



Naturally
LANGKAWI



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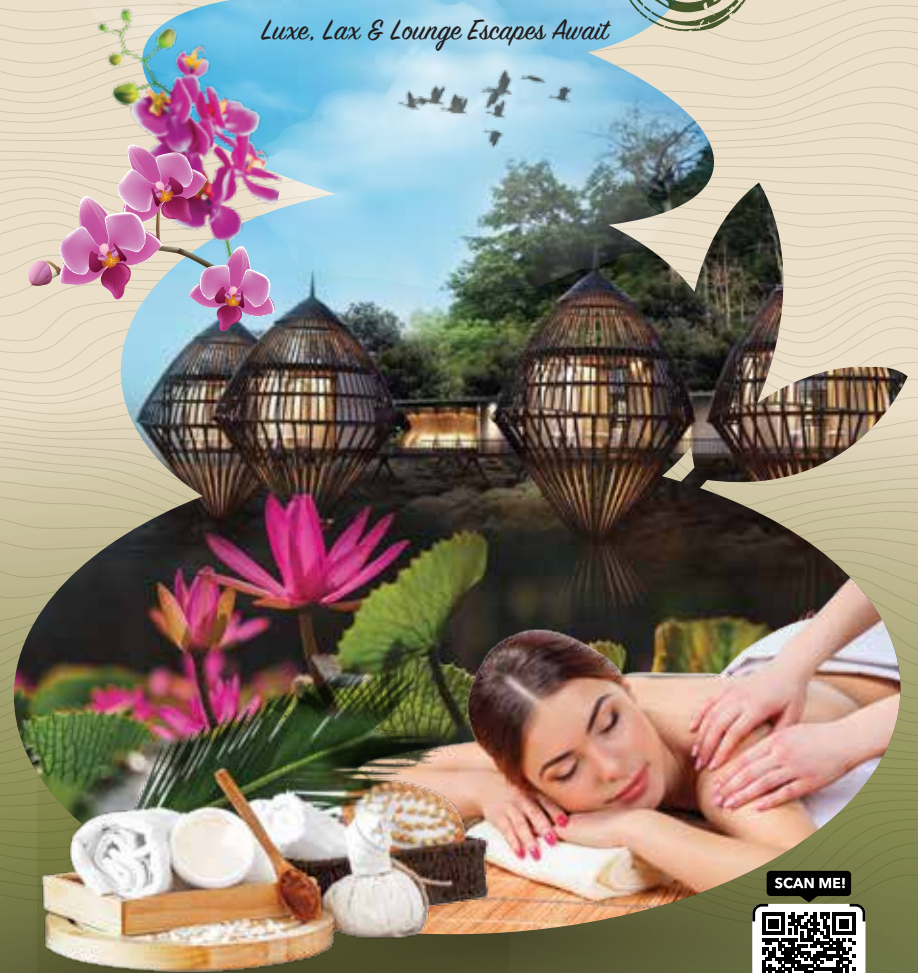
www.langkawigeopark.com.my

