

# THE SPA

## TREATMENT MENU

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JOURNEY OF NATURAL WELLNESS

## RAMUAN JOURNEYS

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Along the path of our rainforest spa is a private indoor and outdoor Spa Suite, designed with ultimate pampering and relaxation in mind.

Ideal for one or two persons, the spacious suite is a total sensory experience where our signature journeys take place. Inside are full steam and sauna facilities, plus a deluxe bathtub where scented flower baths are inviting and picturesque. The outdoor rainforest Jacuzzi is superb for Zen moments in nature.

All treatments and journeys at The Spa begin with a soothing and grounding Foot Bath Ritual, using a special concoction of mangrove-sourced ingredients including cajuput, grapefruit, lime and clove.

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### SEVEN FLOWERS RITUAL

5 HR

MYR 2,600

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#### RAINFOREST FLORAL INGREDIENTS:

*YLANG YLANG, MAGNOLIA CHAMPACA, GARDENIA, TUBEROSE, WHITE LOTUS, JASMINE, ROSE*

The naturally fragrant floral elixirs offer sensory relief and a return to nature. Unwind a busy mind with this pampering indulgence so you enjoy a renewed sense of well-being and inner peace.

#### JOURNEY:

Mandi Bunga Flower Ritual | Seven Flowers Body Exfoliation | Relaxing Bath with Spa Refreshments | 60 minute Relaxing Oil Massage | Radiance Facial | Spa Meal

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### SEVEN SPICES RITUAL

4 HR

MYR 1,970

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#### RAINFOREST HERBAL INGREDIENTS:

*CORIANDER, CLOVE, STAR ANISE, NUTMEG, PEPPER, CINNAMON, CARDAMOM*

Earthy and grounding, this tailor-made experience is designed to shed dull energies and encourage a sense of invigorating yang balance to yin energies.

#### JOURNEY:

Steam | Jacuzzi | Seven Spices Body Exfoliation | 90 minute Kuat or Relaxing Oil Massage | Spa Meal

## DREAMY DUO

3<sup>1</sup>/<sub>2</sub> HR MYR 2,350

If pampering is your priority, it's time to dive into the dreamiest of packages where two of our therapists will indulge you with a four-hands, synchronised massage, followed by an energetic Radiance facial, during which a foot and leg massage will be performed using potent, active ingredients. The journey begins with a detoxifying seaweed bath and sauna.

### JOURNEY:

Waves of Relaxation Seaweed Bath with Spa Refreshments | Sauna | 60 minute Four-Hands Massage | Radiance Facial together with Foot Massage | Spa Snack

## ESSENCE OF LANGKAWI

3 HR MYR 1,380

Experience the very best of Langkawi with our transformative spa treatment that begins with a full body exfoliation to give your skin a refreshing glow. A luxuriating and relaxing bath follows. Finally, your therapist uses a heated cotton pouch compress filled with fragrant herbal ingredients to expertly perform a tension-relieving massage. The perfect way to feel at one with our beautiful island. (You may choose 'Urut Melayu', a traditional Malay deep pressure massage, in place of 'Tungku Massage'.)

### JOURNEY:

Body Scrub | Bath with Spa Refreshments | 90 minute Tungku or Urut Melayu Massage

## RAMUAN HARMONY

2<sup>3</sup>/<sub>4</sub> HR MYR 1,250

This uniquely revitalising package blends tropical surroundings with holistic practices. Known as the bath of seven fragrances, the Malay traditional 'Mandi Bunga' ritual uses seven different flowers to achieve aromatic bliss while clearing negative energies. A nirvana stress relieving massage follows. The journey continues with a timeless and restorative anti-aging facial.

### JOURNEY:

Mandi Bunga Flower Ritual | 60 minute Kuat or Relaxing Oil Massage | Nurture with Nature Facial

## WELL-BEING RITUALS

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For centuries, holistic rituals have been utilized to enhance well-being, prevent illnesses, or promote relaxation. Immerse yourself in the beauty of nature while you enjoy the unique refreshing qualities of the rainforest around you.

