

Spa Village Cameron Highlands is a unique haven for relaxation and rejuvenation where tea is the foundation for the experience.

The treatments at Spa Village Cameron Highlands feature healing therapies based on produce from the surrounding jungles and ancient tea rituals. This is combined with knowledge drawn from the Orang Asli or 'original people' who have a deep understanding of plants, herbs and flowers that have the power to heal. The Orang Asli utilise a variety of plant parts, including root and bark extracts, leaf poultices and juices in their traditional therapies.

This authentic blending of culture and product is what makes Cameron Highlands such a unique and therapeutic healing retreat.

Throughout Asia bathing rituals are an integral part of physical as well as spiritual cleansing. Bathing is believed to be as important for the mind and senses as it is for the body.

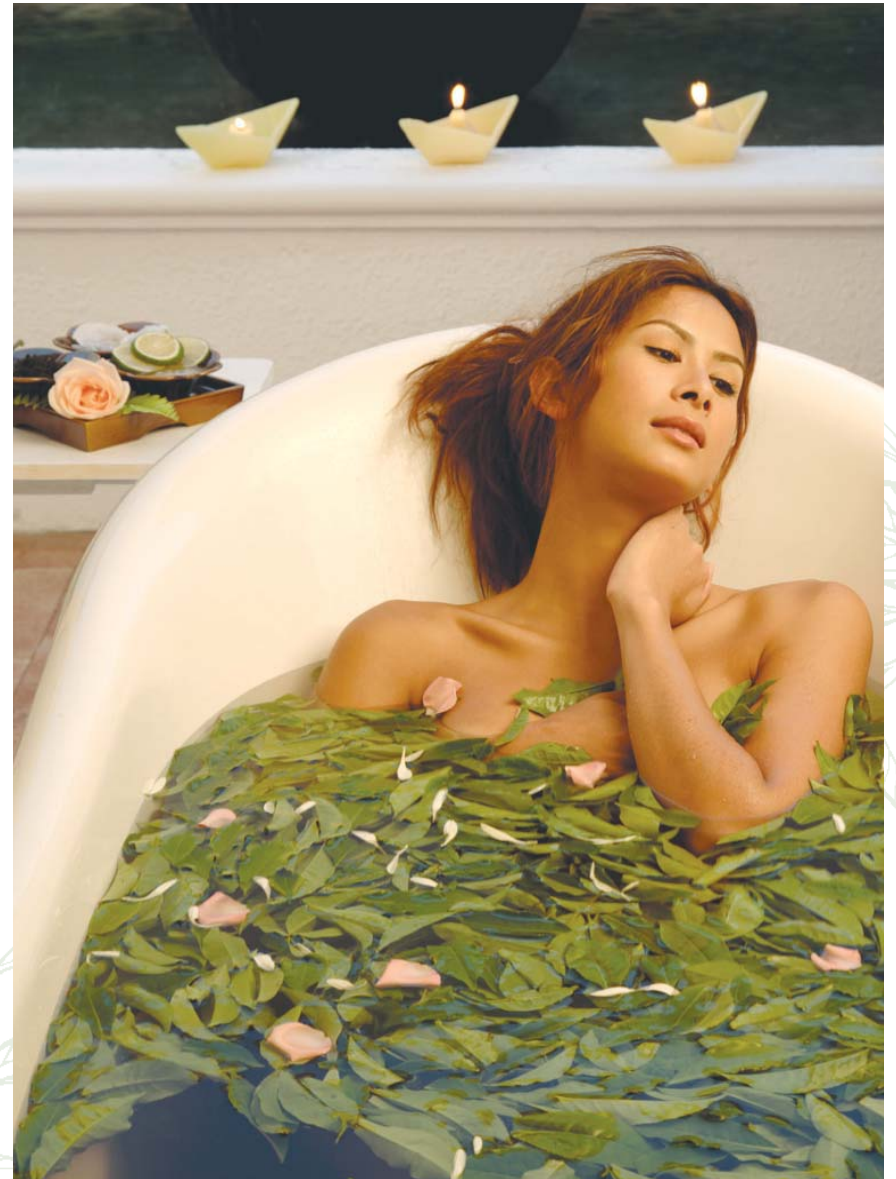
At Spa Village Cameron Highlands, every guest enjoys a signature tea bath before their treatment, a heavenly soak formulated to gently cleanse, nourish and soften the skin.

