupping
- Rose hydration nano oxy mist

### **Bo Jin Facial Sculpt & Lift**

**45 minutes | RM188**

A lifting and sculpting massage using bo jin tools to activate facial acupoints and improve lymphatic flow.

Includes:

- Facial diagnosis and TCM consultation
- Cleansing
- Face bo jin massage
- Bo jin eye massage
- Facial cupping
- Rose hydration nano oxy mist



TRADITIONAL CHINESE MEDICINE TREATMENTS

中医治疗配套

These holistic TCM approaches have evolved over thousands of years, grounded in the philosophy of balance and harmony within the body. Therapies such as herbal medicine, acupuncture, massage and energy work come together to treat the root cause of imbalance; nurturing the body, calming the mind and uplifting the spirit.

## GENERAL MEDICINE

First-Time Consultation and Pulse Diagnosis RM60

Follow-Up Consultation RM30

### Herbal Prescriptions (per week)

Adult RM100 – RM300

Children RM35 – RM150

## TREATMENTS

### Acupuncture RM120

Acupuncture has been practised for over 2,000 years as a key part of TCM. Today, the World Health Organisation recognises acupuncture as effective for treating over 60 medical conditions

### Cupping RM88

Cupping is a Traditional Chinese Medicine therapy performed with gentle suction and cold-pressed coconut oil, prized for its nourishing and soothing properties. This deeply therapeutic treatment encourages circulation, releases muscular tension, clears internal heat, and promotes the flow of Qi throughout the body.

### Ear Seeds or Auriculotherapy RM68

Ear seeds are tiny seeds traditionally made from the Vaccaria plant, used to gently stimulate specific acupressure points on the ear. This practice is a form of auricular acupuncture - a technique in TCM where the ear is seen as a microsystem reflecting the entire body

### Moxibustion RM98

Moxibustion is a traditional Chinese medicine therapy that involves burning a moxa stick or cone (made up of mugwort leaves) and applying the heat produced close to specific acupoints on our body. It stimulates the Qi meridians to regulate physiological functions of the body for disease prevention or treatment for certain diseases

### Aromatherapy Body Gua Sha (Neck, Shoulder & Back) 20 minutes | RM98

Body gua sha is a traditional Chinese healing technique that uses a smooth-edged tool to gently brush the skin, promote blood circulation, release muscle tension and remove internal heat or "stagnation." Gua sha helps restore the body's natural balance and supports self-healing in a safe, natural and non-invasive way







## MASSAGE THERAPY

按摩疗法

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**Ancient Healing Retreat: Detox & Renew****120 min | RM428**

Inspired by traditional healing practices, this detoxifying ritual supports circulation, organ function and energy balance. Start with a warming herbal foot bath, followed by a therapeutic foot massage to awaken internal systems, and conclude with a Qi Flow body massage for total renewal.

Includes:

- Herbal foot bath (10 mins)
- Herbal foot reflexology (50 mins)
- Qi Flow body massage (60 min)

**Head & Shoulder Relief Massage****45 min | RM168**

Unwind with this focused massage that melts the stress in the head, neck and shoulders. Designed to clear mental fog, improve circulation and relieve built-up tension.

**Signature Herbal Foot Reflexology****60 min | RM188 or 90 min | RM268**

A deeply therapeutic treatment enhanced with Bo Jin tools to stimulate reflex zones, improve energy flow and release built-up tension. Begins with a warm herbal foot bath to support detoxification and overall wellbeing.

**Relax & Refresh Foot Massage****60 min | RM168 or 90 min | RM248**

Revive tired feet with this cooling foot massage featuring refreshing peppermint cream and a warm mineral salt foot soak. Designed to soothe tension, reduce fatigue and invigorate the senses.

**Qi Flow Body Massage****60 min | RM248 or 90 min | RM348**

A restorative full-body massage using herbal infusion oil to support the smooth circulation of Qi. Releases muscular tightness, enhances energy flow and promotes deep relaxation.

**Therapeutic Meridian Body Massage****60 min | RM238 or 90 min | RM338**

Rooted in TCM, this acupressure massage targets the body's meridian lines and pressure points to unblock Qi stagnation, relieve chronic fatigue and restore harmony.

**Head-to-Toe Relaxation Massage****90 min | RM348**

Experience full-body renewal, starting with a warm herbal salt foot bath to calm the senses, followed by a soothing foot massage and a deeply relaxing body massage targeting high-tension areas: head, neck, and shoulders to restore overall balance and ease.

## Add On Services for Deep Relaxation

### **Herbal Foot Bath Ritual**

**15min | RM48**

A warm TCM herbal foot soak to awaken circulation, calm the mind, and prepare the body for treatment.

### **Warm Herbal Compress**

**15min | RM58**

Soothing warmth infused with herbal goodness to ease muscle tension and enhance therapeutic effects.

### **Soothing Botanical Hydrogel Mask**

**15min | RM48**

A cooling hydrogel mask infused with calendula, cica and chamomile to calm sensitivity, deeply hydrate, and restore the skin's natural suppleness — ideal after travel or sun exposure.

### **Eye Relaxation Therapy**

**15min | RM38**

A comforting eye ritual to relieve digital fatigue and quiet the nervous system.

### **TCM Cupping**

**15min | RM68**

A gentle traditional technique to release stagnation and promote smoother energy flow.

### **Gua Sha Enhancement**

**20min | RM78**

Targeted scraping therapy to relieve tension and restore natural movement and vitality.

## TCM & Wellness Guidelines

Welcome to Virtue TCM at The Qing Suites. We are dedicated to supporting your health, balance, and well-being. To ensure a safe and professional healing experience, we kindly ask you to review the following guidelines:

### Wellness Etiquette

As a healing space, we respectfully maintain a peaceful, smoke-free, and alcohol-free environment. To preserve the calm atmosphere, we kindly ask that:

- Voices are kept soft
- Mobile phones remain on silent
- Digital devices are not used in treatment areas

### Children & Companions

To maintain a serene healing environment, children and accompanying guests may be asked to wait in designated areas.

### Reservations

To secure your preferred consultation or treatment time, we recommend making reservations at least 24 hours in advance.

### Arrival Time

Please arrive 15 minutes before your scheduled appointment. This allows time for registration, consultation, and settling into a calm state before treatment begins.

### What to Wear

- For your comfort, please wear loose and comfortable clothing during your visit
- Before we begin, please remove any jewellery or accessories and keep them safely with you
- For hygiene and comfort, the wellness centre may provide disposable or protective coverings when necessary.

### Valuables

We kindly advise guests to keep personal valuables safely with them at all times, as the centre cannot be held responsible for loss or damage.

### Herbal Prescriptions

- Herbal medicines are individually prescribed and non-returnable once dispensed
- Please follow dosage instructions carefully
- Store herbs in a cool, dry place, away from children

### When Treatments May Not Be Suitable

For your safety, certain treatments may not be appropriate under specific conditions. Please inform your physician if you are:

- Pregnant or suspect pregnancy
- Experiencing high fever, acute infection, or contagious illness
- Suffering from uncontrolled bleeding disorders or taking strong blood-thinning medication

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- Pregnant or suspect pregnancy
- Experiencing high fever, acute infection, or contagious illness
- Suffering from uncontrolled bleeding disorders or taking strong blood-thinning medication
- Recently undergone surgery or sustained serious injury