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### MALAY WELLNESS JOURNEY MANDI EMBUN

7 HR	MYR 1,220
130 MINS	MYR 280

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For centuries, the Malays have been practising a natural ritual of wellness and longevity called **Mandi Embun** (loosely translated as ‘bathing in the morning dew’ or ‘forest bathing’). Research from Japan shows measurable health benefits resulting from the phenomenon of forest bathing. Our holistic practitioners have developed this ritual further, by combining it with other ancient forms of well-being to create a comprehensive ceremony that will leave you deeply refreshed and re-energized.

Your ritual will start with a sensory journey into the rainforest surrounding Langkawi’s Machincang mountain formation. The walk ends at the edge of a forest stream where you will be led through some light breathing and stretching exercises. Then immerse yourself in the cooling waters of a crystal-clear jungle stream; this is the **Mandi Maul Hayat** ritual, the ‘bathing in the water of life’, believed to regulate your circadian rhythm to promote better sleep and increase your sense of well-being. Light refreshments will be served before you start your trek back out of the forest, across the stream, and over gentle hills and valleys.

Follow the Mandi Embun ritual with a re-invigorating Urut Melayu massage at The Spa, designed to help loosen sore muscles and encourage healthy blood flow. Then end this blissful journey by indulging in a specially tailored nutritional spa meal, created around the concept of the **Enam Rasa**, the six taste sensations including hot, sweet, sour, salty, bitter and astringent.

#### **MALAY WELLNESS JOURNEY, 7 HOURS:**

Forest Bathing Jungle Trek | Breathing & Stretching Exercise | Mandi Maul Hayat | Refreshments served at Crystal Creek | Return Jungle Trek | Urut Melayu Massage | Spa Meal  
*48 hours advance booking required; max 6 persons above 18 years*

#### **MANDI EMBUN, 130 MINS:**

Forest Bathing Jungle Trek | Breathing & Stretching Exercise | Mandi Maul Hayat | Refreshments served at Crystal Creek | Return Jungle Trek  
*24 hours advance booking required; max 4 persons above 12 years*

## HOLISTIC SKINCARE

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### FACIAL TREATMENTS CUSTOMISED BY VOYA

VOYA offers a revolutionary range of results-driven seaweed-based facial and body products, combining the expertise of the world's best cosmetic scientists with VOYA's knowledge of the therapeutic benefits of seaweed. Knowing that each skin type needs to be treated differently, a specific type of seaweed is carefully selected for use in these indulgent facial products.

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#### JEWEL OF THE DATAI

90 MINS MYR 790

The ultimate VOYA facial experience, this treatment allows guests to experience the best of what VOYA has to offer. The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain, followed by a 70-minute hydrating and purifying facial. A 20 minute massage and dual-action facial mask, utilizing the exclusive re-mineralizing Laminaria seaweed leaves, will deeply hydrate the skin. Helps reduce deep set wrinkles and leaves skin hydrated and plumped.

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#### NURTURE WITH NATURE FACIAL

70 MINS MYR 620

Formulated for all skin types using organic ingredients combined with antioxidant algae complexes and aromatherapy oils. Helps stimulate collagen production to reduce lines and wrinkles.

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#### RADIANCE FACIAL

60 MINS MYR 550

This skin-type specific and ocean-inspired organic facial is deeply detoxifying, it helps to even out skin tone and increase clarity. A relaxing facial massage is incorporated to release any build-up of toxins and toxic micro particles, to repair and nourish skin cells damaged by pollution and chemical exposure.

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#### MARINE EYE TREATMENT

45 MINS MYR 395

This unique treatment utilises hand-harvested organic Laminaria Digitata seaweed eye compresses, it is perfect for refreshing and rejuvenating tired eyes. Helps to firm, hydrate and reduce the appearance of fine lines around the eye area.

## RAMUAN MESSAGES

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Ramuan is defined as a traditional Malaysian healing therapy using local and natural ingredients from our rainforest, mangrove and sea. Discover these ancient healing treatments at our rainforest spa.

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### TUNGKU MESSAGE

60 MINS MYR 520  
90 MINS MYR 780

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A deeply relaxing treatment, Tungku Batu uses a warmed cotton pouch containing a river stone wrapped together with blended lemongrass, galangal, pepper, cloves, cinnamon, ginger and other healing herbal ingredients. This blend, used by Malay healers for its ability to reduce pain and increase circulation, is heated and applied to muscles and pressure points using the compress pouch.

