



Team Profiles



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Louise Ward

Director of Spa and Wellness

As Director of Spa and Wellness, Louise is responsible for the resort's wellbeing services and facilities encompassing The Spa, The Nature Centre, The Health Club and Watersports Pavilion. She adopts an integrated approach to wellbeing, positioning the breathtaking natural surroundings as the centrepiece, driving the overall experience. Before Louise joined The Datai Langkawi in 2021, she worked at several spas in luxury hotels in the Middle East, as well as The Grove in the UK. Her extensive experience centers on directing and supervising pre opening operations, as well as running spa and fitness departments.

Louise has a degree in Sports Science from John Moores University in Liverpool with a background spanning dance, fitness training and managing health clubs, before she made the transition to spas. This diverse experience has enabled her to approach wellbeing holistically, as well as develop her strong client led approach. Whilst at The Datai Langkawi, Louise has launched Serenity – The Datai Wellbeing Series, bringing external practitioners to the resort; collaborations with luxury beauty and cosmetic brands such as VOYA, a seaweed based face and body range; and developed special wellness packages and menus. Having grown up outside of her native UK in Africa, Papua New Guinea and Australia, and worked extensively abroad, Louise is well versed in working in multicultural environments, and has used this experience in her ability to build and support strong teams.



Foo Phik Yun

Spa Manager

Yun is an accomplished and passionate Spa Manager with an impressive track record in the international hospitality industry. Her expertise lies in delivering exceptional customer service and creating unforgettable spa experiences. Having managed the spa and fitness departments of global luxury brands in China and Malaysia, she has gathered in-depth knowledge of the best training methods, treatment practices, and team management skills. Being trained in waste management and sustainability adds to her qualifications, feeding into her dedication to continuously improve conservation practices at The Spa at The Datai Langkawi and to motivate her team to follow suit.

As Spa Manager, Yun manages a team of therapists, receptionists and trainers, as well as the Pedi:Mani:Cure Studio by Bastien Gonzalez and the Hair Salon. She believes that the correlation of the best treatments with the immersion in nature, with the sound and sights of the rainforest and mangrove surrounding all spa villas, is the main driver behind The Spa's success and feels a great sense of accomplishment with every guest who leaves the spa refreshed and regenerated.



Laura Jones

Wellness Manager

Laura is a Wellness Curator with over a decade of experience designing and leading bespoke wellness programmes around the world, from Japan and Morocco to Indonesia. With a foundation in Yoga and Pilates including Reformer training, and qualifications in Sports Nutrition, she approaches wellbeing from a multidimensional perspective that integrates mindful movement, posture, lymphatic health, nutrition, community, and time spent in nature.

Her philosophy blends scientific insight with a holistic sensibility, creating experiences that are both restorative and deeply rewarding. Laura has curated programmes that support recovery, alignment, and vitality, fostering

calm, balance, and resilience. To her, wellness is not a single treatment, but an ongoing journey nurtured through conscious movement, thoughtful nourishment, and meaningful connection with the body and natural surroundings.

At The Datai Langkawi, Laura brings this philosophy to life through carefully curated sessions such as Pilates for Posture, Reformer Pilates, and Yoga for the Lymphatic System, alongside broader wellness programming. Her intuitive and informed approach empowers guests to reconnect with their bodies, restore equilibrium, and depart feeling renewed both physically and mentally.



Eny Mudyawati

Assistant Spa Manager

A skilled spa therapist, Eny has been with The Datai Langkawi for more than 20 years. She embodies The Spa with her calm, balanced and amiable disposition, enabling guests to effortlessly discard their stresses and slip into the zone of relaxation and rejuvenation in the beguiling natural environment of The Spa.

Eny is a strong advocate of spa treatments in an open air environment, believing the sights, sounds and scents of the fauna, flora and mangrove stream, conspire to create an immersive environment, enabling both the therapist to fully focus on the client and the client to ease into the therapeutic effects of the massage. Eny's strong interpersonal skills and positive attitude have not only assisted her in providing an exceptional service to guests but have also facilitated her skills as a great trainer. In addition to the Ramuan massages at The Spa, Eny has recently undergone training to implement facials and body treatments of the 100% organic seaweed based Voya range.



