



THE DATAI  
LANGKAWI

# Serenity

The Datai Well-being Series



Dr Leonard McGill  
USA

Developer of Structural / Energetic Integration Therapy  
5 - 15 March 2026

## **DR LEONARD MCGILL**

Developer of Structural / Energetic Integration Therapy

Returning to our Serenity Series, Dr Leonard McGill once again brings his distinctive approach to holistic healing. Blending Taoist energy cultivation with advanced therapeutic bodywork, his treatments are thoughtfully tailored to restore alignment, relieve tension and support the body's natural vitality.

From his signature Re-align and Energise treatment to The Art of Couples Massage and other bespoke offerings, guests are invited to experience sessions that leave the body lighter and movement freer.

### **COMPLIMENTARY GROUP SESSION**

Introduction to Couples Massage

*5 March, Thursday, 17:00hrs at the Holistic Pavilion*

This 60-minute group session invites couples to discover the fundamentals of giving a relaxing massage with confidence. Guided by Dr Leonard, you will learn essential techniques on creating a soothing ambience at home. A light yet engaging introduction designed to enhance connection and shared wellbeing.

## PRIVATE SESSIONS

Re-align and Energise

*30-minutes / MYR390\* per person*

*60-minutes / MYR590\* per person*

*90-minutes / MYR780\* per person*

This restorative treatment relieves discomfort, improves mobility, and rebalances the body by addressing both structural alignment and energetic flow. Dr Leonard works at the root of pain and dysfunction, integrating chiropractic and osteopathic adjustments with gentle acupuncture, reflexology, trigger point therapy, Chi Nei Tsang, and craniosacral work. The result is a lighter, freer, and more harmonised state of wellbeing.

Neck and Shoulder Bliss

*45-minutes / MYR500\* per person*

Modern life places strain on the neck and shoulders, where prolonged screen time and daily stress often accumulate. This targeted therapy releases deep-seated tension through a soothing essential oil massage, followed by gentle chiropractic and osteopathic adjustments without forceful manipulation. An ideal remedy for neck and shoulder strain, particularly for those experiencing the effects of Office Syndrome.

*\*All prices are subject to 10% service charge.*

*To ensure a personalised and attentive experience, sessions are available by advance booking only.*

## Complete Painless Muscle-Release Acupuncture Full-Body Makeover

*90-minutes / MYR690\* per person*

This treatment integrates essential oil massage with gentle, painless acupuncture to release chronic muscular tension throughout the body. Guided by a body-mapping assessment developed over decades of clinical practice, the session works systematically across major muscle groups to restore ease, balance, and fluid movement.

*Please note: Dr Leonard's technique is notably gentler than traditional acupuncture. However, this treatment may not be suitable for guests with a sensitivity to or fear of needles.*

## The Art of Couples Massage

*90-minutes / MYR490\* per couple*

Discover a more personalised and immersive session for couples seeking deeper guidance. Under Dr Leonard's attentive instruction, you will refine hands-on techniques, understand pressure and flow, and learn to create a restorative massage tailored to your partner's needs. An intimate setting designed to nurture relaxation, confidence, and meaningful connection.

*\*All prices are subject to 10% service charge.*

*To ensure a personalised and attentive experience, sessions are available by advance booking only.*