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### URUT MELAYU

90 MINS MYR 750

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Traditional Malay massage focusing on the 'urat' (meaning 'veins') to help improve blood circulation. Strokes directed toward the heart ('buka urat') aim to invigorate, while strokes moving away from the heart ('tutup urat') are calming. Using our signature blended oils prepared with local herbs, this full-body, deep pressure massage involves long kneading strokes with thumb and palm pressures to encourage healthy blood flow and an overall sense of well-being.

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### KUAT MESSAGE

60 MINS MYR 500  
90 MINS MYR 720

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Our ever-popular deep-tissue massage is similar to a sports massage and an effective way to loosen tight areas, release toxins and improve circulation and recovery time.

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### RELAXING OIL MESSAGE

60 MINS MYR 500  
90 MINS MYR 720

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A gentle, flowing treatment designed to soothe muscles, allowing the therapist to focus on areas of tension and stress to bring a sense of harmony and inner calm after a long journey.

## **SEDERHANA MASSAGE**

**60 MINS MYR 450**  
**90 MINS MYR 650**

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An oil-free massage that consists of a deep acupressure style massage using palms, thumbs, feet and legs, with a series of graceful stretches. We will provide you with comfortable pyjamas while the massage is performed.

## **BACK & SHOULDER MASSAGE**

**30 MINS MYR 260**  
**60 MINS MYR 500**

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Ideal for relieving tense areas of the back, neck, shoulders and head using remedial-style deep tissue massage. To be enjoyed on its own or in addition to another treatment, this massage will leave you feeling light and stress-free.

## **FOOT REFLEXOLOGY**

**60 MINS MYR 450**

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Beyond the feel-good effect, the practice and purpose of foot reflexology goes deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body.

## **FOUR HANDS MASSAGE**

**60 MINS MYR 800**  
**90 MINS MYR 1,150**

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Two therapists will work together to perform a full-body synchronised oil massage designed to relieve stress from aching muscles and tense areas of the body.

## RAMUAN BODY SCRUBS

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An exfoliating scrub helps your skin look smoother and more youthful and is important in helping remove dead skin cells, release excess toxins and unclog pores, as well as moisturizing and reviving the skin.

### RAINFOREST SEVEN FLOWERS BODY SCRUB

60 MINS MYR 420

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A moisturising and hydrating exfoliation with the seven flowers of ylang ylang, champaca, gardenia, tuberose, white lotus, jasmine and rose.

### RAINFOREST SEVEN SPICES BODY SCRUB

60 MINS MYR 420

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A spicy, rejuvenating body polish with coriander, clove, star anise, nutmeg, pepper, cinnamon and cardamom, to stimulate circulation and detoxification.

### MANGROVE BODY SCRUB

60 MINS MYR 420

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A revitalising and uplifting exfoliation with the detoxifying properties of mangrove activated carbon, mangrove sugar and cajuput leaves.

### SEA PEARL & SEAWEED BODY SCRUB

60 MINS MYR 420

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A skin-brightening and renewing antioxidant body polish with seaweed, pearl and rice.

## RAMUAN POST-SUN

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Moderate sun exposure stimulates the synthesis of vitamin D, which is necessary to bond calcium in bones, and for the secretion of melatonin, a known antidepressant. However, excessive exposure can have harmful effects on the body.



## **ALOE VERA HEALING WRAP**

**60 MINS MYR 470**

A special anti-inflammatory post-sun care wrap with aloe vera, cucumber and lavender, known for their hydrating, healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation, and its light fragrance induces relaxation.

## **MUM-TO-BE TREATMENTS**

Mums-To-Be can experience the ultimate relaxation with our specialised prenatal massage & treatments by VOYA. Designed to nourish, minimize stretch marks, and soothe dry itchy skin, whilst working to calm and balance a busy mind with organic essential oils of lavender, geranium and ylang-ylang.

## **PRECIOUS MOMENTS**

**55 MINS MYR 520**

Voya's organic Precious Moments treatment is tailored specially for Mums-To-Be. Your growing bump is enveloped in a specialised mask, helping to support connective tissue and prevent stretch marks. Your feet will be wrapped in Laminaria Digitata Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while you enjoy a beautifully relaxing face, hand and arm massage. This is the perfect rejuvenating treatment to support the wonderful journey to motherhood.

