

Naturally
LANGKAWI

www.naturallylangkawi.my

Wellness Destination Langkawi

Although known mainly for its breathtaking nature, Langkawi has, over the last decade, come into its own as a true wellness destination—drawing on the rich healing tradition of the region. It offers visitors unique opportunities to relax & rejuvenate body, mind and spirit during their stay.

A crossroads of ancient maritime trade routes, the island embraces spa and well-being practices that reflect the distinctive blend of Malaysia's diverse cultures: indigenous Malay healing and beauty rituals, Ayurvedic treatments native to India, and treatments rooted in traditional Chinese medicine. Following international wellness trends, local spas increasingly also provide popular treatments from all over the world.

Genuinely caring therapists, dreamlike spa settings within a primordial rainforest or with a breathtaking view of the Andaman Sea, rich massage oils and exotic blends made of freshly harvested fruits, flowers, herbs and spices from the jungle... Langkawi's Spa experience is truly unique! You can find tiny, hidden massage places with heartfelt personal welcome, and décor so simple that no detail distracts from the actual treatment. And there are breathtaking five-star establishments with extensive hydrotherapy facilities from Jacuzzi to sauna and steam bath, providing a truly indulgent experience appealing to all of your senses. Page through to find the wellness experience that truly meets your needs...



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Nature



THE SPA *at* THE DATAI LANGKAWI

Nestled in an enchanting rainforest sanctuary, The Datai Spa with four open-air villas set along a winding stream is designed to let you imbue the spirit of surrounding nature. The calming sound of the purling creek blends with the melodies of exotic birds, the refreshing breeze carries the earthy fragrance of the jungle, and while enjoying a hibiscus bath, you may spot a monitor lizard or a dusky leaf monkey. Featuring private changing facilities, indoor and outdoor shower and a spacious soak tub, each of the treatment villas provides an intimate atmosphere and can accommodate couples. Embracing the ancient healing and beauty tradition of Ramuan, the Spa menu features traditional Malay treatments that incorporate rare medicinal plants from the rainforest and follow secret recipes used for thousands of years by local healers. Experienced therapists are ready to recommend the most suitable treatments and describe in detail their benefits. Immersed in a meditative state, and with all your needs addressed, you will fully experience the art of the loving touch

HIGHLIGHTS : *Ramuan Ritual, Tonku Batu, Subtle Energies Facial*

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V BOTANICAL SPA *at* THE ANDAMAN, LUXURY COLLECTION RESORT

Nurturing sanctuary nestled in the serenity of an ancient rainforest; V Botanical Spa features five open-air villas with a breathtaking view of the Andaman Sea. The extensive Spa menu comprises unique massage treatments from all over the world, exceptional beauty services, and holistic therapies. The Ocean & Sky Cabanas located directly on the beach are the perfect setting to experience selected treatments while listening to the symphony of the ocean, and enjoying a refreshing sea breeze. The 'V Signature Couples Romance' lures with a half-day Spa & Dine experience, while one-day Wellness Programme samples provide the opportunity to get a taste of holistic packages designed to boost your vitality, detoxify your body, or celebrate the bond with your loved one. 'Intelligent Nutrients', an exclusive organic product line with food-grade ingredients, is available for retail.

HIGHLIGHTS : Time Traveler's Massage, Holistic Gemstone Facial, Kahuna Wave Massage

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NAWA SARI SPA *at* LAMAN PADI, PANTAI CENANG

Situated in Laman Padi, the Rice Garden Museum compound, the Nawa Sari Spa provides a unique opportunity to experience the healing power of nature. Three of the six treatment cabins offer a direct view of the serene paddy fields with grazing buffalos and chirping birds, making you feel instantly relaxed. Couples enjoy the privacy of a small cosy garden house. The spa utilises freshly harvested rice, and herbs, spices and flowers from the neighbouring herbal garden. The menu includes unique Malay treatments such as ritual hair smoking, which are hard to find anywhere else.

HIGHLIGHTS : Body scrub utilising rice from the surrounding paddy fields, traditional herbal hair treatment, *Sari Murni* Package

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ULIK MAYANG SPA *at*

REBAK ISLAND RESORT
LANGKAWI – A TAJ HOTEL

Located in a rustic timber villa surrounded by tamarind trees, and featuring two-couple treatment rooms, a cosy manicure and pedicure lounge, and an outdoor sala with a breathtaking sea view, the Ulik Mayang Spa is a perfect hideaway for couples. Treatments incorporate indigenous local herbs and spices. Whether you come with the frequently scheduled speed boat provided by the Rebak Island Resort or arrive on your own yacht, your visit to the only private island resort in Langkawi is sure to be a memorable one. Reserve enough time to enjoy one of the Spa's signature packages, a delicious meal in the fine dining restaurant, and a romantic walk along the pristine beach with stunning rock formations.

HIGHLIGHTS : Signature Steam Bath experience in a herbal steam cabinet allowing you to enjoy the view of the natural surroundings during your treatment, Naturopathy Facial, Massage of your choice in a tropical sala.

REBAK ISLAND

15-minute boat ride, departure from Port Langkasuka 5 minute from Langkawi International Airport

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THE SPA *at*

SHERATON LANGKAWI

Hidden among lush rainforest foliage in traditional teratak huts with small private tropical gardens, the four spacious spa suites with dark wooden paneling exude a calm, rustic feel. Two of them feature an outdoor bath and a garden shower. The menu encompasses Asian-inspired massages and body treatments incorporating indigenous plants, and facials utilising organic 'Elements' products and the exquisite marine skincare line 'Thalgo'. Manicure and pedicure services are provided in the Tranquility Centre that also houses a Spa Boutique.

HIGHLIGHTS : Signature Spa journey consisting of a Healing Massage with warm aromatherapy oil, 'Gift of Nature' body scrub, and a culinary seafood experience at the 'Captain's Grill'. Complimentary childcare available in the resort's Kids Club.

