



Spa Village Malacca resides within The Majestic Malacca, a classic hotel set in a historical building with architectural influences drawn from the Portuguese, the Dutch and the Peranakan Chinese.

Every Spa Village is committed to honouring the healing cultures of the region in which it is located, and this is true for Spa Village Malacca. This unique two-storey spa is the world's first to base its therapies in the healing heritage of the Baba-Nyonya - a unique combination of Chinese and Malay influences.

This rich culture is reflected not only through the therapies, but also within the architecture of the spa, which provides an environment designed to capture the essence of the location.

In the relaxation lounge traditional Peranakan Chinese day beds are bathed in muted sunlight from floor to ceiling windows whilst six private treatment rooms exude refined luxury through finely detailed porcelain wall tiles, ornate silverware and intricate traditional wood carving.

Inspired by the elaborate and colourful 12-day Peranakan Wedding Ceremony, every guest enjoys a pre-treatment experience that includes a soothing hair care ritual that includes washing, combing and scalp massage.

Spa Village Malacca's therapies are molded around a person's cool or warm energies – based on Peranakan belief and inspired by Traditional Chinese Medicine. The various combinations of age-old traditional remedies sourced from indigenous ingredients, are believed to cleanse, replenish and reinvigorate, both physically and mentally.

The Malacca of today is a rich mélange of Dutch, Portuguese, Chinese, Indian and Malay influences that merge to create a fascinating and unique destination, unlike anywhere else on the globe. Spa Village Malacca offers guests a glimpse of this way of life, providing a spa experience that will be like no other.

# Peranakan Signature Experiences

At Spa Village Malacca, our Peranakan Signature Experiences include a series of special body treatments packaged to reflect the therapies and treatments of the individual healing traditions found in the region.

## SUAM-SUAM PANAS EXPERIENCE (WARMING)

- Malacca Palm-Sugar and Honey Body Scrub
- Nutmeg-Rice Rolling Massage\*
- Pandan-Coconut Hair Mask
- Bird's Nest Facial with Fermented Tapioca Mask

## SHIOK-SHIOK SEJUK EXPERIENCE (COOLING)

- Yoghurt-Guava Leaves Body Scrub
- Egg Rolling Body Therapy
- Limau Kasturi-Yoghurt Hair Mask
- Bird's Nest Facial with Star Fruit Mask





## Ala Carte Experiences

### Warming Body Treatments

#### **NUTMEG-RICE ROLLING MASSAGE\***

Spasms occur when body muscles are tight and constricted for a long time. In traditional healing cultures, this painful spasmodic movement is traditionally referred to as 'wind' in the body. This treatment provides relief to individuals who experiences joint and backaches. Nutmeg and rice are massaged onto the body to jointly reduce aches and wind from the muscles.

#### **MALACCA PALM-SUGAR AND HONEY BODY SCRUB**

Malacca palm-sugar is made from the concentrated sap of coconut flowers. It is very rich in mineral salts and essential fatty acids. Honey is not only rich in minerals and vitamins but also in enzymes. These enzymes aid in healing skin tissue. When both Malacca palm sugar and honey are applied, it helps replenish the vitamins and minerals needed for healthy skin. This delicious body scrub is exceptionally good for dry skin.

#### **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 pandan leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch.

#### **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.



## Cooling Body Treatments

### EGG ROLLING THERAPY

This body treatment is beneficial for stressed individuals who are sensitive to heat and prone to tight muscles and cramping. Hardboiled eggs when applied externally have special abilities to settle hyperactivity, calming the mind, settling cramping and swelling, and drawing out excess heat. In this treatment hard-boiled eggs are rolled onto the body followed by a massage.

### YOGHURT-GUAVA LEAVES BODY SCRUB

Similar to yoghurt, guava leaves have natural antibiotic properties. They also help in the efficient opening and closing of the skin's pores and heal stubborn rashes by extracting toxins. This unique combination of the antibacterial yoghurt and guava leaves is used as a body scrub to clean the body of impurities and leaves the skin soft and radiant.

### CUCUMBER ALOE WRAP

A superb after-sun smoothy! Anti-inflammatory and highly recommended for sun sensitive conditions.

## Face Treatments

### BIRD'S NEST FACIAL WITH FERMENTED TAPIOCA MASK (WARMING)

Considered the "Caviar of the East", bird's nest is the dried saliva of a species of swifts found only in the coastal caves of South East Asia. This treatment is excellent for dry complexions as it replenishes facial nutrients and improves micro-circulation. The nutrients from the ingredients are easily absorbed into the skin, leaving it supple and glowing.