The tranquil ambiance of the Spa Village in the lush surrounds of the highlands provides the opportunity to let mind and body escape from the pressures and stresses of the world.

## Spa Village Experience

At Spa Village Cameron Highlands, our Spa Village Experience includes a series of body treatments packaged to reflect the therapies and treatments of the individual healing traditions found in the region.





## Rose Garden

The rose, named 'The Queen of the Flowers', has been the enduring symbol of love and beauty from the beginning of history. Roses and the essential oil of rose have been used for centuries to heal the body, mind and spirit. Local lore credits a Scotsman with cultivating the first rose garden in Cameron Highlands in the 1950s. In honour of the first Yellow Champagne Roses, we introduce an 'Anti-Stress' bath, scrub and body massage using an aromatic herbal preparation of fresh Cameron-grown roses, tea leaves and rose essential oil. Rose essential oil is beneficial to all skin types, has aphrodisiac qualities, and is uplifting and calming.

### **YELLOW ROSE TEA BATH \***

A warm soak reduces the effects of stress and promotes relaxation. Rest at leisure as your body is soothed and your skin is pampered while your mind takes pleasure in the enriching and heartening aroma of rose.

### **ROSE PETALS BODY SCRUB**

A soft aromatic and gentle body exfoliation that will slough away dead skin cells, increase circulation and deliver brighter, softer skin. Leaves the skin feeling smooth and refreshed.

### **ROSE AROMA MASSAGE**

For absolute bliss and total relaxation. This treatment nourishes and pampers the skin as well as allowing you to relax in the uplifting aroma of roses.





## Cameron's Mint

Mint has long been acknowledged for its healing properties, and is excellent for improving circulation and boosting the immune system. Mint is known to soften, relax, refresh, hydrate and naturally deodorise your skin and body while refreshing the mind and senses.