BETWEEN KUALA TERIANG & PANTAI KOK

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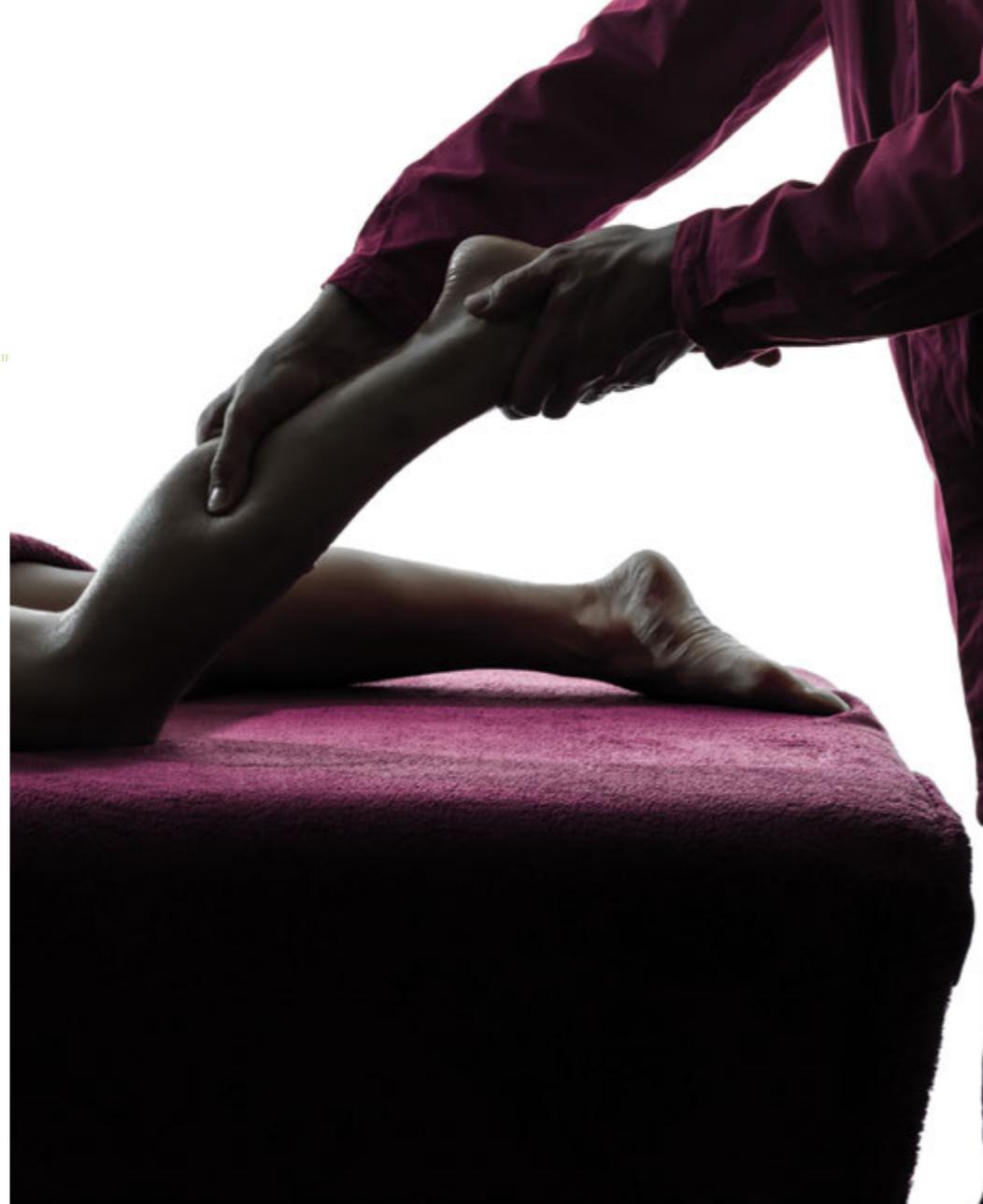


RUMAH HOLISTIC *at* KUALA TERIANG

Authentic Malay home Spa hidden in a rainforest valley. Shielded in a half-circle by mountains, the spot housing Rumah Holistic has a very special energy. Equally unique is the concept: a personal one-on-one encounter with Eric who is known on the island for his giving heart and healing hands, and who will listen to your worries over a cup of herbal tea prior to performing one of the many available treatments.

HIGHLIGHTS : *Malay Manja* Ritual, Energy Healing, half and full day packages including outdoor Spa experience in a tent next to a waterfall, or on one of the many deserted islands of the Langkawi Archipelago.

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EMBUN SERI SPA *at* LANGKAWI LAGOON RESORT

Built in a traditional Malay design, the intimate Embun Seri Spa rises on stilts above the emerald green water of a dreamlike lagoon. Both couple suites feature a steam bath, bath tub, and two traditional wooden sitz baths. A spacious veranda with comfortable loungers provides a tranquil post-treatment venue. The menu offers a selection of massages, body treatments, hydrotherapy and mani-pedi services. Facials incorporate 'Martha Tilaar' products while utilising modern skin-care equipment. The Spa experience is accompanied by music with the sounds of nature, creating a calming sensory atmosphere, and complemented by fragrant burning incense. The team of local therapist is well trained and welcoming.

HIGHLIGHTS : Balinese Golden Lulur Package, Embun Seri Spa Treatment, Body Contouring Spa

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Heritage



AYER HANGAT SPA VILLAGE

MUKIM AYER HANGAT

Celebrating traditional Malay healing and beauty rituals, the Ayer Hangat Spa Village lures with a reflexology path, herbal garden and hot saline springs treasured by locals as natural remedy for skin and digestion ailments. Floor to ceiling one way windows provide privacy while allowing guests to enjoy during the treatment the view of water cascading along hand-carved river-stone murals that depict the mythical origins of the springs.

The menu features a variety of traditional beauty and relaxation treatments from body scrub through aromatherapy massage to facial and nail services. Experience indigenous healing when booking a treatment with Siti Rohaya, a midwife & traditional healer, whose gift to cure runs in the family, helping reproductively challenged women to conceive and assisting during difficult pregnancies and

the postnatal period. One of the highlights is *Bertunku*, an ancient Malay treatment with a hot piece of iron wrapped in freshly harvested medicinal plants that releases trapped winds within the body for an overall sense of rejuvenation.

HIGHLIGHTS : *Bertunku*, *Boros*, herbal tonics and oils available for retail

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ISHAN MALAYSIAN SPA *at* KUALA TERIANG

Captivating with six charming Malay-style huts in a rainforest setting with a distant view of the Andaman Sea, Ishan Malaysian Spa offers a wide variety of treatments and packages based on indigenous Malaysian healing traditions. Massage oils and body treatment mixtures are blended from fresh ingredients harvested in the rainforest and the Spa's herbal garden. With Spa rituals performed exclusively by local therapists, you will enjoy a truly authentic Malaysian spa experience. A collection of Ayurvedic packages is also available.

HIGHLIGHTS : Bamboo Massage, Traditional Herbal Heat Massage, Abhyanga Massage. Home-made organic products based on ancient Malaysian recipes are available for retail.

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PELANGI SPA *at* MERITUS PELANGI BEACH RESORT & SPA

Hidden in a lush tropical garden in a traditional wooden kampung house, the Pelangi Spa has a magical feel: muslin drapes moving in a gentle breeze, the flickering light of antique gas lamps, the languorous motion of ceiling fans inviting you to embark on a journey back in time... Each of the six spacious treatment rooms features either a long bath or a Jacuzzi.

Embracing ancient Asian Spa rituals, the Spa offers a variety of massages and facial treatments that incorporate the organic tropical skin care line 'Pevonia Botanica'. Also available are manicure and pedicure services.

HIGHLIGHTS : Fresh Coconut Scrub, Heritage Experience Package. Tanamera, a product line based on ancient Malay beauty recipes, is available for retail.

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AYER SPA WELLNESS VILLAGE *at*

PANTAI TENGAH

Surrounded by a beautifully landscaped garden with a pond, Ayer Spa Wellness Village occupies a Malay house on stilts with a fairytale feel of ancient times. The traditional concept is carried through, with the interior featuring woven timber walls, hand-painted batik fabrics, antique vases and traditional Malay wedding jewelry.

