



## **A New Season of Serenity – The Datai Well-being Series Awaits at The Datai Langkawi**

*A Curated Series of Holistic Wellness Experiences by Renowned Practitioners from Across the Globe, Set Amidst Langkawi's Ancient Rainforest Setting*



**Langkawi, Malaysia, 21 January 2026** – Malaysia's iconic rainforest resort [The Datai Langkawi](#), has announced a stellar line-up of practitioners for *Serenity - The Datai Well-being Series 2026*, a curated year-long programme designed to nurture mind, body, and spirit through holistic healing. Building on the continued success of previous years, this annual initiative continues to host visiting wellness practitioners from around the world.

*Serenity – The Datai Well-being Series 2026* features an inspiring line-up of six visiting practitioners from around the globe, bringing together expertise across diverse holistic disciplines – from facial reflexology and integration therapy, to yoga, advanced fitness, podiatry, and mindful nutrition. Guests are invited to embark on transformative journeys that harmonise body, mind, and spirit amidst Langkawi's ancient rainforest.

Among the six practitioners who will take residence for the fourth edition of *Serenity - The Datai Well-being Series*, renowned podiatrist Bastien Gonzalez and structural integration therapist Dr Leonard McGill are returning from the previous series to offer their much sought after services, along with several new visiting practitioners:

- 5-15 February 2026: **Alex Scrimgeour** (United Kingdom), Dien Chan Facial Reflexology and Acupuncture
- 5-15 March 2026: **Dr Leonard McGill** (USA), Developer of Structural/Energetic Integration Therapy
- 2-12 April 2026: **Shilpa Ghatalia** (Malaysia), Integrative Yoga
- 7-17 August 2026: **Benny Price** (United Kingdom), Personal Trainer and Educator
- 16-24 October 2026: **Bastien Gonzalez** (France), Podiatrist
- 20 December 2026-3 January 2027: **Dr Monisha Bhanote** (USA), Holistic Nutritionist

Louise Ward, Director of Spa and Wellness at The Datai Langkawi, comments: “Since its inception, *Serenity - The Datai Well-being Series* has been a way to bring together exceptional healers and practitioners from around the world who embody the essence of

holistic wellbeing. Each year, the line-up is thoughtfully curated to ensure our guests experience something truly transformative - unique therapies, authentic teachings, and meaningful connections that inspire balance and renewal. It is a privilege to host these remarkable individuals in the heart of Langkawi's ancient rainforest, where the harmony of nature amplifies every healing experience."

## **2026 Visiting Practitioners**



*From left to right; Alex Scrimgeour, Dr Leonard McGill, Shilpa Ghatalia*

### **Alex Scrimgeour, Dien Chan Facial Reflexology and Acupuncture United Kingdom, 5-15 February 2026**

Alex is a highly trained bodywork therapist specialising in Dien Chan Facial Reflexology. After completing a degree in Acupuncture, he undertook clinical internships at the Institute of Traditional Vietnamese Medicine in Saigon, where he first discovered Dien Chan. Over the years, Alex has also studied a wide range of therapeutic modalities, from Tuina and Thai Massage to Deep Tissue techniques and Qigong, and is passionate about helping people achieve optimum health and wellbeing.

Alex's signature *Dien Chan* treatment creates a profound sense of relaxation. By releasing the micro-pressure points of the face, a unique shift occurs within the mind and nervous system, easing hidden tension and emotional stress that often build up in the background of modern life. The treatment offers numerous health benefits and can be experienced for deep relaxation or tailored to address specific health concerns. During his residency, Alex will offer a range of treatments and workshops, including Dien Chan Facial Reflexology, Five Jewels Massage, as well as teachings from his newly published book, *Facial Reflexology for Emotional Wellbeing*. Other treatments include Deep Healing Massage, Inner Healing Massage, Acupuncture, and a Private Tai Chi Qigong Tuition.