### **MINT TEA BATH \***

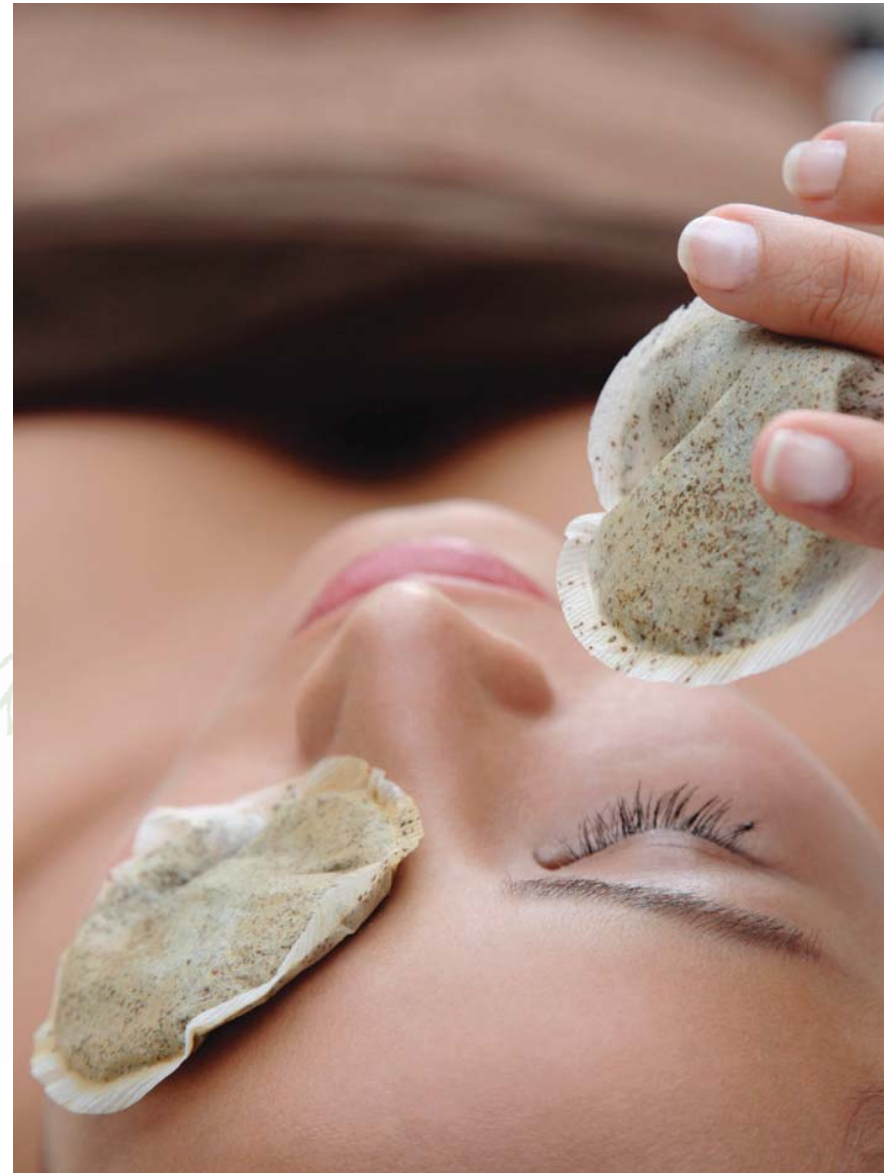

As stimulating as it is relaxing, this bath has the therapeutic properties of mint as an anti-depressant, and it is uplifting, cooling and wonderful for muscle aches.

### **MINT AND THYME BODY SCRUB OR BODY WRAP \***

A gentle body exfoliation treatment designed to help remove dull surface skin cell accumulations, improving circulation and resulting in soft and revitalised skin.

### **MINT MUSCLE RELIEF BODY MASSAGE**

A revitalising massage enables the oils to deeply penetrate into the skin, muscles and joint tissue, smoothing and softening skin while an invigorating blend of mint essence awakens the senses and revives your energy levels.





## Fresh Strawberry Escapade

Strawberries are evocative of an English summer and have been a symbol of purity and passion. Romans cultivated them for their medicinal qualities, believing that strawberries bring relief from depression, infections and fevers, as well as ailments of the kidneys, liver and blood. Centuries later, Madame Tallien, a prominent figure at the court of Napoleon, was reputed to bathe in the juice of strawberries for its healing properties. Pureed fresh strawberries also soften the skin and cool inflammation.

### **STRAWBERRY TEA BATH \***

A beautifully sensual bathing experience. This is the ultimate in relaxation, easing nervous tension and stress while leaving the body rehydrated and mind feeling rejuvenated. Absolutely heavenly!

### **STRAWBERRY BODY POLISH \***

Indulge yourself with this refreshing body buff made of fresh strawberries, yoghurt and crushed oatmeal. Strawberries and yoghurt contain natural alpha-hydroxy acids that help soften and refine skin texture.

### **STRAWBERRY AROMA MASSAGE**

A wonderfully scented treat to rehydrate your skin. This is a luxuriously sublime treatment in which massage techniques blend touch and aroma to create sensations of pleasure and wellness to deeply heal your mind and body while soothing your soul.

## Chrysanthemum & Avocado Escape

Chrysanthemums have a long history of medicinal uses and are still current in the British Herbal Pharmacopoeia. The avocado is a treasury of vitamins, minerals and natural oils. Avocados are rich in skin-soothing vitamin E and the oil is prized for its silky soft texture and superior absorption to moisturise and nourish the skin.