The Spa encompasses 15 treatment rooms. The menu features time-honoured Malay treatments such as Royal Malay Massage, Seven Malay Flowers Bath, or a series of Post Natal Treatments. Body scrubs and bath rituals incorporate indigenous herbs and flowers with medicinal properties grown in the Spa's garden, while massage treatments utilise the Spa's signature 'Ayer Aromatherapy' brand. With treatments accompanied by Malay gamelan music, and performed by local therapists who were

raised learning the traditional skills from their mothers, you will be treated to a truly authentic experience.

HIGHLIGHTS : Royal Malay Massage, Hibiscus Scrub, Ayer Mutiara Package

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SATKARA SPA *at*

CASA DEL MAR

Featuring three treatment rooms, the charming boutique Spa entices with a soothing sensory ambiance and lovely personal touches. The menu celebrates Malaysian healing and beauty traditions. Treatments incorporate exquisite oils and body treatment blends prepared from fresh tropical ingredients, with recipes considered the Spa's treasure. Every detail is fine-tuned to perfection. The Therapists who have been on board for many years consider your individual needs the mantra of your Spa journey. Their giving hearts and healing hands are sure to make your experience unforgettable.

HIGHLIGHTS : Soul of Casa Del Mar, Indian Polish, signature retail line of body oils allowing you to re-create your Spa experience at home.

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FURUSATO SPA 1 *at*

KUALA TERIANG

One of the most popular stand-alone Spas on the island, the Furusato Spa 1 has a truly unique atmosphere. The walls of the four treatment rooms and the generously sized bath chambers are covered with artistic stone carvings. Resembling caves with waterfalls bouncing off the rocks, the Spa has a spiritual feel. The menu features Aromatherapy and *Urut Melayu* massages, sensual bath rituals, and a variety of body treatments. Exquisite scrub and body envelopment blends incorporate exotic spices and herbs, ensuring a sensuous Spa experience.

HIGHLIGHTS : 'Nerita' and 'Mitra Paradise' Packages, warming herbal body scrub, deeply relaxing atmosphere.

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TAMAN SARI ROYAL HERITAGE SPA *at*

RESORT WORLD LANGKAWI

Inspired by a legendary sanctuary built for a sultan, Taman Sari Spa provides an authentic Javanese Spa experience: dreamy patio, relaxation lounge with fish ponds, four treatment rooms featuring Javanese antiques, traditional gamelan music gently playing in the background... The Spa menu celebrates Javanese Royal Beauty Rituals, with the treatments performed by therapists who proudly share the secrets of their heritage.

HIGHLIGHTS : Royal Javanese Pampering Package, Diamond Peel Facial, 'Mustika Ratu' - traditional herbal jamu medicine and skin care brand based on ancient Javanese recipes.

5-MIN DRIVE FROM PANTAI TENGAH

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SARI DEWI SPA *at*

ASEANIA RESORT & SPA LANGKAWI ISLAND

Sari Dewi Spa features three couples suites and two single treatment rooms, each with an adjacent bathroom. Foot Reflexology is offered in a spacious lounge with five lavishly upholstered chairs. Those craving for privacy can enjoy a foot massage in a separate reflexology room. Airy outdoor cabanas for a dreamy tropical spa experience are currently being built.

Therapists are caring and highly experienced, confidently detecting tense muscles and addressing areas of individual concern without you having to point them out. Celebrating the traditional Malay healing and beauty rituals, the menu offers a variety of massages, body scrubs, body wraps and facial treatments that utilise the award-winning product line 'Biossentials' infused with pure flower and plant essences. Also available are nail care and hairstyling services, promising that you will

leave the Spa looking as radiant as Princess Mahsuri whose portrait adorns the reception area.

HIGHLIGHTS : Sari Dahlia Package, body scrub with black rice blended with turmeric and sandalwood, Sari Hair Treatment with indigenous Malay herbs.

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THE GEO SPA *at* FOUR SEASONS RESORT LANGKAWI

The Geo Spa features six breathtaking treatment pavilions, each with a private changing room, aroma-steam bath and luxurious multi-shower facilities. Spacious soak tubs in jade-green invite guests to enjoy sensual bathing rituals. The floor-to-ceiling windows provide panoramic views of the surrounding pond, tropical garden and spectacular limestone cliffs overgrown with dense rainforest.

Honouring Langkawi's UNESCO Global Geopark status, the Spa offers four treatment series inspired by the unique natural surroundings. Utilising healing mud from mangroves, the bio-energy of primordial rocks and crystals, abundant water and indigenous rainforest plants, the **NOURISHMENT** rituals calm, nurture and refresh, **WATER** treatments facilitate the flow of inner energies, **LIGHT** ceremonies illuminate body, mind and spirit, while **AIR** treatments purify your entire being.

All treatments incorporate the exclusive organic skincare range 'ilā'. Embracing a 'beyond organic' philosophy, the spa products contain the finest natural plant and mineral ingredients, produced in untainted regions by artisans who value traditional, sustainable practices.

Internationally trained Malaysian, Indonesian and Thai therapists will personalise your spa experience, making the world revolve around your individual needs. Refreshing health elixirs enjoyed in one of the dreamlike bales that 'float' over the Reflecting Pond will make your sensory journey complete.

HIGHLIGHTS Kundalini Back Treatment with Gem Poultices, Feminine Spirit and Radiance, Masculine Vigor and Vitality

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HEAVENLY SPA BY WESTIN *at* THE WESTIN LANGKAWI RESORT & SPA

Alluring with a dreamlike view of the Andaman Sea, an airy ambiance of pristine white accentuated by dark tropical woods, and imaginative décor with unique cocoon chairs and Thai massage beds 'floating' on the turquoise surface of a pool, Heavenly Spa by Westin is a tranquil sensory sanctuary. The facilities encompass 16 treatment suites, and the Heavenly Spa Villa with a Jacuzzi and a heated marble stone platform for an outdoor treatment experience. From plush robes and slippers to exquisite amenities, you will be spoiled by luxury. Embracing a proprietary wellness concept, the Spa provides an exciting variety of holistic treatments not available anywhere else on the island, while the signature Super Foods menu offers nutrient-rich delicious culinary options to complete your personalized wellness journey. A truly heavenly experience...

HIGHLIGHTS Signature massage incorporating semi-precious stones, a variety of authentic Ayurvedic treatments, exclusive 'Heavenly Spa' product line available for sale.

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THE DANNA SPA *at*

THE DANNA

Situated on the fifth floor of this five-star luxury hotel, The Danna Spa offers enchanting views of the surrounding hills, mountains and a Mediterranean-inspired marina with white yachts glistening against the backdrop of lush tropical foliage. The nine spacious treatment rooms are designed in Colonial style with a contemporary twist, each of them featuring deluxe vanity and a state-of-the-art rain shower. Two of the suites are designed to accommodate couples, boasting a large Jacuzzi for romantic bathing rituals. Bath robes and plush towels in purple hue add a royal touch. The complimentary use of a steam room makes the indulgent experience complete.

The Danna Spa offers a variety of Asian and western-style massages, utilising exquisite oils infused with pure flower and plant essences that capture the tropical spirit. Body scrub and body wrap blends are mixed from fresh ingredients. Facials incorporate the award-winning skincare line 'Biossentials'. Mindful of the specific needs of male guests, only-for-men facials are also available.

