

# EXPERIENCE

## MANDI BUNGA INSPIRED RITUAL

90 MINUTES

This purifying and restorative full body experience takes inspiration from the Mandi Bunga bathing which originated from Malay royal houses, performed to dispel bad energy - “buang sui” or “buang sial”. Harnessing the benefits of traditional herbs rich in essential oils, and therapeutic flowers to bring about a sense of calm and relaxation. As the therapist pours warm water over your shoulder, she gracefully recites the seven sacred blessings, enveloping you in serenity, positivity, and the purest intentions for the day ahead. Warm aromatic oils are gently applied over the body and combined with a rhythmical massage which incorporates long warming strokes to soothe tense, aching muscles, rebalance body and mind, and bring about an overall sense of wellbeing.

**INCLUDES** Warm oil application, rhythmical massage, scalp massage

## MYSTICAL OCEAN AND EARTH RITUAL

120 MINUTES

Discover Langkawi's most mystical Island in this mineralizing body experience. Joining in synergy the rich natural treasures of the rainforest and ocean to nurture and nourish the body and mind. Aching muscles are soothed while giving nourishment and regeneration to tired dull lifeless skin, with this relaxing hot stone massage and marine mud wrap experience. Blending century old techniques with indigenous essential oils and heated stones to release tension and induce a deep state of relaxation.

**INCLUDES** Full body exfoliation, marine body wrap, scalp massage, full body massage

## LULUR HAMMAM EXPERIENCE

120 MINUTES

Lulur is a Javanese word for “coating of the skin”. A centuries old treatment performed in the palaces of Central Java. A practice that is honored in this body smoothing treatment. Completed in a gentle steam environment, this traditional ritual deeply cleanses and regenerates skin, while the full body foam massage and nourishing marine mud maintain healthy skin and wellbeing. This ancient therapy finishes with a refreshing and a deeply relaxing scalp treatment designed to melt your stresses away.

**INCLUDES** Scrub, foam massage, hair wash and conditioning treatment, mud body mask, steam, body cleanse, full body massage

## BUBU SPA SUITE EXPERIENCE

180 OR 120 MINUTES

A beautifully designed 'Bubu' Spa Suite allows you complete privacy to enjoy the ultimate spa experience. Consisting of private spa facilities including an external relaxation veranda with stunning views. The Spa Suite will be your haven of tranquility, perfect for sharing indulgent relaxation time together.

120 minutes includes: use of private spa facilities, 50-minute massage of your choice. 180 minutes additionally includes a Custom Facial.

# MASSAGE

## DEEP MUSCLE MASSAGE

**90 MINUTES OR 60 MINUTES**

Recharge your body with this firm, powerful massage designed to alleviate deep-seated tension and muscular stress. Using deep movements and stretching techniques concentrate on specific areas of concern to help relieve common discomforts and sports related tension.

## STRESS RELIEF MASSAGE

**90 MINUTES OR 60 MINUTES**

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## RELAXING MASSAGE

**90 MINUTES OR 60 MINUTES**

Unwind and de-stress with this aromatic bespoke treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

## HOT STONE MASSAGE

**90 MINUTES**

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

## NATURALLY NURTURED MASSAGE

**90 MINUTES OR 60 MINUTES**

Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage.

## GUASHA MASSAGE

**90 MINUTES OR 60 MINUTES**

Creating a synergy massage with eastern massage techniques using scraping tool, this harmonizing massage incorporates long warming strokes and varying pressure to soothe tense, aching muscles, rebalance body and mind, and bring about an overall sense of wellbeing.

# HAMMAM

## DEEP MUSCLE MASSAGE

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## STRESS RELIEF MASSAGE

90 MINUTES OR 60 MINUTES

Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

## INDULGENCE HAMMAM RITUAL\*

60 MINUTES

A total body experience that conditions your skin, revitalizes your body and calms your mind. This traditional experience deeply cleanses the skin while gentle steam, cleansing foam and nourishing marine mud leave skin soft, smooth and hydrated.

**INCLUDES** Scrub, foam massage, hair wash and conditioning treatment, mud body mask, steam, body cleanse, full body massage

## SOFTENING HAMMAM RITUAL\*

45 MINUTES

A nurturing full body treatment combining a traditional Hammam exfoliation and full body foam massage to purify and soften the skin.

**INCLUDES** Scrub, foam massage, hair cleanse and conditioning treatment, steam, cleanse

\*PERFORMED WITH CHARMED DE ORIENT PRODUCT

# BODY

## PERSONALISED BODY WRAP

60 MINUTES

Deeply cleanse, refine and nourish your body with this beautifully enhancing, bespoke body treatment. Using either detoxifying algae or re-mineralizing marine mud, this revitalizing treatment deeply relaxes, cleanses and restores body and mind.

**INCLUDES** Body exfoliation, Spirulina body mask, scalp massage.

## REFLEXOLOGY

60 MINUTES

Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet, this blissful treatment alleviates aches while relaxing and restoring the body and mind.