## **PRENATAL RITUAL**

**90 MINS MYR 780**

This organic wellbeing ritual promotes relaxation and a sense of tranquility while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported, and restored.

## HAND, NAIL AND FOOT CARE

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### USING RÉVÉRENCE DE BASTIEN FOOT AND HAND CARE PRODUCTS

Bastien Gonzalez is an internationally renowned French podiatrist, well known for his unique approach to foot treatments. He has developed an exclusive and dedicated range of luxury therapeutic products.

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#### PEDICURE

75 MINS MYR 430

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A holistic pedicure including gentle buffing to restore natural beauty and shine to the nails. This treatment eliminates hard skin and dryness, and finishes with a 'toes to knees' massage, relieving any muscle tension and heaviness.

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#### MANICURE

60 MINS MYR 320

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An exceptional manicure in three steps: a cuticle and nail treatment, a natural beauty finish to the nails, and a thorough massage of the forearms, wrists, hands and fingers.

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#### DUO TREATMENT

75 MINS MYR 640

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This synchronised four-hand treatment focuses on your feet, legs, hands and arms, offering the ultimate in manicure and pedicure luxury for total relaxation.

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#### NAIL BRIGHTNESS

45 MINS MYR 310

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A foot treatment focusing on the beauty of nails and cuticles with light smoothing of skin dryness. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to restore natural beauty and shine, followed by a relaxing foot massage.

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**FOOT REFOUNDATION****35 MINS MYR 250**

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A truly relaxing massage from the toes up to the knees, ideal for legs tired after a long flight. A preliminary exfoliation performed with the Black Diamond Scrub facilitates the penetration of the cream used during the massage, thereby optimizing the effects of its active ingredients.

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**GLOBAL MASSAGE REFOUNDATION****35 MINS MYR 350**

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A soothing, synchronised four-hands massage that focuses on toes to knee, and fingers to elbow. Creates a light sensation, relieving legs and arms from muscle tension and heaviness. The well-being lies in two points: skin elasticity and optimum mobility.

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**COLOUR TOUCH****30 MINS MYR 180**

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Select your preferred colour from our range of lacquers, which are free of formaldehyde, toluene, DBP and camphor to prevent any damage to the nail. Includes nail reshaping.

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**PARAFFIN TOUCH****20 MINS MYR 190**

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Intensify any treatment with the warmth of this silky wax which aids the penetration of moisturizers applied to the skin for deep hydration while easing joint and muscle tension.

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**BLACK DIAMOND SCRUB TOUCH****10 MINS MYR 90**

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Elevate your pedicure or manicure with the Black Diamond Touch. This mineral foaming scrub permits a vigorous natural exfoliation, aiding the removal of dead skin cells to leave skin smooth and silky. Essential oils of thyme and sage contribute to maintaining healthy and elegant feet and hands.

## HAIR SALON

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### USING RAHUA RAINFOREST GROWN BEAUTY PRODUCTS

Self wellness is a journey that begins with respecting the earth. This is why all Rahua products are made with organic, natural, pure plant derived ingredients. These plant based products are vegan, non-toxic and free of parabens, siliciones sulfates and gluten.

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<b>SHAMPOO &amp; BLOW DRY,</b>	<b>SHORT</b>	<b>30 MINS</b>	<b>MYR 100</b>
	<b>MEDIUM</b>	<b>45 MINS</b>	<b>MYR 120</b>
	<b>LONG</b>	<b>60 MINS</b>	<b>MYR 150</b>
	<b>ADD ON STYLING</b>	<b>90 MINS</b>	<b>MYR 280</b>

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Let us know your favourite hairstyle or have our stylist recommend a 'do that enhances your features, and we will wash your hair and have you styled to perfection.

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<b>HAIR CUT &amp; STYLING,</b>	<b>SHORT</b>	<b>45 MINS</b>	<b>MYR 150</b>
	<b>MEDIUM</b>	<b>60 MINS</b>	<b>MYR 160</b>
	<b>LONG</b>	<b>90 MINS</b>	<b>MYR 180</b>
<b>HAIR CUT &amp; STYLING, MEN</b>		<b>30 MINS</b>	<b>MYR 130</b>

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Visit us for a quick cut or a full styling session, to prepare for a special occasion, or just for a day at the beach.