MALAYSIA

LANGKAWI **SPA** GUIDE



Luxe, Lax & Lounge Escapes Await



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Naturally
LANGKAWI



The Ritz-Carlton Spa

Luxe, Lax or Lounge LANGKAWI SPA

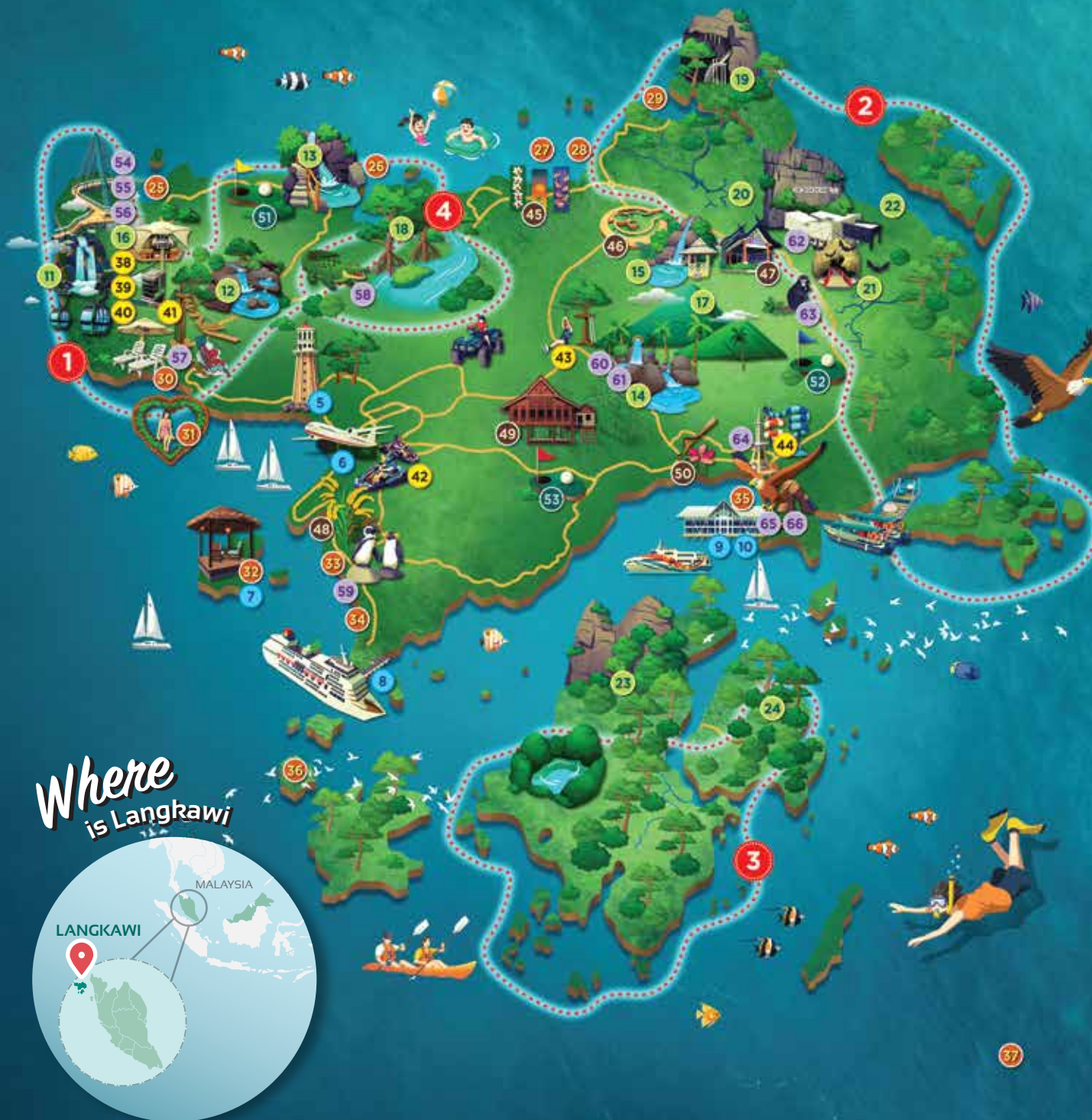
Langkawi is one of the best places in Malaysia if you're looking to take a break, relax by the beach or unwind surrounded by nature. Catering to luxe guests looking for a 5-star spa vacation, or those looking for a more lax holiday and seek to get back to nature or even visitors who like nothing more than to lounge the day away on beautiful white beaches, Langkawi provides you with all you need for your escape to paradise.

Home to Southeast Asia's first UNESCO Global Geopark, Langkawi tantalises all your senses, from amazing expeditions couple with equally epic views as well as a medley of herbaceous local cuisine that serves up a kick to international dining experiences, here in Langkawi we aim to serve all you require for an unforgettable yet serene getaway experience.

CONTENTS

LANGKAWI MAP	2-3
<i>Nature</i>	
1. The Spa, The Datai	
2. Ulik Mayang Spa	
3. Rumah Holistic	
4. Amaala by Ambong-Ambong	
5. Embun Seri Spa	4-7
<i>Heritage</i>	
1. Ayer Hangat Village Langkawi	
2. Pelangi Spa	
3. Alun-Alun Spa	8-9
<i>Indulge</i>	
1. The Ritz-Carlton Spa	
2. The Geo Spa	
3. The Heavenly Spa by The Westin Langkawi Resort & Spa	
4. Iridium Spa at The St Regis Langkawi	
5. Taaras Spa by Berjaya Langkawi Resort	
6. The Danna Spa, The Danna Langkawi	
7. Amooaras Relaxation Spa	
8. Furusato Spa Langkawi	10-13
<i>Speciality</i>	
1. Satkara Spa Langkawi, Casa del Mar	
2. Cocoon Reflexology	
4. LGK Ashi Spa & Massage	
5. Rabbit Hole Spa	
6. Narqes Langkawi	
7. Black Pearl Spa & Reflexology	
8. Sari Dewi Spa, Aseania Resort & Spa	14-19
<i>Budget</i>	
1. Yuan Spa	
2. Bellis Spa Langkawi	
3. Bedrock Island Health & Beauty Centre	
4. Malay Home Spa	
5. Serenity Spa Langkawi	
6. Soul Plants Awakening Spa Langkawi	
7. Hannan Medi Spa	20-23
Spa Glossary	24-25





THE FIRST GEOPARK IN SOUTHEAST ASIA

Langkawi UNESCO Global Geopark (LUGGp) is the only global geopark covering the entire archipelago of 99 tropical islands. Spanning 47,848 hectares, Langkawi can be found approximately 25km north-west of Malaysia on the Andaman Sea. A large portion of the island is made up of flat, plains accentuated by limestone ridges, forests, hills and mountains.

Legends:

Conservation Area:

- ① Machinchang Cambrian Geoforest Park
- ② Kilim Karst Geoforest Park
- ③ Dayang Bunting Marble Geoforest Park
- ④ Kubang Badak BioGeo Trail

ENTRY POINT

- 5. Telaga Harbour
- 6. Langkawi International Airport
- 7. Rebak Island Marina
- 8. Star Cruise Jetty
- 9. Kuah Jetty
- 10. Royal Langkawi Yacht Club

THRILLS & ADVENTURE

- 38. SkyBridge
- 39. SkyCab
- 40. SkyRex
- 41. Skytrex Adventure Langkawi
- 42. Morac Adventure Park Langkawi
- 43. Langkawi Canopy Adventures
- 44. Splash Out Langkawi

NATURAL TREASURES

Waterfalls

- 11. Air Terjun Tama
- 12. Air Terjun Telaga Tujuh
- 13. Air Terjun Temurun
- 14. Air Terjun Lubuk Sembilang
- 15. Air Terjun Durian Perangin