**INCLUDES** Foot and leg exfoliation, reflexology foot massage

## ULTIMATE BODY EXPERIENCE

90 MINUTES

Restore serenity to body, mind and skin with this richly indulgent and deeply effective bespoke treatment.

**INCLUDES** Back exfoliation and massage, custom facial, scalp massage

## TOP TO TOE POST SUN CARE

90 MINUTES

Healing, moisturizing Organic Aloe Vera combines with nourishing Algae and soothing Lavender for a skin-quenching experience.

**INCLUDES** Luxurious scalp, neck and foot massage

## NOURISHED GLOW

60 MINUTES

Reveal your smoothest, softest skin ever with this body exfoliation finishing with a deeply nourishing oil application and personalized back massage.

**INCLUDES** Full body exfoliation

# FACIAL

## CUSTOMIZED DEEP CLEANSING\*

**90 MINUTES OR 60 MINUTES**

A deep-cleansing, purifying treatment customized based on skin type. Includes an exfoliating peel to renew the skin, a stimulating massage to promote circulation and a personally selected masque to balance and nourish the skin. A hand and nail treatment completes the experience.

## GUASHA INSTANT LIFT\*

**90 MINUTES OR 60 MINUTES**

Rejuvenate the skin with an Ancient Art of Gua Sha for a visibly firm, contoured and glowing complexion. Expert massage techniques with specialized Jade tools stimulate lymphatic drainage, release toxins, improve circulation and enhance natural hydration while botanical essences nourish, replenish and fortify skin. Tension is released, puffiness is reduced, and clarity is enhanced, leaving the face, neck and décolleté visibly smoother, tighter and more radiant.

\*PERFORMED WITH KERSTIN FLORIAN PRODUCT

# MEN

## HOMMAGE FACE & BODY GROOMING RITUAL\*

120 MINUTES

Combination Facial & Massage This luxurious HOMMAGE treatment is designed to pamper, soothe and indulge the most discerning and particular guest. This treatment will commence with the guest on their stomach for the HOMMAGE "back facial", followed by full body massage and the HOMMAGE age defense mini-facial.

## GENTLEMAN'S MANICURE

45 MINUTES

Essential grooming for hands and nails.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, buff

## HOMAGE AGE DEFENSE FACIAL\*

90 MINUTES OR 60 MINUTES

The ultimate in skin maintenance, a truly bespoke facial designed to diminish fine lines and brighten tired complexions.

## GENTLEMAN'S PEDICURE

45 MINUTES

Maintain amazing results and keep nails in good condition with this conditioning treatment.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, buff

## HOMAGE TONIC MASSAGE

90 MINUTES OR 60 MINUTES

This tension relieving massage is delivered with strong, concentrated pressure to increase blood flow and circulation, easing stiffness due to stress, sports and travel.

\*PERFORMED WITH HOMMAGE PRODUCTS

# BEAUTY

## ULTIMATE GEL PEDICURE

90 MINUTES

An intensive treatment using deeply nourishing products to repair, replenish and condition your toenails depending on your individual needs.

**INCLUDES** Soak, nail file and shape, exfoliate, cuticle work, massage, personalized mask, polish or buff

## CLASSIC MANICURE OR PEDICURE

75 MINUTES

A classic manicure or pedicure is the application of regular nail polish. During the treatment, your nails will be filed, buffed and shaped, with proper cuticle care as well. A base coat will be applied first to ensure protection for your natural nail, then the colour and a top coat to lock the manicure in place.

**INCLUDES** Soak, nail file and shape, exfoliate, cuticle work, application of body cream, polish or buff

## ULTIMATE GEL MANICURE

90 MINUTES

This indulgent treatment provides long lasting results deeply nourishing products to repair, replenish and condition your fingernails.

**INCLUDES** Soak, cut and file, exfoliate, cuticle work, massage, personalized mask, polish or buff

## KIDS PEDICURE OR MANICURE

45 MINUTES

Whether it is for fun or nail maintenance the pedicure or manicure is specially designed for our younger guests. A guardian should be present throughout the service.

**INCLUDES** Soak, nail file and shape, application of polish

## GEL MANICURE OR PEDICURE

60 MINUTES

Essential maintenance for hands and nails.

**INCLUDES** Soak, cut and file, cuticle work, application of hand cream, polish or buff

# ENHANCEMENTS

## FACIAL ENHANCEMENTS

### ANTI-AGEING BOOSTERS

Boost any facial by using the technologically advanced lifting and firming serums and moisturizers to address the visible signs of ageing.

### EYE & LIP TREATMENT

This specialized treatment targets and reduces fine lines, wrinkles and puffiness under and around eye area with clinically proven results for instantly younger-looking eyes in just minutes. Visibly reduces fine lines and wrinkles up to 27% after one application of this pure, all-natural, algae- and mineral-rich eye treatment. Helps improve dark circles, puffiness and clarity for a brighter, more luminous eye area. A moisture mask instant moisturizes the dry lip.