Skilled and genuinely caring team of local and Indonesian therapists will go above and beyond to make your spa experience a memorable one, customising your treatment to suit your individual needs.

HIGHLIGHTS Marine Scrub & Wrap, Oceanic Mineral Bath, Chocolate Borneo Wrap

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ALUN-ALUN SPA *at*

PANTAI CENANG. PANTAI TENGAH. KUAH

A tranquil tropical oasis with a spiritual feel and stunning interior design, Alun-Alun Spa features beautiful sculptures and antique furniture. Each of the eleven treatment suites has a private open-air hydrotherapy garden with a rainforest shower and a generously sized bath tub. The knowledgeable therapists will be delighted to provide a personalised consultation, helping you select among the wide variety of massage and body treatments, facials, nail and hair service—a spa experience tailored to fit your individual needs. Treatment products are blended in-house, utilising exclusively natural ingredients.

HIGHLIGHTS Alun-Alun Rainforest Bath, Reborn to Nature half-day program. Uniquely formulated aromatherapy blends are available for retail.

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PANTAI TENGAH (TROPICAL RESORT)

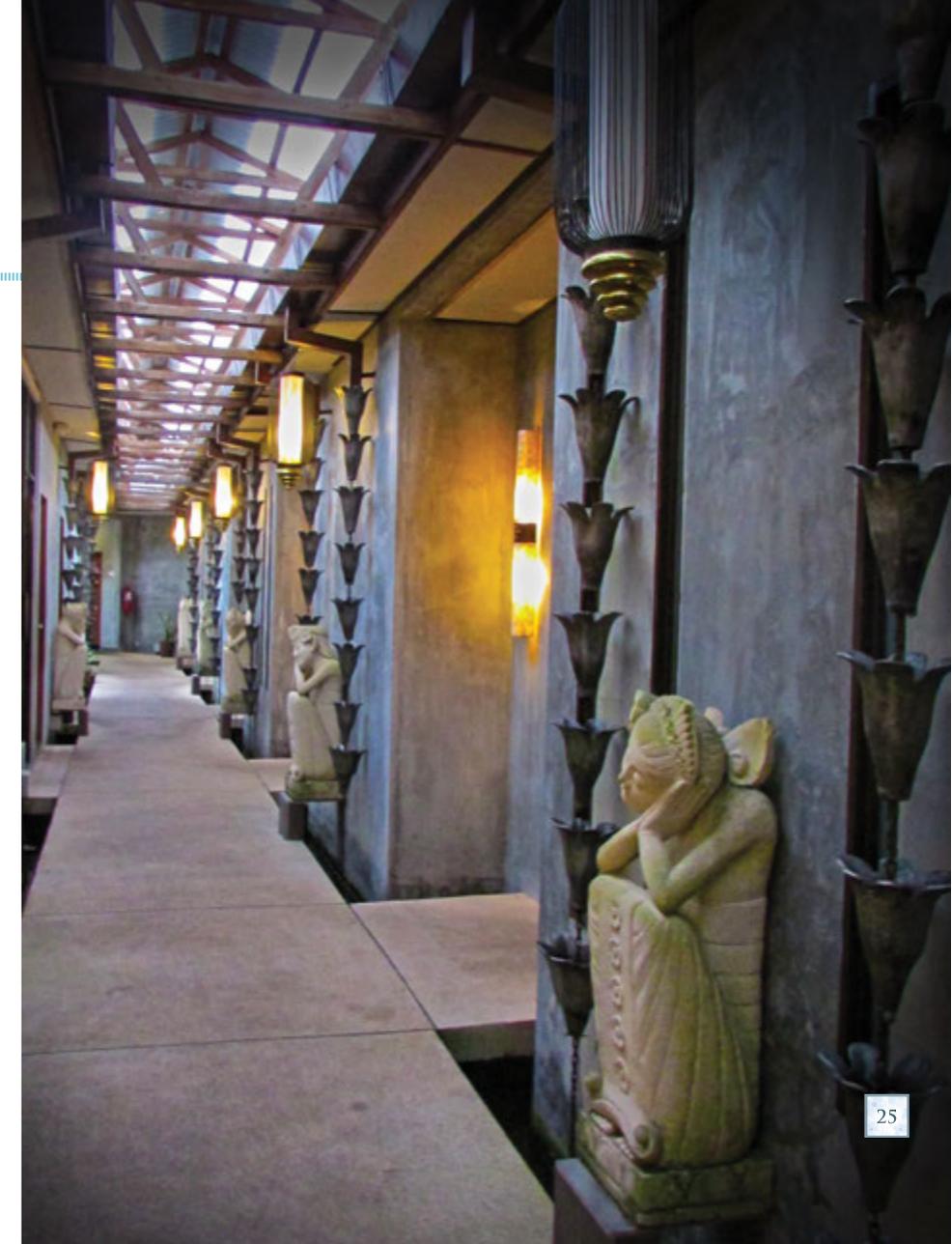
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KAYANGAN SPA™ *at*

SERI CENANG RESORT & SPA LANGKAWI

A charming boutique Spa with traditional Malay atmosphere, the Kayangan Spa™ features one single treatment room and a luxurious couples suite with a lavish steam bath. To set the tone, therapists greet guests by welcoming them to a 'mythical world where fairies play and magic happens'. And they certainly deliver on this poetic promise.

Celebrating Malay, Chinese, Indian and Arabic healing and beauty traditions, the Spa menu offers a variety of treatments and signature packages inspired by Langkawi legends.

Massages are performed with rich almond oil infused with signature herbal blends from the Spa's healing garden. For truly customised body treatments, guests get to choose grated ginger, dried flowers, spices, citrus rind, crushed rice, sea salt or earth clay from the 'apothecary shelf'. A variety of bathing rituals promise for a soothing, nourishing, detoxifying and refreshing experience. Traditional facials incorporate 'Tanamera', a skincare line inspired by ancient Malay beauty rituals, while the Oxygen Infusion Facial utilises a state-of-the-art apparatus that delivers through therapeutic grade oxygen rejuvenating essences for instant skin revitalisation.

HIGHLIGHTS Oxygen Infusion Facial, Bamboo Massage, Tibetan Singing Bowl Massage

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AMOARAS RELAXATION SPA *at*

HOLIDAY VILLA BEACH RESORT & SPA LANGKAWI

Named after the exotic blossom of black berries, the Amoaras Relaxation Spa carries the sensual floral theme throughout the entire experience: The pathway to the Spa is adorned with fragrant petals, on the walls of the Spa Reception area are flower paintings in vibrant colours, and wherever you look, there are bowls with beautiful floral arrangements.

Amoaras is one of the few island spas to also feature sauna and steam bath. A spacious lounge designed to accommodate up to four guests is dedicated to foot massages, manicures and pedicures. Each of the seven treatment suites has a beautifully designed canopied outdoor area with a luxurious bath tub – the perfect setting for an out-of-this-world bath ritual with hundreds of hibiscus and frangipani flowers floating around your body. Following the worldwide spa trend of going back to the essentials, the Spa menu is refreshingly streamlined, making it simple to choose your favourite among the Asian-inspired massages, body scrubs and facials. For a truly indulgent afternoon, enquire about packages that last from two-and-a-half to five hours. Most treatments incorporate homemade blends from fresh tropical ingredients. A team of Balinese and Malay therapists will ensure your experience is truly relaxing.