Peaks & Caves

- 16. Gunung Machinchang
- 17. Gunung Raya
- 18. Gua Pinang
- 19. Gua Cherita
- 20. Gua Buaya
- 21. Gua Kelawar
- 22. Gua Langsir
- 23. Gua Pasir Dagang
- 24. Gua Wang Buluh

HERITAGE & CULTURE

- 45. Langkawi Craft Complex
- 46. Ayer Hangat Village
- 47. Galeria Perdana
- 48. Laman Padi
- 49. Kota Mahsuri
- 50. Balai Seni Langkawi

GOLF COURSE

- 51. The Els Club Malaysia
- 52. Gunung Raya Golf Resort
- 53. 99 East Golf Club Langkawi

ATTRACTION

- 54. 3D Art in Paradise
- 55. Machinchang Pet Land
- 56. Oriental Village
- 57. Perdana Quay Eco Marine Park
- 58. Crocodile Adventureland
- 59. Underwater World Langkawi
- 60. Darulaman Sanctuary
- 61. MARDI Agro Technology Park
- 62. Geopark Discovery Centre
- 63. Langkawi Wildlife Park
- 64. MAHA Tower Langkawi City
- 65. Dataran Lang
- 66. Taman Legenda

SUN, SEA & SAND

- 25. Teluk Datai
- 26. Pantai Pasir Tengkorak
- 27. Pantai Teluk Yu
- 28. Pantai Pasir Hitam
- 29. Pantai Tanjung Rhu
- 30. Pantai Kok
- 31. Paradise IOI
- 32. Pulau Rebak
- 33. Pantai Chenang
- 34. Pantai Tengah
- 35. Pantai Lagenda
- 36. Pulau Beras Basah
- 37. Pulau Payar Marine Park



Nature

Langkawi is truly blessed to be surrounded by such awe-inspiring rock formations from millions of years ago, that have for over a millennium given birth to ecosystems found in not as many places as one might imagine. It is this rich link to nature that makes Langkawi and its people thrive and it is this ideology that sustains the island for generations to come.

The healing plants found in these ancient rainforests now bless all who venture here with healing properties used in treatments and oils for massages. They not only rejuvenate but reinvigorate the body, the mind and even the soul.

The Datai Langkawi



The Spa, The Datai

📍 6.4252, 99.6699

The Datai Langkawi embraces the ever-expanding healing found in the rainforest with its age-old traditions and philosophies of the Malay culture known as Ramuan. Situated along a small winding stream surrounded by the sounds and the subtle aromatic scent of the rainforest, The Spa delivers treatments in a natural environment while inducing a sensory journey of overall well-being via relaxation and rejuvenation.

In addition to five spa treatment villas offering Ramuan-based treatments, VOYA's innovative skincare delivers the ultimate holistic skincare experience, creating an equilibrium of inner wholeness and external radiance.

The Spa, The Datai

Jalan Teluk Datai, 07000 Langkawi, Kedah
10.00 am to 9.00 pm / +604-9500 500



Ulik Mayang Spa & Marina

📍 6.2942, 99.7003

Rebak Island's, Ulik Mayang Spa experiences facilitate profound relaxation of the body as well as the mind. Some of the recommended therapies include the Mayang Signature Therapy, which indulges you with a relaxing herbal sauna session, followed by a wrap, scrub and your choice of Malay, Aroma or Balinese massage, a head oil massage, back massage, foot relaxation techniques plus a reflexology and beauty treatment.

Another favourite is the Complete Body Scrub, which is an essential spa technique that clears the skin's surface. Enjoy this relaxing yet invigorating experience of complete body scrub that leaves the skin feeling soft, clean and supple. Finally, The Body Wrap, also called "Body Mask" or "Body Cocoon" treatment, this technique involves the use of detoxifying elements to help the body get rid of toxins through metabolic skin cell stimulation.

Ulik Mayang Spa

Rebak Island Resort Langkawi, Pulau Rebak Besar Peti Surat 125, Kuah, 07000 Langkawi, Kedah
12.00 pm to 9.00 pm / +604 966 5566



Rumah Holistic
- Yoga in Nature



Rumah Holistic
- Natural Fish/prawn Spa

Black-capped Kingfisher

3

Rumah Holistic

6.3704, 99.7158

Rumah Holistic is a spa, wellness & nature retreat that provides you with a simple get away holistic wellness holiday surrounded by lush green forests, flora as well as fauna. Guests are encouraged to follow various wellness programmes, such as daily massages, spa treatments, fruits, vegetables and herb diets, yoga, meditation, Tai Ji Qi Gong, Reiki and nature activities including cycling, morning jungle walking or kayaking in the mangrove, or you can simply have a quiet and peaceful stay to rejuvenate, recharge your body, mind and spirit.

Rumah Holistic also provides training classes for massage from time to time by using easy to learn methods. Guests can also pick up Asian cooking lessons, get to know different types of herbs and spices while on holiday.

Rumah Holistic

Lot 160, Kampung Ranggot Besar, Mukim Padang Matsirat, 07000 Langkawi, Kedah
10.00 am to 6.00 pm / +6019-339 1831



4

Amaala by Ambong-Ambong

6.1629, 99.4354

Amaala means clean and pure and is inspired by the great nature and exotic touch from the local Indigenous people. Using the element of nature to bring the healing concept based on the 7 chakras. Amaala by Ambong-Ambong brings you an experience that honours the healing traditions of the Malaysian indigenous tribes. Inspired by a unique ritual passed down from the older generations practiced together with modern approaches to health and wellbeing results in a tailored one-of-a-kind experience.