## BODY ENHANCEMENTS

### HOT STONE MELTER

Smooth basalt stones radiate heat deep inside the muscles to relieve tension and stress.

### SMOOTH & FIRM BODY BUTTER

Combine the sublime benefits of a lifting and smoothing body butter with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness.

### BACK REVIVER

Reveal smoother skin during any massage with this exfoliating and refreshing treatment that will leave the back smooth, soft and hydrated.

## FACIAL & BODY ENHANCEMENTS

### HAND OR FOOT REVIVER

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

### SCALP DETOX

Using the natural purifying Rhassoul mask to deep cleanse, purify and detox the scalp, to get rid of impurities and chemical debris. Enjoy a relaxing scalp and neck massage with the lavender oil to lighten your daily stress and promote restful night.

## TIME ENHANCEMENTS

### 'BUBU' SPA SUITE

#### 60 MINUTES

Enhance your spa treatment with an hour in our beautifully designed 'Bubu' Spa Suite which allows you complete privacy to enjoy the ultimate spa experience. Featuring private spa facilities including a steam room, shower, changing area and an external relaxation veranda with stunning views overlooking the sea. The Spa Suite will be your haven of tranquility, perfect for sharing indulgent relaxation time with a friend, loved one or simply by yourself prior to your chosen spa treatment.



# GUIDELINES

To enjoy your spa experience to its fullest potential, please familiarize yourself with the Spa Guidelines.

## AT TIME OF RESERVATION

Please inform at the moment of reservation the following:

- + if you have high blood pressure
- + if you have allergies, physical ailments, disabilities or are pregnant
- + if you have a gender preference for your Spa Therapist
- + if you have a request for a specific spa therapist
- + if you are celebrating any special occasion

A valid credit card number with expiration date will be required at time of booking.

All guests purchasing spa treatments may use the Heat Experience, Vitality Pool and Relaxation Area during their visit. Hotel guests not receiving spa treatments are warmly invited to enjoy the Heat Experience, Vitality Pool and Relaxation Area on a complimentary basis.

External visitors may purchase access to the Heat Experience, Vitality Pool and Relaxation Area for MYR 175 per adult. Complimentary valet parking is available for the day of treatment. Advanced booking is highly recommended.

## AGE REQUIREMENTS

You must be 16 years of age or older to enjoy the Heat Experience, Vitality Pool, Relaxation Area and locker areas.

Body treatments and facials cannot be performed on anyone under the age of 16 years. Beauty treatments such as manicure and pedicure are available for children 5 years of age and older. Parent must be present for the entire service.

## ARRIVAL TIME

For your enhanced comfort and relaxation, we recommended you arrive 30 minutes prior to your scheduled treatment to allow time to enjoy Heat Experience, Vitality Pool and Relaxation Area.

Arriving late will limit the time for your treatment, thus decreasing its effectiveness and your enjoyment. Your service will end on time, so the next guest is not delayed and the full value of your payment will be charged.

## PERSONAL BELONGINGS/ VALUABLES

We cannot be responsible for any personal items and/or valuables brought into the spa or left in your locker. Please leave your valuables at home or in your room safe if you are a guest of the Hotel.

## USE OF ELECTRONIC DEVICES

As a courtesy to other Spa guests, to protect their privacy and to preserve the guest experience, use of cell phones, electronic devices and cameras are prohibited in the spa.

## TREATMENT RECOMMENDATIONS

This is your time and you should delight in the experience to the fullest. For your own comfort, your therapist will ask for your preferences in room temperature, your preferred massage pressure and the volume of music. Please notify your therapist for any discomfort.

To ensure the best experience during your spa session, we recommend scheduling it at least 45 minutes before or after any meals. This allows your body ample time to digest, helping prevent any discomfort during your treatment.

All treatments are enjoyed with disposable undergarment. During all treatments, the body is fully draped, except the for the area being worked on. Robes and slippers are provided in the ladies' and gentlemen's lounges before and after treatments.

Shaving is not recommended prior to face or body treatments or hair removal services. Shaving is recommended, but not necessary for men at least four hours prior to facial.

## SMOKING POLICY

Strictly no smoking at The Spa.

## FOOD AND BEVERAGE

Guests are prohibited from bringing any outside food or alcohol into the spa. A guest appearing intoxicated will be denied access to the spa.

## METHOD OF PAYMENT

We accept all major credit cards. You may also charge services to your hotel bill.

## CANCELLATION POLICY

If you must reschedule or cancel your appointment, please notify the spa at least six hours before your scheduled time to avoid being charged the full-service fee.

Cancellations of packages, private parties, personal training sessions, require 24 hours' advance notice.

## HOURS OF OPERATION

Spa: 11:00 a.m. – 9:00 p.m.

Fitness center: Accessible 24 hours for hotel guests



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