HIGHLIGHTS Amoaras Relaxing Massage, Soothing Amoaras Package, Steam Bath & Sauna

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JIVARHU SPA *at*

TANJUNG RHU RESORT

Beautifully designed, JivaRhu Spa naturally blends into its serene surroundings. The legendary Rhu (casuarina) trees with their weeping branches provide a natural canopy over the outdoor consultation area, and the softly gurgling ponds reflecting the sky create a tranquil atmosphere.

The Spa is divided into a male and female section with each being the exact mirror image of the other. Both areas contain a spacious open-air Jacuzzi, sauna and steam bath, and accommodate four single treatment rooms with outdoor showers and two couples suites equipped with a private whirlpool. The menu features a wide selection of packages, hand and foot services, body treatments, and massages. The Spa specialises in authentic Ayurvedic treatments performed by Indian therapists. Embracing the sea element, facials incorporate the professional marine skin care product line 'Thalgo'.

HIGHLIGHTS Variety of Ayurvedic treatments, *Urut* traditional Malay massage, JivaRhu Signature Packages

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FURUSATO SPA 2 *at*

PANTAI TENGAH

Recently built, the Furusato Spa 2 showcases a vibrant contemporary ambiance. The interior is set off by a sophisticated colour-scheme of black, grey and white. The spacious lounge features two comfortable foot reflexology chairs. There are three couples suites, one of them convertible into single units. Two of the treatment rooms feature state-of-the-art rain showers and ergonomically shaped bathtubs. The calming sound of a waterfall trickling down a wall made of rocks blends with gamelan music, and if you book a treatment in the evening, you can admire the stars through a skylight while enjoying a flower bath for a truly otherworldly experience.

HIGHLIGHTS Nerita Style Package, Aromatherapy Massage, Reflexology

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Speciality



FRANGIPANI SPA *at* THE FRANGIPANI LANGKAWI RESORT & SPA

Regarded in many Asian cultures as a sacred tree that promotes the equilibrium of body, mind and spirit, frangipani not only inspired the name of the Spa but is also reflected in its philosophy. Apart from offering a variety of relaxation and beauty services, the environmentally friendly Frangipani Spa with three indoor treatment rooms and two outdoor cabanas is the first spa worldwide that features three innovative anti-oxidant therapy chambers!

Utilising groundbreaking technology developed in Japan, the unique climate-controlled environment is saturated with more than two million negative ions that effectively fight free radicals responsible

for cell damage. The therapy is proven to slow ageing, reduce cholesterol levels, alleviate symptoms of rheumatism, decrease sugar levels for those suffering from diabetes, and provide pain relief for cancer patients.

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AMAYA SPA *at* PANTAI KOK

Embracing Taoist philosophy that views illness as a result of any energy imbalance, Amaya Spa is devoted to restoring one's original equilibrium, and to stimulating the self-healing forces within the body. The design of the Spa follows feng-shui principles, and the background music features Alchemy Sound Therapy, known for attuning the brain-waves to a healthy vibration. Strategically placed charcoal crystals and special paint on the walls absorb any negativity, while all therapists practice qi-gong on a daily basis to raise their energy levels. Although single treatments from massage therapy to foot reflexology and ear candling are available, especially popular are holistic packages that include a variety of complimentary add-ons such as herbal packs, eye pillow treatment, Garra Rufa Fish Therapy, and seasonal fruit platter.

HIGHLIGHTS Balancing Therapy Package, complimentary Dr. Fish experience, private qi-gong sessions on the beach

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TERATAI REFLEXOLOGY *at* PANTAI CENANG

Claiming on the signboard to offer the 'Best Reflexology in Langkawi' – Teratai lives up to its promise! The therapists are highly qualified, able not only to provide a stimulating foot massage but also to communicate health concerns detected based on the sensitivity of specific pressure points. The Spa also offers excellent manicures and pedicures utilising 'OPI' brand, waxing services, and affordable massage therapy treatments. Conveniently located and equipped with six foot massage chairs, two mani & pedi stations and five massage cabins, the Spa welcomes 'walk-ins'.

HIGHLIGHTS Reflexology, nail art design, full body massage

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LGK ASHI SPA & MASSAGE *at*

KUALA TERIANG

A cosy Spa, Lgk Ashi features three cheerfully decorated couple rooms, a foot reflexology lounge that can accommodate groups of up to eight guests, private reflexology room, whirlpool, cold plunge, and an unusual cave-like chamber with a bubble foot bath pond. While specialising in reflexology, the Spa offers also a variety of body treatments, massages, mani & pedi services, cupping, ear candling and facials utilising innovative beauty apparatus promoting cell-renewal.

Run by a Korean family, many of the treatments incorporate unique herbal mixtures from their home country, and the exotic noni fruit with its powerful antioxidant properties. The father, considered a 'family doctor' by many of his neighbours, is known for his ability to accurately diagnose and cure a variety of conditions with acupuncture, wet cupping and other alternative treatments. A firm believer

of Eastern healing philosophy, Mr. Lee is less concerned with specific symptoms and focuses instead on finding the underlying cause of any discomfort or disease. As he restores in the course of multiple sessions the equilibrium in your body, you are likely to walk away not only free of your original health concern but feeling a general boost in vitality

HIGHLIGHTS Reflexology, Cupping & Acupuncture, Royal Ashi Langkawi Package. To treat successfully serious health conditions, plan ahead and book treatment series for the duration of your holiday stay.

KUALA TERIANG

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ANJUNG SPA *at*

ORIENTAL VILLAGE

Situated in Oriental Village, Anjung Spa is the perfect place to relax after waiting in the cable car queue, trekking on top of Gunung Machinchang or enjoying shopping in the souvenir and retail stores. With floor-to-ceiling windows, the Spa is flooded with natural light that highlights the airy ambiance and contemporary design.

The Spa menu focuses on shorter treatments, with reflexology or head, shoulder and back massage starting with 30-minute services. If you have a little more time, you can opt for 60 or 90 minute signature Anjung Sakti Massage that blends traditional Malay and Hawaiian techniques with gentle stretching elements. Another attraction is the Dr. Fish Therapy. With soothing ocean sounds playing in the background, the two spacious pools are each home to 2000 garrarufa – fish with suction-

shaped mouths that will gently nibble away keratinized skin cells from your feet, effectively removing calluses while providing a wonderful micro-massage. With 50% discount for children, it is a fun experience for the entire family. The retail area features an extensive collection of 'Mountain Scents' products. Beautifully packaged, the skin and body care products, sea cucumber soaps, variety of teas and aromatherapy candles are all made from natural ingredients, and make a great gift.

HIGHLIGHTS Dr. Fish Spa Therapy, Anjung Serai Foot Scrub followed by reflexology, Anjung Sakti Massage

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RATU MAYA SPA *at*

PANTAI CENANG

Offering 'Dr. Fish Therapy', Ratu Maya stands out among Pantai Cenang's walk-in spas. The four treatment cabins are kept simple but when it comes to quality of treatments, you are in for a real treat. Having spent years as a therapist in 5-star resorts, Lis, the Indonesian owner, makes sure that all of her therapists are well trained. To experience a truly authentic Balinese massage, request an appointment with Lis personally.