The massages offered consist of a collection of massage oils using selected healing essential and natural oils from the rainforest and mangrove plants is designed to harmonise your life force, vital energy, mind, and spirit. Amaala also offers a range of body treatments, hair & scalp treatments, hand and foot therapy as well as uniquely designed body rituals.

Amaala by Ambong-Ambong

Ambong-Ambong Rainforest Retreat

Jalan Teluk Baru, Pantai Tengah, 07000 Langkawi, Kedah

10.00 am to 8.00 pm / +6017-981 1372

Amaala by Ambong-Ambong



5

Embun Seri Spa

6.2108, 99.4305

Located at Langkawi Lagoon Resort, Embun Spa is a day spa and stands on stilts above water in the Sea Village section of the resort. The ambience coupled with the scenic views and professional masseuse makes for the perfect relaxing spa experience.

Embun Seri Spa

Langkawi Lagoon Resort

Lot 78, Jalan Kuala Muda Padang Matsirat, 07000 Langkawi, Kedah
+604-953 3750



Embun Seri Spa



Heritage

The heritage of Langkawi is steeped in myth and tradition, as such it is no surprise that it is alive and well even today. The very name of Ayer Hangat Village comes from a folkloric epic tale when giants battled each other at a wedding feast.

As one of three found across the globe, guests can experience the salt water hot springs found right here in Langkawi or partake in a holistic massage technique that has been passed on through generations at Pelangi Spa and if you're looking to be pampered like king or queen then visit Alun-Alun Spa for a truly royal experience.



Ayer Hangat Village Langkawi

1

Ayer Hangat Village Langkawi

📍 6.4229, 99.8132

A natural approach to better health, let your stress slip away at Ayer Hangat Village, the only salt water hot spring in Malaysia. Ayer Hangat Village Langkawi is a Malay Village Complex that showcases Salt Water Hot Springs (one of 3 in the world), a Malay Wellness Spa & Treatment, Malay Culture and Art, a Sedge Farm with Traditional Crafts, a Mushroom Village and a Permaculture & Herbal Garden.

Take a dip and soak in the Salt Water Hot Springs amidst a traditional Malay Village Setting with a natural backdrop of the lush greenery of sedge fields, while you take advantage of the many benefits of this natural remedy that will leave you relaxed and calm as you journey on to your next destination.

Ayer Hangat Village Langkawi

16, Jalan Padang Matsirat, Ayer Hangat, 07000 Langkawi, Kedah
9.00 am to 5.30 pm / +6011-1950 6460



Pelangi Spa

2

Pelangi Spa

📍 6.2974, 99.7209

Pamper yourself with restorative massages and invigorating treatments as you realign your body, mind and soul. Using holistic massage techniques in a Zen-inspired interior, you'll feel your stress melt away as you leave the spa recharged and ready to embrace your next activity in Langkawi.

Pelangi Spa

Pelangi Beach Resort & Spa Langkawi, Pantai Chenang, 07000 Langkawi, Kedah
+604-952 8888



Alun-Alun Spa

3

Alun-Alun Spa

Whether you are trying to relax and release stress, loosen tense muscles and improve your skin complexion, or just feel like indulging in some self-pampering, Alun-Alun Spa is the place for you.

Walk through the doors of Alun-Alun and be prepared to be pampered like royalty. Indulge in one of Alun-Alun's signatures, tastefully selected treatments and spa therapies to cater your every desire. Choose from a wide range of holistic Asean healing massages, body treatments, facials, and even spa for your nails.

Alun-Alun Spa

• **Kuah Town Branch:**
Bayview Hotel, Level 3
11.00 am - 11.00 pm
+604-966 9366
📍 6.1922, 99.5057

• **Pantai Tengah Branch:**
Tropical Resort, Jalan Pantai Tengah
11.00 am - 11.00 pm
+604-955 5570
📍 6.1649, 99.4403

• **Pantai Cenang Branch:**
Lot 48, Jalan Pantai Cenang
(Opposite Casa Del Mar)
11.00 am - 11.00 pm
+604-953 3838
📍 6.1747, 99.4317

Indulge

Choose from massage, skin and body treatments, nail services, packages and more that cater to your every desire. From couples' rituals at Geo Spa to spa offerings from around the globe such as Malay, Ayurveda, Traditional Chinese Medicine, Turkish, Swedish and Indonesian massages there's something for every guest to indulge in.

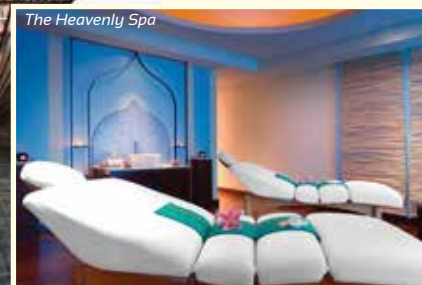
Experience ultimate relaxation at Taaras Spa or indulge in your senses at The Danna Spa using natural products with modern formulations or even calm your mind, relax your body and soothe your soul with traditional Asian beauty recipes made from fresh natural ingredients at Amoaras Relaxation Spa. There's something for everyone who would like to indulge in the finer things in life here in Langkawi.