### **Dr Leonard McGill, Developer of Structural/Energetic Integration Therapy USA, 5-15 March 2026**

Dr McGill's techniques draw on Taoist energy practices – traditions grounded in ancient Chinese philosophy that emphasise cultivating, balancing, and harmonising the body to support physical, mental, and spiritual wellbeing. His methods encompass chakra balancing, myofascial release, dry needling, and spinal alignment.

Returning to Langkawi after a highly sought after residency in 2025, Dr McGill offers treatments such as Re-Align and Energise, a session aimed at easing pain, improving mobility, and restoring overall vitality. Through his Structural/Energetic Integration Therapy, Dr McGill works to uncover and resolve the underlying causes of pain and

dysfunction, offering lasting relief. His distinctive approach weaves together chiropractic adjustments, intuitive healing, reflexology, trigger-point release, Chi Nei Tsang abdominal massage, and cranial-sacral therapy. Together, these modalities stimulate the body's innate healing capacity, leaving participants feeling looser, lighter, and more balanced.

### **Shilpa Ghatalia, Integrative Yoga, Malaysia, 2-12 April 2026**

Shilpa Ghatalia is a respected leader in the yoga community with more than thirty years of experience. Over the years, she has studied a range of Hatha Yoga styles including Iyengar, Anusara and Yin Yoga, in her search for a system that naturally led to spontaneous meditation. This journey culminated in the creation of Integrative Yoga, a Hatha Yoga style that synthesises the teachings and influences she has embraced over three decades.

Her Integrative Yoga weaves together the wisdom of diverse yoga styles and wellness practices. Often called 'meditation in movement,' this distinctive approach encourages ease of movement, reduces tension, and supports lasting balance – both on and off the mat, while embracing flexibility and stillness to cultivate a sense of calm that carries through the day.

Ghatalia founded Yogshakti, an award-winning studio and a registered Yoga Alliance (USA) school licenced to provide 200 and 300 hour teacher training programmes in Kuala Lumpur, Malaysia. During her residency at The Datai Langkawi, Shilpa welcomes all levels of experience, from complete beginners to seasoned practitioners. Her classes foster a warm, supportive atmosphere where everyone can explore and grow at their own pace.



*From left to right; Benny Price, Bastien Gonzalez, Dr Monisha Bhanote*

### **Benny Price, Resistance Training Specialist, United Kingdom, 7-17 August 2026**

Benny Price is a highly respected personal trainer and educator based in Kuala Lumpur. Hailing from the UK with 15 years of coaching experience, Benny has worked with clients across the spectrum, from bodybuilding champions to high-risk rehabilitation patients.

He brings deep technical insight into human movement and exercise design. Having trained personally under Dr Mark Slavin, founder of Resistance Training Specialist (RTS®) Global and Tom Purvis, RTS® International Director, Benny is currently Southeast Asia's only certified RTS® Level 1 instructor. Through his work with RTS Global, the international arm of Resistance Training Specialist®, he delivers Exercise Mechanics™ workshops and courses around the world – teaching a science-based approach that emphasises critical thinking and individualised programme design.

At The Datai Langkawi, Benny offers tailored fitness and movement sessions, empowering guests to reconnect with their bodies and enhance vitality through personalised coaching and

group fitness workshops, ranging from the basics of strength training to injury rehab and customised training for women.

**Bastien Gonzalez, Podiatrist, France, 16-24 October 2026**

Returning to *Serenity* by popular demand, Bastien Gonzalez is famous worldwide for his meticulous and unique approach to foot treatments. He has won multiple awards for his signature podiatrist studio and services. A Paris-trained podiatrist, Bastien was one of the first practitioners to pioneer an integrated approach to hands, nails and feet, combining health and natural beauty in his treatment protocol. His unique treatments employ medical-grade care of the nails, whilst incorporating deep massage, relieving any muscle tension or heaviness from toe-to-knee or finger-to-elbow. During his residency, Bastien will include luxurious foot care and wellness workshops.

Guests can enjoy hand and feet treatments all year round in his Pedi:Mani:Cure Studio at The Spa, however, the master himself offers services exclusively performed by himself during his residency in October only.