HIGHLIGHTS Dr. Fish Therapy, traditional Balinese massage, sugar waxing and threading

PANTAI CENANG
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CACI'S BEAUTY & WELLNESS *at*

KUAH

The name of the Spa perfectly reflects the owner's vision of creating one-stop oasis catering to both beauty and wellness needs, while lovingly taking care of guests just as a 'caci' (or in English, 'Aunty') would. The reflexology lounge accommodates groups of four while couples can enjoy a foot massage in the privacy of a separate room. Two of the three couples massage rooms are equipped with generously sized bathtubs. The menu features Reiki, variety of massages, body treatments and mani & pedi services. Facials incorporate the natural product range 'Herbaline', and the Ayurvedic skincare line 'Shahnaz'. Apart from waxing services, Caci's is the only place on the island for body hair bleaching, and threading – the most gentle and precise technique when it comes to hair removal.

HIGHLIGHTS Threading, Ayurvedic Head Massage, Gold Facial, Reiki

KUAH

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AMARA WELLNESS CENTRE *at*

CENANG MALL, PANTAI CENANG

Recently opened, Amara Wellness Centre is located on the first floor of the new Cenang Mall. A lounge area with five chairs is designated for foot reflexology, pedicure and manicure services. One of the four treatment rooms has en suite bath for hydrotherapy treatments.

Embracing the philosophy of Wellness, Amara's objective is to gradually introduce a variety of holistic treatments that go beyond pampering. Currently focusing on traditional spa services, the Wellness Centre provides body treatments, massage therapy, facials and mani-pedi services. True to the Greek name 'amara' that translates as eternal, one of the most popular treatments is the natural Anti-Ageing Facial. Male visitors appreciate services customised to meet the specific needs of masculine skin.

Treatments are carried out by local therapists who utilise traditional Malay 'Tanamera' products as well as 'Goe Skincare' and 'Therapeutique Spa Essentials' – high quality cosmeceuticals manufactured by Maxwell Pharmacy.

HIGHLIGHTS *Mantera Nusantara* Massage, Anti-Aging Facial, Just for Men Facial

PANTAI CENANG
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ANISE SPA *at*

KUALA MELAKA INN, KUALA TERIANG

One of the largest on the entire island, Anise Spa features ten treatment suites, each equipped with a private steam room and Jacuzzi. Spacious relaxation lounge with floor-to-ceiling windows provides panoramic views of the Andaman Sea and idyllic paddy fields – perfect for sipping tea and relaxing after your treatment.

The menu offers a variety of massages, hydrotherapy, body scrubs and body wraps that utilise blends freshly made of rice, tropical fruits and indigenous spices. Facials incorporate the popular Indonesian skincare line 'Martha Tilaar'. Available also are manicures, pedicures, hair treatments and waxing. For a complete head-to-toe experience choose one of the indulgent packages that last

from two to four hours. Families with kids will be delighted to learn that the Spa offers special treatment packages for their little ones as well as a babysitting service.

HIGHLIGHTS Private steam bath and Jacuzzi, Aromatherapy Massage, *Puteri Cinta* – perfect for Honeymooners.

KUALA TERIANG

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Budget



SUN SPA at PANTAI TENGAH

Situated in a tropical garden, the Spa consists of four wet rooms and eight treatment cabins. While the interior design is kept simple, you will certainly leave with your skin glowing, and every single muscle in your body relaxed. Offering a variety of packages, body treatments, and massages, the Spa specialises in cosmetology, utilising modern apparatus and the professional skin care line 'Biodermie'. The therapists are well trained, and in tune with your individual needs.

HIGHLIGHTS Facials administered accordingly to your skin type, affordable Spa packages, exceptionally attentive staff.

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YUAN SPA at PANTAI TENGAH

Blending antique Chinese furniture with contemporary art, the Yuan Spa has a Zen-like atmosphere. The four spacious treatment rooms with en suite baths are all designed to accommodate couples, and provide a seamless spa experience when enjoying multi-treatment packages. Foot bath rituals along with a foot massage and manicure & pedicure services are provided in comfortable chairs facing floor-to-ceiling windows opening to a small garden. The menu features a variety of massages, body treatments, hydrotherapy and mani-pedi services.

HIGHLIGHTS Romantic Yuan Honeymoon Package, bath ritual incorporating red wine, adorable Spa package for children.

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BELLIS SPA at KUAH

The Spa menu features a wide variety of massages and body treatments. The absolute highlight is Belli's Facial. Utilizing professional organic 'Herbaline' products, highly skilled therapists attend to every single clogged pore, and stimulate the cell-renewal with an extensive facial massage. If you want to see results - you've found the right place!

HIGHLIGHTS Herbal Detox Therapy Package, excellent facial treatments, organic Herbaline skincare available for retail.

KUAH
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SAFA WANGI CENTER *at*

PANTAI CENANG

Conveniently located, open late into the night, and welcoming walk-ins, the Safa Wangi Center is a great choice for those who look for a no-frills spa experience at an affordable cost. The four cabins are clean and neat, and the staff friendly. A spontaneously booked facial will make you look fresh after a night of partying. And proper muscle kneading (preferably performed a by male therapist) will get you back in shape once you return from an island hike.

HIGHLIGHTS Classical Massage, Traditional Malay Massage.

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DASHILA THAI SPA *at*

PANTAI CENANG

Conveniently located, welcoming walk-ins, and offering very affordable services, Dashila Thai Spa is an excellent choice for those who look for spontaneous relaxation. While the Spa offers also packages with herbal steam and hot tub experience that lasts up to three hours, the shorter treatments from 25-minute head-and-hand massage to 40-minute combo with reflexology-and-back and shoulder massage are also popular.

HIGHLIGHTS Thai Herbal Massage, Traditional Thai Massage, Waxing services

PANTAI CENANG

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Thai Spa 3 - In front of Melati Tanjung Motel +6019 480 5970

Thai Spa 4 - Thai Villa on Cenang Beach +6019 473 5970

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BEDROCK ISLAND HEALTH & BEAUTY SPA *at*

KUAH

Located in the Bank District of Kuah, Bedrock Island Spa features a foot reflexology lounge, treatment room dedicated to facial treatments, couples room, and one treatment room designed to accommodate groups of up to three guests, with heavy curtains assuring privacy for single treatments.

HIGHLIGHTS Reflexology, Slimming Treatment, Thai-style Herbal Steam Bath, Infrared Vertical Sauna

KUAH

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SUNFLOWER TRADITIONAL SPA *at*

KUALA TERIANG

The Spa's idyllic patios with comfortable sofas are pure joy prior to your treatment – a relaxing outdoor prelude as you watch geese leisurely swimming in the surrounding pond. The interior utilizes natural materials from bamboo to pebbles hand-picked on a nearby beach. All treatment suites are designed to accommodate couples, and feature a spacious bath tub shielded with muslin curtains for a romantic experience.

HIGHLIGHTS Intimate Nature Package, Wine Romance Package, Signature Sunflower Hot Oil Massage.