The Ritz-Carlton Spa



The Geo Spa



The Heavenly Spa



Iridium Spa

1 The Ritz-Carlton Spa

6.3564, 99.6940

With six overwater spa pavilions, this award-winning spa offers an enchanted experience in physical form as the treatment rooms also appear to float on a wave of relaxation. Discover a wide-ranging menu of spa services, inspired by the healing and beauty rituals of Malaysia's shamans and midwives. The Mandi Bunga Inspired Ritual, takes its cue from the bathing rituals of Malay royal houses but instead of dispelling bad energy, this treatment eradicates stress and tension with a combination of massage and fragrant oils, herbs and flowers. Additional services at this resort spa include therapeutic rituals for the face and body, as well as a selection of treatments developed especially for gentlemen. The spa also offers a spacious deck and the island's only hammam.

The Ritz-Carlton Langkawi
Jalan Pantai Kok, Teluk Nibung, 07000 Langkawi, Kedah
+604-952 4888

2 The Geo Spa

6.2648, 99.4838

Indulge in Geo Spa's Raja & Ratu couple's ritual at the Geo Spa, explore the hidden waterfalls, limestone outcrops and mangrove forest, or do absolutely nothing at all as you lounge together in a private pool cabana.

Strengthen your emotional and romantic connection with a rhythmic scrub, massage and warm oil therapy featuring rose, orange blossom and jasmine, followed by a traditional blessing ceremony.

The Geo Spa
Four Seasons Resort Langkawi, Jalan Tanjung Rhu, 07000 Langkawi, Kedah
10.00 am to 9.00 pm / +604-950 8888

3 The Heavenly Spa by The Westin Langkawi Resort & Spa

6.1800, 99.5119

The Heavenly Spa by Westin, the first Heavenly Spa in Malaysia at The Westin Langkawi Resort & Spa, a stunning beachfront property that takes its primary inspiration from the surrounding beauty of Langkawi.

The spa menu is abundant with wellness offerings such as Malay, Ayurveda, Traditional Chinese Medicine, Turkish, Swedish and Indonesian massages. Heavenly Spa uses White Tea products, said to be an elixir of youth due to its antioxidant properties. A warm herbal pouch is applied on my back to release tensions.

The Heavenly Spa by The Westin Langkawi Resort & Spa
Lot 160, Kampung Ranggog Besar, Mukim Padang Matsirat, 07000 Langkawi, Kedah
9.00 am to 9.00 pm / +604-960 8888

4 Iridium Spa at The St Regis Langkawi

6.1751, 99.5140

Iridium Spa is the signature spa experience from the St Regis brand, where each location is honoured with the bespoke touches for a unique spa experience. Iridium Spa Langkawi combines the ancient and modern techniques elevated by the curative essence of tropical botanicals and therapeutic touch of the expert therapists.

The spa consists of six single treatment rooms and two couple treatment rooms, equipped with spa facilities such as steam room and experience shower with water jet. Certain spa treatments here at Iridium Spa Langkawi utilises local produce such as coconut oil for women's massage as well as ginger, pandanus, lemongrass and turmeric.

Iridium Spa at The St Regis Langkawi
The St Regis Langkawi, Jalan Pantai Beringin, 07000 Langkawi, Kedah
9.00 am to 9.00 pm / +604-960 6666

5

Taaras Spa by Berjaya Langkawi Resort

6.3622, 99.6612

Experience ultimate relaxation at Taaras Spa, an oasis of pampering tucked between the breath-taking rainforest and pristine beachside. Its spa therapists have years of experience with focus on providing you with the best wellness treatments.

You will definitely be spoilt for choice with our vast range of facials, scrubs and massages. Why not try the Taaras Signature Massage where a hot poultice consisting of aromatic herbs and spices is applied on pressure points to soothe sore muscles.

Taaras Spa by Berjaya Langkawi Resort
Karung Berkunci 200 Burau Bay, 07000 Langkawi, Kedah
10.00 am to 6.00 pm / +604-959 1888

6

The Danna Spa, The Danna Langkawi

6.2205, 99.4051

Using natural products with modern formulations, The Danna Spa engages the senses on the top floor with a panoramic view of lush greenery and the marina. With five single and two couple rooms, immerse in the spa's restorative powers in total bliss. The perfect way to restore balance to your mind, body and spirit, leaving you inspired with calmness.

See instant and visible results from effective treatments featuring renown products as you release stress and tension while you immerse yourself in total relaxation and let your natural glow shine through with The Danna Spa's signature treatments including scrubs and wraps.

The Danna Spa, The Danna Langkawi
Telaga Harbour Park, Pantai Kok, 07000 Langkawi, Kedah
9.00am to 11.00pm / +604-959 3288



The Danna Spa



Taaras Spa



Amoaras Relaxation Spa



Furusato Spa Langkawi

7

Amoaras Relaxation Spa

6.1627, 99.4358

Calm your mind, relax your body and soothe your soul with traditional Asian beauty recipes made from fresh natural ingredients, Amoaras Relaxation Spa seeks to indulge your senses on Balinese massages and treatments to restore your body's natural flow of energy and rejuvenate your inner glow.

Amoaras Relaxation Spa features five treatment rooms, an aqua medic room, and steam & sauna rooms, combining the art of ancient and modern techniques to rejuvenate one's body, mind and soul.