### **CHRYSANTHEMUM FLOWER BATH \***

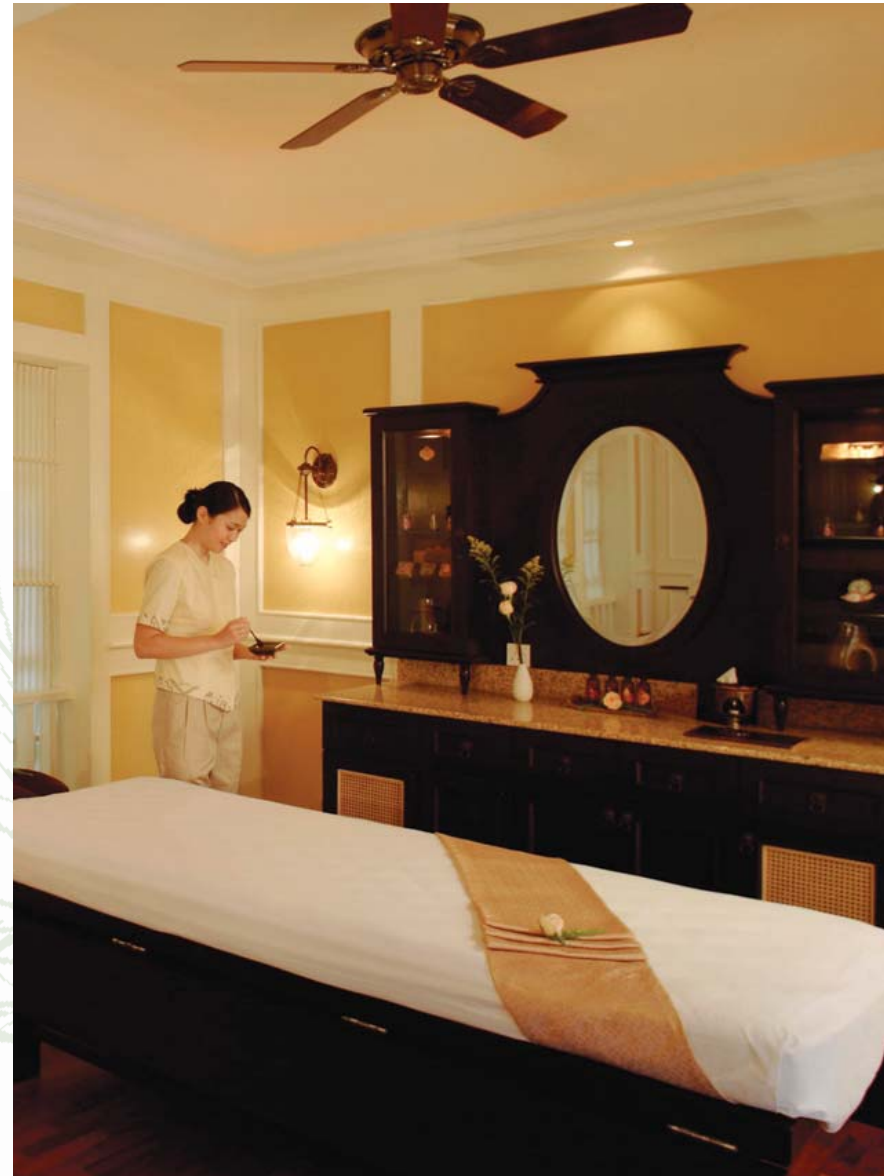
Your escape begins with a Chrysanthemum Flower Bath and signature tea to boost immunity and ease tension. While relaxing, warm flower heads will be placed on your eyes to relieve stress and improve eyesight.

### **AVOCADO OIL MASSAGE**

A full body massage with avocado oil will nourish and maintain skin tone. The massage will be customised to address your individual needs, while it softens rough and dry skin. Following the massage you will be wrapped in warm sheets to enable the nourishing oils to penetrate and soothe the skin.

### **AVOCADO SCALP TREATMENT**

While you are wrapped, your scalp will be massaged with an avocado scalp treatment created to nourish the hair and improve hair growth.