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Spa Glossary



MASSAGE *Theraphy*



AROMATHERAPY MASSAGE

With origins dating back more than 5000 years, aromatherapy is one of the oldest holistic healing arts. The virtues of fragrances were celebrated in the early civilisations of Egypt, China, India and Persia, and utilised during religious ceremonies, in beauty rituals, and for the purpose of healing.

Aromatherapy massage is a sensory symphony seamlessly blending gentle touch with the delicate fragrances of pure essential oils, the highly concentrated extracts of aromatic plants. Long soothing strokes will relax your body, allowing the powerful substances of flowers, leaves, seeds, barks and roots to unfold their healing properties.

Tailored to meet your individual needs, you will be given the choice of various blends with the option of a refreshing, balancing or relaxing experience.

CONTRAINDICATIONS

- Allergy to specific essential oils.
- During pregnancy the following essential oils: bay, basil, clary sage, comfrey, fennel, hyssop, juniper, marjoram, melissa, myrrh, rosemary, thyme, sage
- Avoid sun exposure if enjoying treatment incorporating essential oil derived from citrus plants.



AYURVEDIC ABHYNGA MASSAGE

Ayurveda, the 'Science of Longevity', originated in the Indian province Kerala more than 5,000 years ago. In Ayurvedic philosophy, the world is comprised of five basic elements: space, air, water, fire and earth. These elements combine in pairs to form doshas (vata, pita and kapha), the three dynamic forces within our bodies. Any imbalance among them causes discomfort and potentially illness. All Ayurvedic treatments therefore aim to restore the original harmony.

Abhyanga is an Ayurvedic anointment treatment, utilising a generous amount of oil infused with an individual blend of potent herbs. Employing a variety of gentle massage techniques, including the stimulation of the vital marma points, the elements within your body will be pacified. With the equilibrium restored, you will feel rejuvenated and full of energy.

CONTRAINDICATIONS

- Allergy to any herbs or spices incorporated in the medicated oils.
- Potential allergy to a carrier oil, especially to sesame oil if you have reaction to nuts.
- If in doubt, test tolerance prior to the treatment by applying a small amount of the blend on your wrist.



BALINESE MASSAGE

Inscribed on ancient palm leaves, the healing art of the Balinese massage is passed from generation to generation in a ritual blessing the 'Chosen' with a giving heart and intuitive hands.

Enveloping your body in a rich coconut oil infused with the sacred essence of the frangipani blossom, your therapist will apply in a rhythmical motion gentle palm pressure to release any tension, and unravel with a focused thumb-slide even the most deeply seated knots. Balancing the pathways of energy in sync with your breath, you will reach a state of a complete equilibrium.

CONTRAINDICATIONS

None known.



BAMBOO MASSAGE

Emerging from the earth, and growing straight and tall as if aiming to reach the heavens, the bamboo plant symbolises strength, suppleness, youth, and inner peace, guiding your soul to become one with these virtues as the bamboo stick touches your skin. With the walls of the bamboo being covered with silica, the tiny crystal-like matrixes get activated through the friction, creating a unique tingling sensation as they release a subtle yet powerful energy.

Strong and smooth, the bamboo stick adjusts perfectly to your body contours, penetrating with a fluid rolling motion tight and sore muscles and melting away even the most deeply seated tension.

CONTRAINDICATIONS

None known.



HERBAL STAMP MASSAGE

The herbal stamp massage originates in the ancient healing traditions of Thailand.

A herbal poultice containing a fragrant mixture of indigenous herbs such as lemongrass, clove, tamarind, pandan leaf, and ginger is either steamed or immersed in warm coconut oil, with the heat activating the healing properties of the ingredients. Following a soothing rhythm, the thermal stamps are pressed against your skin, relaxing tense muscles and stiff joints, and promoting intense detoxification. The subsequent deep tissue massage will relax your body, mind and spirit.

CONTRAINDICATIONS

- Potential allergy to any herbs or spices comprising the poultic
- Heat sensitivity.



HOT STONE MASSAGE

Used for thousands of years by Native Americans during sweat lodge ceremonies, the hot stone massage will free your body and mind of physical and spiritual impurities.

The lava rocks placed along your chakras will attune you to the energy of the magnetic core of the Earth, restoring inner balance, and promoting a feeling of deep relaxation.

Incorporated in the massage strokes, the smooth lava stones radiating soothing heat will become an extension of your therapist's hands, melting the tension in each and every muscle, preparing it for the following deep tissue work.

CONTRAINDICATIONS

- Heat sensitivity.
- High blood pressure.
- Peripheral vascular disorder.
- Loss of bodily sensations – often the result of surgery where nerves have been cut
- Parkinson's Disease.



NUAD TRADITIONAL THAI MASSAGE

Thai massage is based on the philosophy that all life is animated by the essential life-force, prana. It circulates along energy pathways called sen, nourishing all aspects of our being.

Refined in the course of thousands of years by the monks in Buddhist monasteries, nuad is a unique blend of passive yoga, acupressure and reflexology. Utilising fingers, palms, elbows, knees and feet, the therapist will manipulate your body into yoga-like positions, stretching your muscles, releasing tight joints and increasing flexibility. Stimulating pressure points along the energy pathways sen in a meditative gentle rocking motion, the therapist will release any blockages, enabling your energy to freely flow, and rejuvenate your entire body.

CONTRAINDICATIONS

- Osteoporosis and brittle bones
- Spinal fusion
- Artificial joints



REFLEXOLOGY

Originating in Taoist China 5,000 years ago, this unique holistic art is based on the principle that our hands and feet mirror the entire body, with each pressure point being linked to a specific organ or gland.

A gentle pressure exercised either with the thumbs or with a wooden reflexology stick will stimulate their functions, promoting a natural healing process and harmony within your body, and creating a marvelous sensation of head-to-toe relaxation. Experienced practitioners are capable of effectively treating specific medical conditions.

CONTRAINDICATIONS

None known.



URUT MELAYU

The traditional Malay massage is based on the ancient concept of 'moving the wind' or "Angin".

Deep pressure strokes working the length of the muscles effectively relieve muscular tension, and stimulate the flow of blood within veins and arteries. Rhythmical palm press strokes and the focused pressure of the thumbs soften tight, congested spots, recognised by the practitioner as *angin*, pockets of trapped wind. A rich coconut oil infused with the extract of indigenous rainforest plants will boost blood circulation, and invigorate your entire body.