Amoaras Relaxation Spa
Holiday Villa, Jalan Teluk Baru, Pantai Tengah, Mukim Kedawang, 07000 Langkawi, Kedah
10.00 am to 6.00 pm / +604-952 9999



8

Furusato Spa Langkawi

6.1651, 99.4355

An oasis on a busy intersection, the ambiance of the rooms is pleasant and the music mellow and relaxing. Indulge in a foot massage or a facial that leaves you feeling pampered and rejuvenated.

Guests can also try sunburn treatment that is both enjoyable and soothing at the same time. A mere walking distance from Chenang beach, the spa offers a range of massages for you to relax and indulge in after a busy day soaking in the sights and sounds of Langkawi Island.

Furusato Spa Langkawi
No. 11, 12 Sunmall, Jalan Teluk Baru, Jalan Pantai Tengah, 07000 Langkawi, Kedah
1.00 pm to 10.00 pm / +604-955 6968

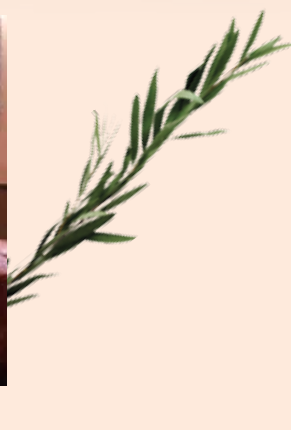
Speciality

Specialty spa services cater to specific needs that you might have at the time. From luxury spa treatments, to couple treatments in a suite with a Jacuzzi for both, day-long packages, hair spa as well as wellness spa.

There's an array of treatments available now to leave guests spoiled for choice. The treatments relax and rejuvenate, so whatever your ailments, we hope our list of specialty spa's can cater to your desired need.



Satkara Spa Langkawi



1

Satkara Spa Langkawi, Casa del Mar

6.1748, 99.4320

The soul of the Satkara Spa is inspired by the solace of the rainforest, the balance of the oceans, the energy of the mountains and the healing effects of human touch while incorporating ancient Malaysian traditions and rituals. Satkara Spa is a space where you can exchange stressed states for tranquillity and embrace treatments that renew energies and evoke delicious relaxation.

Its products have been developed in line with its commitment to rediscovering Malaysian traditions, which were handed down from generation to generation; refining the essence and creating brilliant, all natural synergies. In line with this commitment, where possible, the spa uses traditional, organic and fresh ingredients. All massages begin with a sweet orange oil foot ritual to wash away your worries and prepare for pure relaxation.

Satkara Spa Langkawi, Casa del Mar

Jalan Pantai Chenang, Mukim Kedawang, 07000 Langkawi, Kedah
3.00 pm to 7.00 pm / +604-955 2388

Satkara Spa Langkawi



2

Cocoon Reflexology

6.1714, 99.4347

Cocoon Reflexology provides traditional massage and reflexology in a very clean and spacious environment with a professional masseuse. The reflexology and full body massage uses native products and all massage rooms are clean, comfortable and private, room temperature very nice and smell good.

Inviting with a typical local flair of most massage and reflexology parlours found throughout Malaysia, Cocoon reflexology is known for its speciality treatments to cater to your specific ailments or just to relax.

Cocoon Reflexology

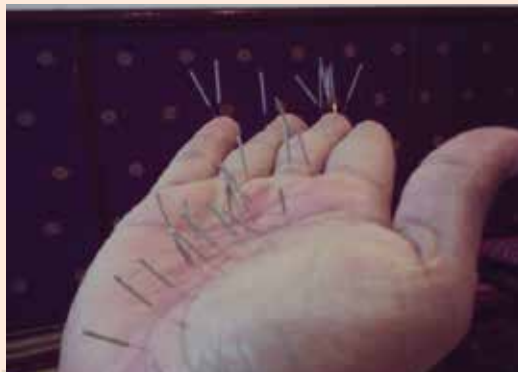
2nd floor, Lot 4, Landcons Hotel, Pantai Chenang, 07000 Langkawi, Kedah
1.00pm – 10.00 pm (Thursday – Saturday) / +604-955 1617



Cocoon Reflexology



LGK Ashi Spa & Massage



3 LGK Ashi Spa & Massage

📍 6.2148, 99.4144

Featuring a foot reflexology lounge, couples' rooms and a whirlpool, cold plunge and cave like chamber with a bubble foot pond LGK Ashi Spa & Massage, offers a variety of body treatments, massages as well as manicure and pedicure services.

Run by a Korean family, the spa incorporates unique herbal mixtures from their home contry such as the Noni fruit which is famed for its antioxidant properties. This quaint yet specialised spa is definitely worth a visit during your stay.

LGK Ashi Spa & Massage

Jalan Pantai Kok, Jalan Kuala Teriang, Kampung Batu Ara, 07000 Langkawi, Kedah
9.00 am – 5.00 pm (Closed Monday) / +604-955 3113



Rabbit Hole Spa

4 Rabbit Hole Spa

📍 6.1617, 99.4356

The Rabbit Hole is whimsically appointed with a secret hideaway feel. The rooms are large, clean and comfortable. Amongst others the spa offers full-body Balinese massages and uses special techniques to aid in tight muscles and knots.