**Dr Monisha Bhanote, Longevity Lifestyle Physician, USA, 20 December 2026-3 January 2027**

Dr Monisha Bhanote, MD, ABOIM, FCAP, is a physician with the exceptionally rare distinction of quintuple board certification, a best-selling author of *The Anatomy of Wellbeing*, and founder of the WELLKULÁ Institute. Recognised internationally as a leading longevity lifestyle physician, she reframes aging not as decline, but as a journey that can be intentionally shaped through cellular health, gut integrity, and nervous system balance.

Through her signature #CellCare philosophy, Dr Bhanote translates complex medical science into accessible, daily rituals that expand the understanding of wellness and longevity. Her work bridges modern science with timeless wisdom, showing that longevity rests in daily practices, the way individuals nourish, rest, move, connect, and regulate their inner world.

At The Datai Langkawi, she will lead a series of signature experiences designed to inspire transformation, including The Cellular Longevity Experience, which redefines aging through the lens of cellular renewal, and Longevity Lifestyle Consultations – personalised sessions that reveal insights into each guest’s unique aging journey, offering new clarity, perspective, and direction. Other treatments include The Breath of Resilience – a meditative practice for cultivating calm, clarity, and inner steadiness, as well as a Longevity Culinary Experience.

*Serenity - The Datai Well-being Series* is an extension of The Datai Langkawi’s dedication to providing immersive well-being experiences inspired by the natural environment. This carefully curated series seamlessly complements the resort's signature Ramuan-based treatments - a traditional Malay healing practice that harnesses the power of the healing plants and herbs found in the rainforest. Discover an array of rejuvenating treatments at The Spa, a serene sanctuary where guests can embark on a holistic journey of rejuvenation and harmony.

For more information on *Serenity - The Datai Well-being Series 2026*, please visit <https://www.thedatai.com/events-and-occasions/serenity-the-datai-well-being-series/>. To make a reservation, please call +60 4 9500 500 or email [reservations@dataihotels.com](mailto:reservations@dataihotels.com).

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## **NOTES TO EDITORS:**

For high-resolution photos of The Datai Langkawi, please click [here](#).

For high-resolution photos of Serenity – The Datai Well-being Series 2026, please click [here](#).

## **ABOUT THE DATAI LANGKAWI**

One of the world's most stunning resorts, The Datai Langkawi – a member of Leading Hotels of the World, is situated on the northwest tip of the island of Langkawi in Malaysia. Located in an ancient rainforest rich in wildlife and overlooking the tranquil Datai Bay awarded by National Geographic one of the Top 10 Beaches worldwide, the iconic property enchants with mesmerising nature, visionary architecture, understated elegance, and Malaysian hospitality. All the 121 rooms, villas, and suites at The Datai Langkawi, including the five-bedroom The Datai Estate Villa, offer breath-taking views of the surrounding nature. Elevated among treetops, set in the very heart of the rainforest, and located directly on the coastline, the dining outlets which include the award-winning The Gulai House, The Pavilion, The Dining Room, and The Beach Club, pay homage to the exotic flavours and culinary traditions of the region and beyond.

Facilities include The Nature Centre, an educational facility and home to resident naturalists and marine biologists, and The Spa featuring Ramuan treatments, its own Akar retail range, and Voya facials. Leisure facilities include three pools, a state-of-the-art fitness centre at The Health Club; an array of wellness activities including Pilates and yoga, retail outlet The Boutique, a reserved space to showcase local arts and talents at The Atelier, as well as one of the most scenic golf courses in the world designed by golf legend Ernie Els, The Els Club Teluk Datai. The resort has founded The Datai Pledge in 2020 - a sustainability and conservation programme that supports Langkawi's unique fauna, flora, and communities. All proceeds from The Datai Pledge aid this work and contribute to local non-profit organisation. The Datai Langkawi is managed by Datai Hotels and Resorts Sdn Bhd, a company incorporated to manage and operate hospitality properties in Malaysia and beyond.

## **For further press information and images, please contact:**

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