## The Semai

The Semai are the indigenous people or Orang Asli of the state of Pahang. In Orang Asli culture, every forest product has a specific use and the Semai elders have mastered the practices of treating ailments using the plants of the jungle. Their knowledge of traditional medicine has been acquired over millennia. What to the common eye is a shrub or a weed is a precious resource to them. Spa Village is delighted to be able to share some of these jungle secrets in the following treatments:

### Tok Batin Mystical Tradition

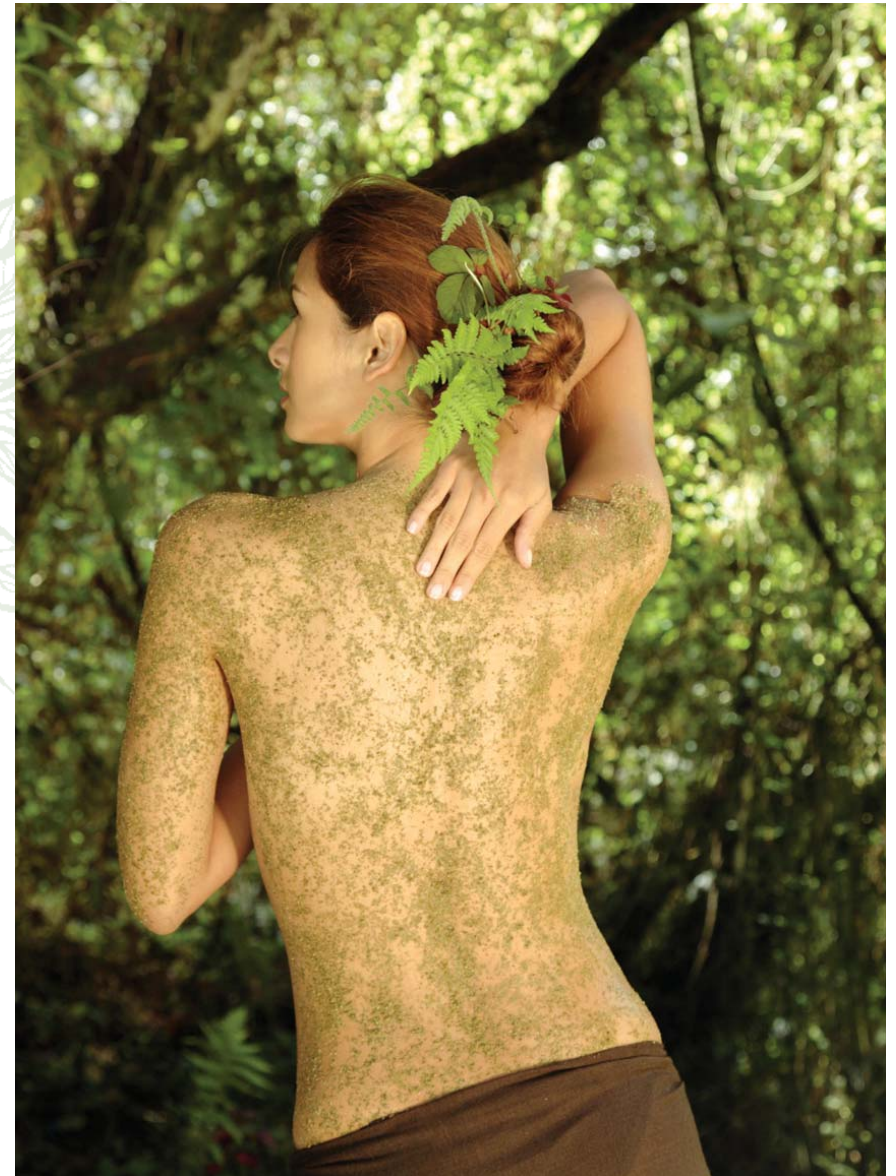
#### For Him

- Mandian Batin \*  
(Hydrotherapy Batin Bath)
- Urutan Batin Massage
- Batin Tangas Wap \*  
(Batin Steam Bath)
- Lulur Batin Scrub
- Cameron Brew

### The Jungle Secrets of Anti-Aging

#### For Her

- Semai Anti Aging Herbal Bath \*
- Minjau Asli Massage
- Muhak Herbal Sitz Bath \*
- Semai Scrub
- Semai Fountain of Youth







## Ala Carte Experience

### Body and Face Treatment

#### **TUNGKU BATU (HEATED STONE THERAPY) \***

Healing with stones is an ancient form of therapy long practiced as an addition to a massage in the Malay and Orang Asli culture. It is a traditional therapy for women in birth confinement and for men to enhance agility. Massaging the body using heated stones helps hasten the elimination of toxins, alleviate joint pains, loosen tense muscles and break down excess fats. Reservations must be made at least 30 minutes prior to this treatment.