Fariz Abd Rahim

Senior Spa Therapist and Senaman Tua Guide

Fariz has worked at The Datai Langkawi as a therapist for several years, specialising in Malay massage and exercise. His experience of traditional Malay exercise and medicine dates back over 15 years when he learnt Silat, an elegant and restrained style of martial art, combining breath, movement and energy techniques with self-awareness and empowerment. Fariz' instruction included the art of Malay massage and traditional complementary medicine (TCM) and he went on to qualify as a Malay TCM practitioner before working at a hospital in Johor, treating patients suffering from sports and stroke injuries with herbal medicine and massage.

At The Datai Langkawi, Fariz specialises in Urut Melayu, a form of traditional Malay massage that involves deep pressure and long kneading strokes on the whole body to promote blood circulation and deep relaxation. He also guides guests in the Senaman Tua exercise during the Malay Wellness Journey in the rainforest.

Combining breathing techniques with postures and movements similar to yoga and Tai Chi, this ancient exercise aims to improve agility and strength and induce a peaceful state of mind.



Muhammad Danish

Personal Trainer

Danish joined The Datai Langkawi's Health Club as Personal Trainer in 2022. Having worked at several other luxury resorts before, Danish is well versed in enabling guests to define their fitness objectives in context with their lifestyle and devising a workable plan to achieve these goals. His infectious enthusiasm and strong people skills combined with his extensive knowledge about the science of fitness serve as a strong motivator and inspiration for guests, a quality which has seen him garner many accolades.

Danish is a strong advocate of working out in nature, and he also instructs the Beach Fitness Boot Camp and Beach Running in Datai Bay. He works with guests in The Health Club and runs a number of group classes including Core Conditioning to improve and strengthen core muscles to help maintain good posture, and a high-intensity Circuit Training. Danish has a diploma in Sports Science and is also a certified instructor of a variety of sports including Tree Climbing, Archery, Rock Climbing and Catamaran sailing. He is a Level 1 Certified Coach from the Malaysia Body Building Federation.



Dorothy Ang

External Yoga Instructor

Dorothy is a certified Hatha Yoga practitioner with over 14 years' experience teaching group and private yoga sessions at The Datai Langkawi. Dorothy takes a holistic view of fitness gained through her diverse background in different forms of yoga, fitness, Pilates and reiki. In her approach to yoga, she emphasises a mind body connection and balance whilst gently encouraging guests of all skill levels to achieve their personal goals. In this way, the full benefits of yoga are obtained, a centred mind, coupled with agility and strength, all of which is enhanced by the open air environment.

Dorothy takes a client led approach to wellbeing, immediately putting guests at ease with her calm and serene disposition. She adapts her classes according to their fitness levels and objectives, often incorporating more aerobic movements and different types of yoga poses or props depending on the individual's needs.



Ann Victor

External Pilates Instructor

Ann is a certified Pilates instructor with over 28 years' experience, specialising in Rehab Pilates for those with physical limitations and spinal conditions. She has a diverse background spanning dance, fitness (including aqua fitness), hula hooping, personal training and is also a registered Fitness Professional. Ann has run specialised classes for children, seniors, and adults and enjoys instilling a passion for fitness amongst all ages and levels.

Ann has worked with The Datai Langkawi since 2005, teaching a mat-based Pilates focusing on posture, breathing, mobility and stretching, and takes a neutral spine approach. She modifies her classes according to age and ability, using props such as a ball to enhance the effectiveness of the session. Her vivacious personality combined with a strong intuitive understanding of her clients, motivates them to push the boundaries of their fitness levels gently and safely, an experience which she finds very rewarding.



Shinny

*External Wellness Practitioner and
Sound Healer*

Shinny is a dedicated wellness practitioner with over 15 years' experience in holistic wellness, specialising in sound healing, yoga, breathwork, and physical pain relief. Certified by Yoga Alliance USA, she is known for helping individuals reconnect with their bodies and minds through mindful movement, sound, and breath, creating space for rest, healing, and balance.

As the in-house sound healer, she conducts both group sound baths and private sessions, tailored to support a range of needs, including stress and anxiety relief, sleep improvement, emotional release, and overall well-being.

Shinny has extensive experience working with individuals experiencing physical discomfort, offering personalised sessions focused on pain relief and recovery. She also leads somatic yin yoga and fly yoga, combining slow, intentional movement with breathwork to release tension, build strength, and enhance flexibility. Her intuitive and inclusive approach allows her to adapt each session to individual needs, creating a safe and supportive environment for guests at all stages of their wellness journey.



Wild Fern
Nephrolepis sp



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Intsia palembanica