CONTRAINDICATIONS

- Susceptibility to bruising.
- Allergy to any oil ingredients

GENERAL MASSAGE CONTRAINDICATIONS

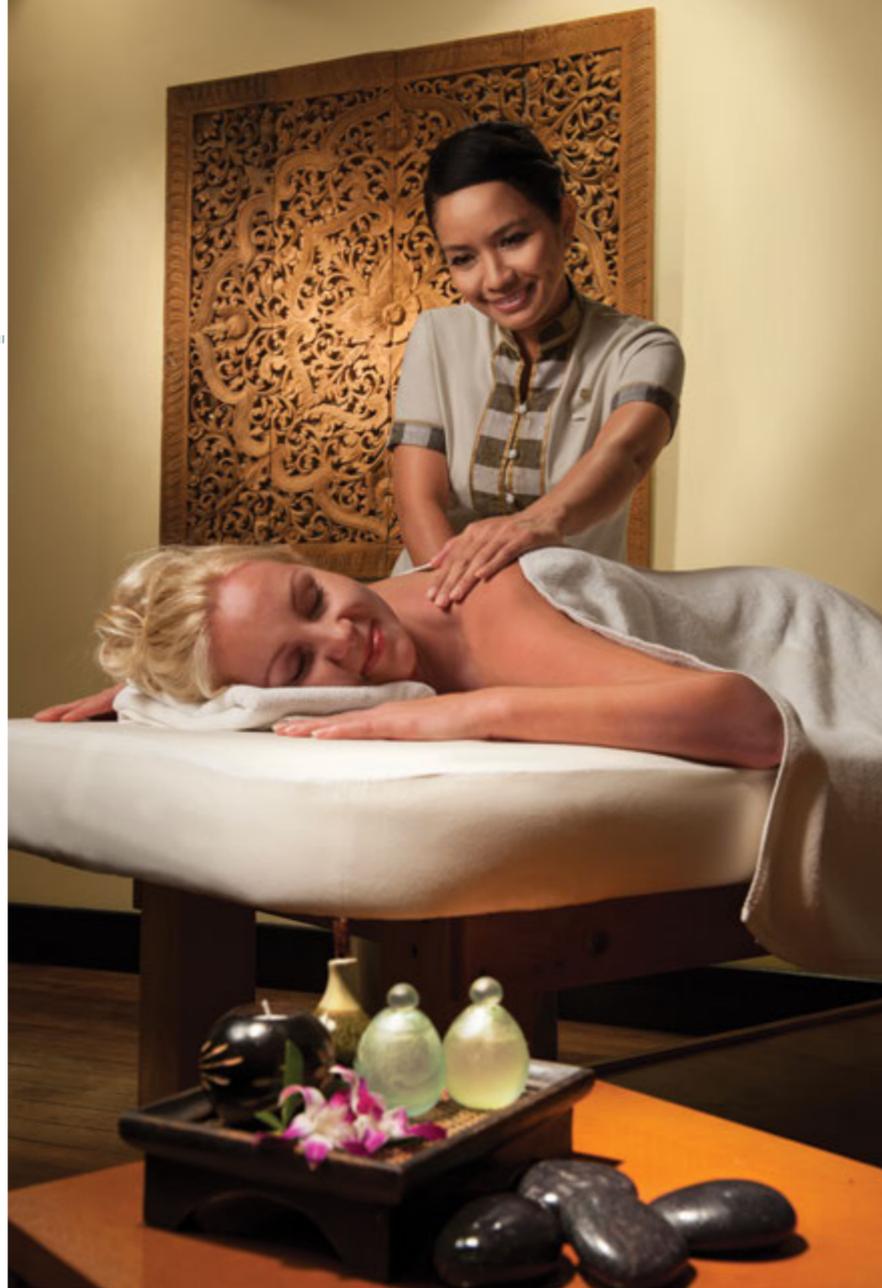
Apart from conditions highlighted as specific to certain massage techniques, the following contraindications and precautions apply to all massage treatments.

CONTRAINDICATIONS

- Fever
- Inflammation such as phlebitis, dermatitis, or arthritis
- High blood pressure when untreated
- Infectious diseases
- Cancer
- HIV
- First trimester during pregnancy

PRECAUTIONS

- Avoid applicable areas if suffering from:
- Hernia
- Varicose veins
- Edema
- Open lesions
- Deep abdominal work during the entire pregnancy



BODY *Treatment*



BODY POLISH

Body polish, sometimes called also as body scrub or body peeling, is an exfoliation treatment. During mechanical exfoliation, dead skin cells are physically rubbed off with an abrasive such as salt, sugar, coffee, coconut slivers or ground kernels of various plants. These are usually blended with carrier oil, creating an easy-to-apply paste, which is then rubbed in a circular motion all over the body. The addition of essential oils or various herbs and spices determines secondary benefits such as invigorating or relaxing effects.

A slightly gentler way to liberate the skin of dull skin cells, chemical exfoliation utilises enzymes derived from various tropical fruits such as pineapple or papaya. With the blend left on the skin for a while, the enzymes loosen the glue-like substance that holds the skin cells together, causing the outermost surface of the epidermis to naturally slough away.

Regardless of the technique, a body polish removes dull, lifeless skin cells, unclogs congested pores, enhancing tone and texture, and leaving skin smooth and radiant.

CONTRAINDICATIONS

- Allergy to any ingredients
- Shaving or waxing less than 24 hours prior
- Over-exfoliation that will dry and irritate the skin (Wait a minimum of two days prior to repeating the treatment)
- Avoid waxing for 48 hours following the treatment



BODY ENVELOPMENT

During body envelopment treatment (sometimes also called as body wrap or body mask), the entire body is covered in a mixture with a creamy texture, applied either by hand or with a brush. Upon application, skin will be cocooned in a linen, thin plastic or alternatively covered with banana leaves, and left on for approximately 20 min. The heat developing underneath the cover opens the pores, allowing the product to deeply penetrate skin, and unfold its properties. Many spas provide a scalp or foot massage during the rest period.

There is a variety of body envelopments to choose from: clay, mud, seaweed, and herbal wraps. Benefits differ widely, depending on the nature of the envelopment and the ingredients utilised, a body wrap can re-mineralize, nourish or hydrate skin, supply vitamins and anti-oxidants, flush out toxins or even promote weight loss.

CONTRAINDICATIONS

- Claustrophobia
- Allergy to any ingredients

BATH RITUAL

Bathing rituals provide a wonderful opportunity to reunite with the primordial element of water, and cleanse oneself physically and psychically.

Whether bathing in a pool of exotic flowers, or enjoy a bath infused with the delicate aroma of essential oils, or exquisite herbal essences, a bath ritual will enchant the senses, allow you to stand still, and re-connect with your inner self. It is also a beautiful ceremony experience to share with your partner.

CONTRAINDICATIONS

None known

FISH PEDICURE

The garra rufa fish was first discovered in the early 1800s in the pools of a hot spring near Kangal, a small town in Turkey. Due to the scarcity of food in their original habitat, caused by the water's elevated temperatures and high mineral contents, these fish developed the unusual behavior of nibbling dead skin cells from people bathing in the springs, which has been proven beneficial in battling skin disorders such as eczema or psoriasis.

Although from the piranhas family, garra rufa have no teeth but use a suction-shaped mouth to nibble away keratinized skin cells, effectively removing calluses and destroying bacteria while leaving the exposed healthy skin intact. Taking advantage of this unique feeding behavior, the garra rufa is being utilised in pedicure services.

Having hundreds of fish running their little suction cup mouths along your feet and toes is certainly unusual. But the initial anxiety and the slightly ticklish feeling quickly dissipate, to be replaced by a tingling sensation of a stimulating micro-massage.

CONTRAINDICATIONS

- Any open wounds or infections on feet or the parts of legs immersed in water
- Warts or any contagious skin diseases
- Follow carefully the hygiene procedures of the chosen establishment
- Every guest should wash feet prior to entering the fish pool

GOLD FINGERS

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Other Spas on the Island





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