#### **CAMPUR-CAMPUR \***

The name 'Campur-Campur' means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, this exclusive signature creation of Spa Village uses touch, tone and aromatherapy to give you a unique and memorable experience. The scent of lemon grass and pandanus leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch.

#### **THE GOLFERS AND HIKERS THERAPY**

After a round of golf, or a good hike through the forest of Cameron Highlands, our Golf and Hikers Therapy will invigorate and restore your body. This massage encompasses a range of deep, rhythmic movements to stimulate muscle tissue, ease tension and relieve muscular aches and pains. The technique soothes and relaxes the whole body with the therapeutic synergy of aromatic essential oils, including ginger, mint and thyme, blended in healing soya and sesame oils.

#### **LAPIS-LAPIS (MALAY HERBAL WRAP) \***

In this treatment, a fresh mixture of lemon grass, ginger, galangal and camphor is applied to the body, which is then wrapped in warm sheets. This is an excellent precedent to a Thai or Malay massage. It helps to detoxify, reduce water retention and relieve joint and muscle pain.

#### **ROSE PETALS FACIAL**

With the ultimate pampering of dried rose petals mask, rose cleanser and rose toner, this fragrant facial cleanses and moisturises the face, leaving it relaxed and silky smooth. This treatment incorporates the European 15 points facial massage to rejuvenate and refresh the skin.



## Massage Therapy

### **SWEDISH**

This classic oil massage works predominantly with the muscles, soft tissues, and joints, utilising long, rhythmic strokes. Please request light, medium or deep pressure.

### **AROMA**

The powerful effects of aroma on the body and mind, combined with a technique designed to elicit the relaxation response makes this massage an ideal choice for anyone who wishes to reduce stress. To ensure quality and achieve the desired effects, we have produced our own blends of aromatherapy oils, with a choice of Relaxing, Purifying or Uplifting.

### **LOMI-LOMI**

An ancient Hawaiian therapeutic technique, passed down through generations by Hawaiian healers, using both gentle and vigorous strokes to ease muscle pain, promote relaxation and result in an overall sense of well-being.

### **MALAY**

The art of traditional Malay massage is passed on from generation to generation. The technique consists of long kneading strokes that focus on the muscles, and pressure applied to various points on the body. This treatment uses oil made with special local ingredients such as turmeric, cinnamon, garlic, onion and citronella, which invigorate circulation.

### **BALINESE**

This massage combines a historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions. Thus, the ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, which provide an invigorating and energising experience for the body.

### **THAI**

An art with an ancient tradition, this method of massage was originally practised only in Thai temples by Buddhist monks versed in the art of healing. This massage is an integral part of the life of the Thai people. It is described as 'Yoga Massage' for its stretching and bending movements. This is ideal for anyone who desires increased energy flow and flexibility. A t-shirt and loose cotton pants are provided.

### **SHIATSU**

Shiatsu is a Japanese pressure point technique based on the concept of acupuncture. Pressure is applied to various body points along energy pathways enhancing the free flow of Chi (life force energy). A t-shirt and loose cotton pants are provided.

### **FOOT MASSAGE**

The theory of reflexology lies in the understanding that the feet have reflex points that correspond to the internal organs and limbs to balance all the functions of the body. By stimulating these points, the circulation of the entire body is improved.

### **FIFTY/FIFTY**

Any two fifty minute treatments per person.

## Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Cameron Highlands including a sarong, slippers, private locker, bath and vanity products.

Services that are listed with a \* symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant.

In consideration of other guests we ask that all cellular phones and pagers be turned off while at the spa. The Spa Village Cameron Highlands is a non-smoking facility.