### BIRD'S NEST FACIAL WITH STAR FRUIT MASK (COOLING)

Enjoy a treatment once reserved only for the Chinese imperial palaces! In this facial mask, bird's nest with its anti-aging properties is combined with the vitamin-enriched star fruit to hydrate and cleanse even sensitive complexions. Pamper yourself with this remedial facial mask that is viewed as a great luxury in the traditional Peranakan Chinese culture.









## Hair Treatments

*(recommended as an add-on to the pre-treatment experience)*

### PANDAN-COCONUT HAIR MASK (WARMING)

Traditionally believed to relieve mild headache, fragrant pandan leaves are combined with coconut milk to moisturise the hair in this treatment, which is completed with a relaxing scalp massage. It is most suited for those with dry brittle hair.

### LIMAU KASTURI-YOGHURT HAIR MASK (COOLING)

This treatment is a treat for those with oily hair as the combination of calamansi lime and yoghurt cleanses and unclogs the pores. This treatment is completed with a relaxing scalp massage.

## Nail Treatment

Well-groomed and beautiful hands and feet are a necessity for everyone. Our natural manicure and pedicure includes nail and cuticle conditioning, nail shaping and buffing.



# Massage Therapy

Select light pressure for warming energy and deep pressure for cooling energy

## BALINESE

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

## 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, that invigorates circulation.

## 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.





## AROMA

The powerful effects of aroma on the body and mind, combined with a technique designed to elicit a feeling of profound relaxation, 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.

## 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.

## 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.

## 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.

## 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 life for 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 conducted in one session

## FIFTY/FIFTY

Any two fifty minute treatments per person conducted in one session.





## Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Malacca, including a robe, slippers, private locker 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.

### OPERATION HOURS

Spa Facilities: 9.00am – 9.00pm

Spa Treatments: 9.00am – 8.00pm

### RESERVATIONS

Advance reservations are recommended. If in-house, touch 8851/2 between 8.00am and 9.00pm. You may also call Spa Village Malacca at (60 6) 289 8000 or e-mail [spavillagem@ytlhotels.com.my](mailto:spavillagem@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 your pre-treatment facilities. We regret that late arrivals will not receive an extension of scheduled treatments.

### AGE RECOMMENDED

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

### SPA RETAIL

Be sure to visit our Spa Retail for an array of spa products and spa-related merchandise

### 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.

### KIND CONSIDERATION

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

### SPA VILLAGE MALACCA

The Majestic Malacca  
188 Jalan Bunga Raya  
75100 Melaka, Malaysia

Reservations:

TEL +60 6 289 8000 FAX +60 6 289 8080

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

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





## The Spa Village Malacca Ratecard

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

Contact Details Spa Village Malacca  
The Majestic Malacca  
188 Jalan Bunga Raya  
75100 Melaka, Malaysia

Telephone +60 6 289 8000  
Facsimile +60 6 289 8080  
Email [spavillagem@ytlhotels.com.my](mailto:spavillagem@ytlhotels.com.my)  
Website [www.spavillage.com](http://www.spavillage.com)

### Peranakan Signature Experiences

SPA TREATMENTS	DURATION	RM
Suam-Suam Panas Experience (Warming)		
- Double	3 hrs	1170
- Individual	3 hrs	700
Shiok-Shiok Sejuk Experience (Cooling)		
- Double	3 hrs	1170
- Individual	3 hrs	700

### Ala Carte Experiences

SPA TREATMENTS	DURATION	RM
<b>WARMING BODY TREATMENTS</b>		
Nutmeg-Rice Rolling Massage*	100 mins	470
Campur-Campur*	100 mins	470
Malacca Palm-Sugar and Honey Body Scrub	50 mins	235
Lapis-Lapis - Malay Herbal Wrap*	50 mins	235
<b>COOLING BODY TREATMENTS</b>		
Egg Rolling Therapy	100 mins	470
Yoghurt-Guava Leaves Body Scrub	50 mins	235
Cucumber Aloe Wrap	50 mins	235
<b>FACE TREATMENTS</b>		
Bird's Nest Facial with Fermented Tapioca Mask (Warming)	50 mins	235
Bird's Nest Facial with Star Fruit Mask (Cooling)	50 mins	235
<b>HAIR TREATMENTS</b>		
Pandan-Coconut Hair Mask (Warming)	50 mins	235
Limau Kasturi-Yoghurt Hair Mask (Cooling)	50 mins	235
<b>NAIL TREATMENT</b>		
Natural Manicure or Pedicure	50 mins	175
<b>MASSAGE</b>		
Deluxe	50 mins	235
Supreme	80 mins	350
Any two fifty-fifty treatments	100 mins	410

Menu priced in Ringgit Malaysia, inclusive of 6% GST