Whether you're a lifelong spa devotee, a newcomer to wellness, or just someone looking to recharge and unwind, Rabbit Hole Spa look is the perfect place to show you how fun it is to feel good. Rabbit Hole Spa are strong proponents of that fact that happiness is one of the key foundations of wellness and that's what their treatment is all about.

Rabbit Hole Spa

Dash Resort Langkawi, Jalan Teluk Baru, Pantai Tengah, Mukim Kedawang, 07000 Langkawi, Kedah
9.00 am to 8.00 pm / +604-955 7171

5 Narqes Langkawi

📍 6.1901, 99.5100

A facial treatment medispa, Narqes Langkawi is said to be a skintelligent spa that aids in all your facial needs, whether you're seeking a natural glow or in need of specific skillsets to tackle your skin woes, Narqes Langkawi is here to help you achieve rejuvenated skin that helps you feel good from the inside out.

Narqes Langkawi

20, Persiaran Dayang 3, Dayang Business Centre, Kuah
07000 Langkawi, Kedah
9.00 am to 6.00 pm / +6016-400 4544

Narqes Langkawi





Black Pearl Spa & Reflexology



Sari Dewi Spa, Aseania Resort & Spa



6 Black Pearl Spa & Reflexology

6.1812, 99.5805

Simply indulge in any of the packages and treatments offered and escape from the hustle and bustle of the high street. Retreat from your day-to-day stresses and find your own peaceful sanctuary, where we'll help you feel renewed and relaxed.

Back pain is experienced by almost everyone at some point. At Black Pearl Spa, your journey will begin with a warm herbal compress to alleviate muscles spasm followed by a rejuvenating back massage to increase mobility and release tension in tissues and muscles.

Black Pearl Spa & Reflexology

Unit 6.1, Fisherman's Wharf, Jalan Dato' Syed Omar, Royal Langkawi Yacht Club Kuah, 07000 Langkawi, Kedah
12.30 pm to 8.00 pm / +604-961 1688



7 Sari Dewi Spa, Aseania Resort & Spa

6.1657, 99.4354

Sari Dewi Spa offers a full complement of therapeutic and rejuvenating massages and body care treatments where the blending of aroma, colour and sound relaxes, replenished and enlivens the spirit. All treatments are conducted in private statement rooms or within the privacy and comfort of your own room or in open air under swaying palms or pool loungers.

The spa offers Sari Malay Traditional, which is the art of "Traditional Malay Massage" passed on from the ancient courts of the Malay Sultanates from generation to generation. The technique focuses on the muscles and pressure applied to various points on the body to rejuvenates your body.

Sari Dewi Spa, Aseania Resort & Spa

Jalan Pantai Tengah, Mukim Kedawang, 07000 Langkawi, Kedah
Business Hours: 10.00 pm to 10.00 pm / +604-955 2020



Budget

Did you know total relaxation doesn't need to break the bank? If you're looking for high-quality rejuvenation but not keen on spending the cash, Langkawi has plenty of wellness to go around.

You might not get the whole luxury experience but you'll get the perks of spending half the money and come out feeling totally rejuvenated. We promise you'll be the same person, but in a more relaxed state of mind.



Yuan Spa



Bellis Spa Langkawi

1

Yuan Spa

6.2751, 99.7338

Affordable with excellent service, Yuan Spa offers professional masseuse services to tend to your every need. Relaxing and enjoyable but tending to your needs, Yuan Spa is the perfect place to go for great services on a budget.

The general ambience of the spa is clean and modern with attractive promotions and is located right across from Camar Hotel. Patrons can choose a variety of aromatherapy oils ranging from frangipani, lemongrass, rose to jasmine.

Yuan Spa
Lot 1697, Jalan Teluk Baru, Pantai Tengah, Mukim Kedawang, 07000 Langkawi, Kedah
12.30 pm to 9.30 pm daily / +604-955 2828

2

Bellis Spa Langkawi

6.3265, 99.8422

Keen to distress with good service at prices that are totally worth it, then Bellis Spa Langkawi is a must-try. With great promotions for every day of the year, Bellis Spa's services range from foot baths, scrubs, oil massages and more.

Bellis Spa also offers special flower treatments at affordable prices ranging from full traditional massages, head, shoulder and back massages, foot treatments, manicures, pedicures and spa refreshing facials.

Bellis Spa Langkawi
41, Langkawi Mall, Jalan Kelibang, Mukim Kedawang, 07000 Langkawi, Kedah
11.00 am to 11.00 pm (Closed Wednesday) / +6012-486 8219 / +604-966 0089



Bedrock Island Health & Beauty Centre



Malay Home Spa

3 Bedrock Island Health & Beauty Centre

📍 6.3218, 99.8503

Indulge in a relaxing & soothing ambiance that helps you recharge & unwind. Bedrock Island Health & Beauty Centre specialises in facial treatments, facial & body waxing-body treatments, body slimming, bridal make-up or dinner & normal make -up, eye lash perming -pedicures, manicures, ear candling and foot reflexology. You can also pamper yourself with traditional, aromatherapy massages or reflexology by professional therapists.

Bedrock Island Health & Beauty Centre
19A, Jalan Pandak Mayah 6, Kuah 07000 , Langkawi, Kedah
12.30 pm – 12.00 am / +604-966 6268

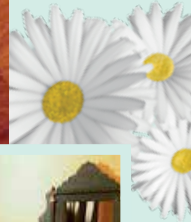
4 Malay Home Spa

📍 6.1736, 99.4330

It might seem charming and quaint from the outside, but the services offered here are said to be amazing. Trained in the old massage ways, masseuses here know exactly where pressure points are needed to relieve your aches and pains.