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<b>HAIR TREATMENT,</b>	<b>SHORT</b>	<b>45 MINS</b>	<b>MYR 250</b>
	<b>MEDIUM</b>	<b>60 MINS</b>	<b>MYR 300</b>
	<b>LONG</b>	<b>90 MINS</b>	<b>MYR 380</b>

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This hair treatment has been crafted with powerful rainforest botanicals to give hair elasticity and strength and restore scalp health.

## RAMUAN BATHS

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Superb on their own or as an add-on to any a-la-carte treatment, we designed these Ramuan baths with total relaxation as inspiration. Refreshing, iced Ramuan tea will be served.

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### REJUVENATING BATH

30 MINS MYR 250

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Uplift the senses with this antioxidant bath enhanced with herbs such as ginger and cucumber, which are rich in Vitamin C and nutrients to brighten dull skin.

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### DETOXING BATH

30 MINS MYR 250

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An all-time favourite for centuries, calm your senses with an aromatic salt bath. Citrus fruits are added for extra zest.

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### RELAXING BATH

30 MINS MYR 250

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Infused with indigenous local flowers, feel your mood lighten up with this fragrant, insta-zen indulgence.

## VOYA BATH TREATMENT

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Submerge your body into a bath of organic, hand-harvested Atlantic seaweed. This bathing ritual uses high quality botanical ingredients and aromatherapy oils from VOYA.

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### WAVES OF RELAXATION SEAWEED BATH

30 MINS MYR 290

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A luxurious ritual that stems from a 300 year old bathing tradition, it utilises the natural power of organic hand-harvested seaweed to deeply nourish the skin, increase circulation and promote healing.

This bath can also be offered in your guest room or villa.

## SPA ETIQUETTE

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### BOOKINGS

The Spa is open from 10:00 to 21:00 hours daily. To ensure that we reserve your appointment at your preferred time, please make reservations in advance through the spa extension on your room phone, or visit us at The Spa. Outside of operating hours, you may dial ext 0 for the operator.

### CANCELLATIONS

At least 6 hours' notice is required to cancel an appointment. There is a 50% charge for cancellations within 6 hours of the scheduled appointment time. For cancellations within 2 hours of the treatment, the full cost will be charged.

### ARRIVAL

We recommend arriving 15 minutes prior to your reserved appointment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

### AMBIENCE

The Spa is a sanctuary of peace and harmony. To preserve The Spa's tranquil environment, we respectfully request that you leave all mobile phones and electronic devices switched off.

### VALUABLES

We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavour to take care of your belongings, we do not assume liability for any loss of or damage to personal articles.

### SPECIAL CONSULTATIONS

Most treatments can be adapted to accommodate illness, injury or pregnancy. Please communicate health matters or any health related concerns you may have, when making your reservation.

## **WHAT TO WEAR**

We provide a sarong, robe and pair of slippers, plus any items you need for your reserved treatment at The Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.

## **AFTER YOUR TREATMENT**

It is important to drink a lot of water before and after your treatment. We recommend that you do not sunbathe after any massage or body treatment.

## **AGE REQUIREMENTS**

All persons under the age of 18 must have a parent or legal guardian complete a health assessment form and children's wellness waiver. Parents and/or guardians of all persons under the age of 18 will be asked to remain at or close to the treatment villa in case your child would like to see you during the treatment. For private (one-to-one) treatments with children below 13 years, we request that the parent or guardian be present in the treatment villa at the time of service. You may choose to schedule a couples/duo massage together or quietly observe the treatment.

## **SPA BOUTIQUE**

To continue your spa regime and experience at home, our signature AKAR retail range (from Malay, meaning 'roots'), as well as Révérence de Bastien, VOYA and Rahua retail products used within your treatments are available for purchase at the spa reception.

## **PRICING**

Menu priced in Malaysian Ringgit and subject to 10% service charge.



**THE DATAI**

LANGKAWI

Jalan Teluk Datai, 07000 Langkawi, Kedah, Malaysia

T +60 4 9500 500, [www.thedatai.com](http://www.thedatai.com)