### OPERATION HOURS

Fitness Centre: 24 hours

Spa Treatments: 9.00am – 8.00pm

### RESERVATIONS

Advance reservations are recommended. If in-house, touch 518/9 between 8.00am and 9.00pm. You may also call Spa Village Cameron Highlands at (605) 491 1100 or email [spavillagech@ytlhotels.com.my](mailto:spavillagech@ytlhotels.com.my). Reservations may also be made through the YTL Travel Centre at [travelcentre@ytlhotels.com.my](mailto:travelcentre@ytlhotels.com.my).

### CHECK-IN

Please check-in at the Spa Reception Desk 30 minutes prior to your first

appointment to enjoy the Tea Bath facilities. We regret that late arrivals will not receive an extension of scheduled treatments.

### FACILITY USAGE

All guests of the Cameron Highlands Resort enjoy complimentary use of the spa facilities with any 50-minute Deluxe scheduled spa service. All prices are subject to change without prior notification.

### AGE RECOMMENDED

The Spa Village Cameron Highlands is appropriate for guests 16 years and above.

### SPA BOUTIQUE

Be sure to visit our Spa Boutique for an array of Spa Village products.

### CANCELLATION POLICY

As a courtesy to other guests and our therapists, please give us 4 hours notice if you must cancel or change any treatments. Without this notification you will be charged in full.

### GRATUITIES

In appreciation of outstanding service, gratuities may be given at your discretion.

### SPA VILLAGE CAMERON HIGHLANDS

Cameron Highlands Resort, By the Golf Course  
39000 Tanah Rata, Cameron Highlands  
Pahang Darul Makmur, Malaysia

Reservations:

TEL +60 5 491 1100 FAX +60 5 491 1900

EMAIL [travelcentre@ytlhotels.com.my](mailto:travelcentre@ytlhotels.com.my)

WEBSITE [www.spavillage.com](http://www.spavillage.com)





# The Spa Village Cameron Highlands Ratecard

Spa Treatment Hours 9.00am – 9.00pm  
(Last treatment starts at 8.00pm)

Contact Details Spa Village Cameron Highlands  
Cameron Highlands Resort, By the Golf Course  
39000 Tanah Rata, Cameron Highlands  
Pahang, Malaysia

Telephone +60 5 491 1100  
Facsimile +60 5 491 1900  
Email [travelcentre@ytlhotels.com.my](mailto:travelcentre@ytlhotels.com.my)  
Website [www.spavillage.com](http://www.spavillage.com)

## Spa Village Experience

SPA TREATMENTS	DURATION	RM
<b>ROSE GARDEN</b>		
– Two Persons	2 hrs	820
– Individual	2 hrs	470
<b>CAMERON'S MINT</b>		
– Two Persons	2 hrs	820
– Individual	2 hrs	470
<b>FRESH STRAWBERRY ESCAPADE</b>		
– Two Persons	2 hrs	820
– Individual	2 hrs	470
<b>CHRYSANTHEMUM &amp; AVOCADO ESCAPE</b>		
– Two Persons	2 hrs	820
– Individual	2 hrs	470
<b>THE SEMAI</b>		
– Two Persons	3 hrs	1170
– Individual	3 hrs	700

## Ala Carte Experience

SPA TREATMENTS	DURATION	RM
<b>BODY AND FACE TREATMENT</b>		
Tungku Batu (Heated Stone Therapy)	100 mins	470
Campur-Campur	100 mins	470

The Golfers and Hikers Therapy	80 mins	350
Lapis-Lapis (Malay Herbal Wrap)	50 mins	235
Rose Petals Facial	50 mins	235

## Massage Therapy

SPA TREATMENTS	DURATION	RM
<b>SWEDISH</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350
<b>AROMA</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350
<b>LOMI-LOMI</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350
<b>MALAY</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350
<b>BALINESE</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350
<b>THAI</b>		
– Deluxe	50 mins	235
– Supreme	80 mins	350

**SHIATSU**

- Deluxe	50 mins	235
- Supreme	80 mins	350

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**FOOT MASSAGE**

- Deluxe	50 mins	235
- Supreme	80 mins	350

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**FIFTY/FIFTY**

Any two fifty-minute treatments	100 mins	410
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*Menu priced in Ringgit Malaysia,  
inclusive of 6% GST*