If you're looking for service that will leave you feeling relaxed and refreshed the next day while also being on a budget then visit Malay Home Spa for a massage experience that caters to your needs without breaking your budget.

Malay Home Spa
Jalan Pantai Chenang, Kampung Lubok Buaya, 07000 Langkawi, Kedah
2.00 pm – 12.00am / +6018-405 4559



Serenity Spa Langkawi



Soul Plants Awakening Spa Langkawi

5 Serenity Spa Langkawi

📍 6.2940, 99.7251

The massage therapy here focuses on severe tension in the muscle and surrounding connective tissue, Serenity Spa Langkawi therapists will consult with you to determine the specific areas of focus, light to medium pressure. A unique combination of Malay, Thai & Balinese massage the treatment here is said to melt away tensions that you might be facing.

A deeply relaxing treatment, using authentic aromatherapy oil and a gentle technique to unlock the level of relaxation coupled with treatment that is gentle but effective for the detoxification of your wellness while encouraging the body to release toxins by assisting the lymphatic system, this spa ensures you will leave feeling rejuvenated from head to toe.

Serenity Spa Langkawi
Address: Lot 2547, First Floor, Pantai Chenang, 07000 Langkawi, Kedah
Business Hours: 2.00 pm to 1 am daily / Contact: 011-55044311

6 Soul Plants Awakening Spa Langkawi

📍 6.1742, 99.4326

If you're looking to unwind and rejuvenate your mind, body and soul with experienced masseuses in the heart of Chenang then Soul Plants Awakening Spa Langkawi is the place to be. Your one-stop full body spa, Soul Plants Awakening Spa has amazing deals that cater to your every need.

Cute pedicures on the go and relaxing full body massages are just some of the many offerings found here. If you're keen on a spa date with yourself that even cater to sports massages and stretching, henna embroidery and even eyelash extensions then contact Soul Plants Awakening for more info.

Soul Plants Awakening Spa Langkawi
2594, Jalan Pantai Chenang, 07000 Langkawi, Kedah
3.00 pm to 12.00 am / +6011-1467 2035

7 Hannan Medi Spa

📍 6.1913, 99.5100

Hannan Medi Spa is a facial spa that has professional beauty experts with in depth knowledge in the pharmaceutical industry. The spa provides beauty treatments at affordable prices. This multi-award-winning medical spa was established by Dr Hannan Yusof, a medical doctor and aesthetician with a mission to help solve skin problems by using High-Tech Facial Machines imported from Korea and the USA.

Hannan Medi Spa
No 25-2, Jalan Mahawangsa 1, Langkawi City Kuah Town,
07000 Langkawi, Kedah
9:00 am to 06:00 pm / +6011-1648 7227



Hannan Medi Spa

Spa Glossary



1 Reflexology

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems. People who practice this technique are called reflexologists.



2 Aromatherapy Massage

Aromatherapy massage is used for a variety of different reasons, including relaxation, pain management, and improved mood. These are also some of the basic benefits of massage therapy. Adding essential oils is thought to enhance such benefits.



3 Herbal Stamp Massage

Herbal stamp massage is a traditional massage technique. Cotton cloth filled with herbs, blossoms and sesame bring essences and flavour, which act positively on body and soul.



4 Urut Melayu

Urut Melayu or Traditional Malay Massage is centred around relaxing the body and mind and involves long, careful strokes that are firm, yet gentle. Pressure is carefully applied to key parts of the body, all the way from the head and face through to the abdomen and down towards the feet. It's all about a slow, natural progression of stretching and kneading that stimulates the nerves and improves circulation.



5 Ayurvedic Abhyanga Massage

Abhyanga is an Ayurveda ritual massage therapy to warm up muscles, loosen trapped endogenous toxins, and improve circulation. Abhyanga oils may be edible grade plain or made from a recipe for deeper healing.



6 Hot Stone Massage

Hot stone massage is a type of massage therapy. It's used to help you relax and ease tense muscles and damaged soft tissues throughout your body. During a hot stone massage, smooth, flat, heated stones are placed on specific parts of your body. The stones are usually made of basalt, a type of volcanic rock that retains heat.



7 Body Polish

Body polishing is a type of full-body exfoliation that removes dead skin cells, promotes cell regeneration, and moisturises the skin. It's often found on spa menus as a way to prepare skin for other treatments, like wraps.



8 Balinese Massage

Balinese massage is a full-body, deep-tissue, holistic treatment. Balinese massage uses a variety of techniques including skin rolling, kneading and stroking, and pressure-point stimulation, combined with the aromas of essential oils.



9 Nuad Traditional Thai Massage

Nuad Thai Traditional Thai Massage is regarded as part of the art, science and culture of traditional Thai healthcare. As a non-medicinal remedy and manual therapy, it involves bodily manipulation in which the practitioner helps rebalance the patient's body, energy and structure to treat illnesses believed to be caused by the obstruction of energy flow along 'sen', lines said to flow through the human body.



10 Body Wraps

Body wraps are a relaxing, moisturising treatment that can sometimes help with detoxification. Body wraps are often done in a darkened room with low lights, soft music, and a massage table.