

The Spa Village at Pangkor Laut Resort is a unique retreat that extols the healing cultures of the region. Malaysia, with its diverse history of people and cultures, and vast abundance of natural resources, provides the backdrop for health rituals that are amongst the oldest in the world. The abundance of Malay, Chinese and Indian practices makes this the ideal setting for complete rejuvenation.

The Spa Village comprises a number of specially built structures designed to facilitate an extensive range of treatments from China, Japan, India, Thailand, Bali and Malaysia. These include eight treatment pavilions, a deluxe Belian Treatment Pavilion, three 'Healing Huts', which include Chinese Herbal, Ayurvedic and Malay Huts, two Bath Houses, three Spa Huts, three Nap Gazebos and a Spa Boutique. 22 beautiful Spa Villas situated over the sea offer direct access to the Spa Village.

Programmes combine physical and spiritual health and well-being, and are based on one of four umbrella concepts: Rejuvenation and Longevity, Relaxation and Stress Reduction, Detoxification, and Romance.

For those seeking to fully experience the health rituals of the region, we recommend that you meet with our Chinese, Ayurvedic or Malay Specialist for a consultation at the beginning of your stay. Our comprehensive approach to health will lend helpful insight to your stay at the Spa Village, as well as life-long tools for vibrant living.

Your treatment at the Spa Village will begin with our unique Bath House Ritual, representing various bathing traditions from around Asia.

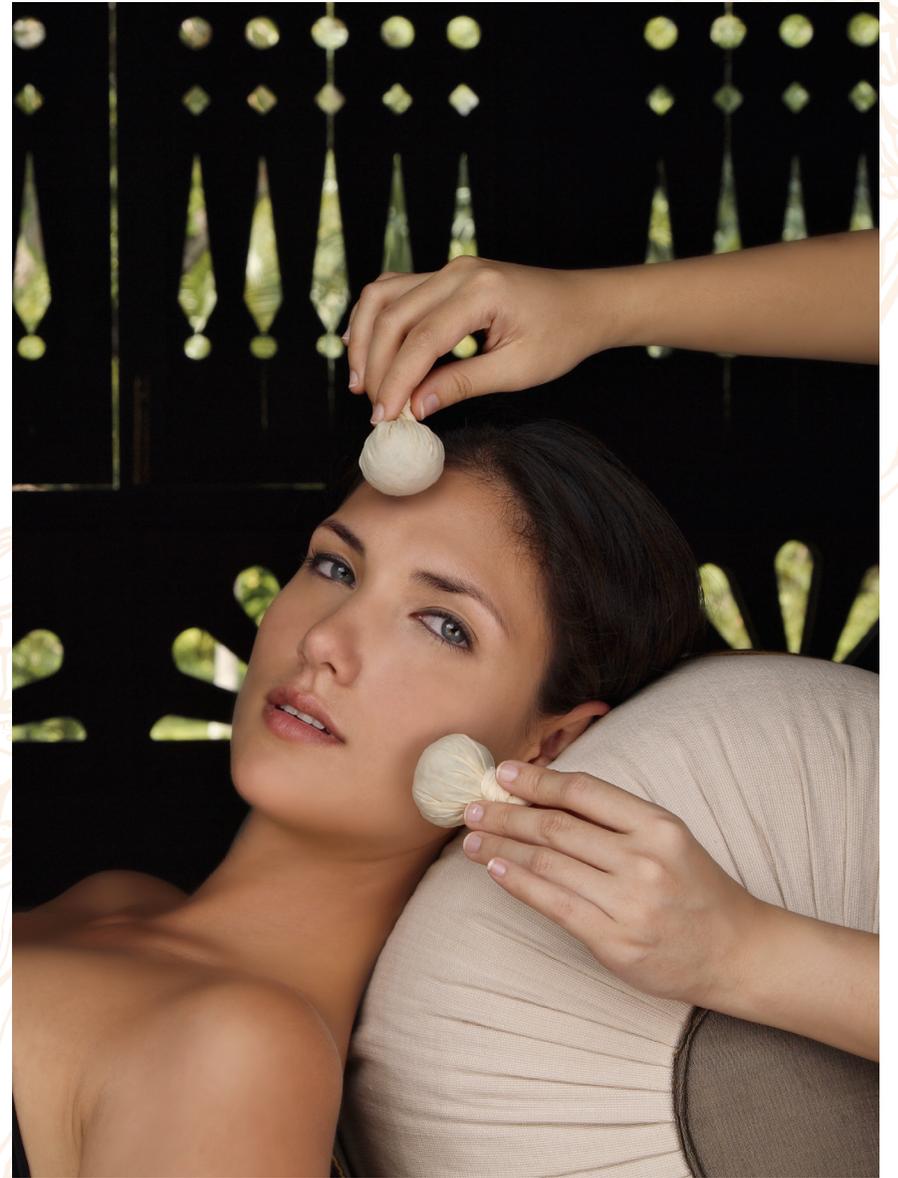
This starts with a soothing footbath and an invigorating Chinese Foot Pounding, previously only enjoyed by the concubines of feudal China. From there you will be escorted to the Bath Houses to enjoy the traditional Malay 'circulating' bath, and a Japanese-style cleansing with a 'goshi-goshi' cloth, followed by a dip in the heated Rotenburu pool.

Our professional spa staff will then give you a gentle exfoliating wash with our signature Shanghai Scrub. In Shanghai, this is traditionally offered exclusively to males. After your scrub, enjoy a cup of calming tea in our tranquil surroundings before you begin your spa treatment.

We recommend you allow forty-five minutes before your treatment to enjoy our Spa Village facilities.

All of our treatments are conducted in private spa pavilions. Please choose from the following list of treatments or design your own day with the Ultimate Spa Experience, Couples Spa Experience, Traditional Spa Experience or Custom Spa Experience. Our Spa Co-ordinators will be happy to customise your visit to the Spa Village. As a memento of your experience with us at Pangkor Laut, a Batik Sarong is presented daily with treatments.







Spa Pavilion Experience

ULTIMATE SPA EXPERIENCE (FOR TWO PERSONS)

Relax in the luxurious seclusion of the Belian Spa Pavilion. This is an exclusive retreat with its own outdoor whirlpool, yoga pavilion, nap gazebo, steam room and private treatment area. The pavilion is yours to enjoy various treatments, relax by the spa pool, or visit the garden, herbal shop, and other features of the Spa Village. You have the option of a half-day (four hours) or a full day (eight hours) experience, with your choice of treatments and activities.

For a half-day session, we suggest that you begin with a signature bath of your choice, followed by a deluxe massage and custom designed facial.

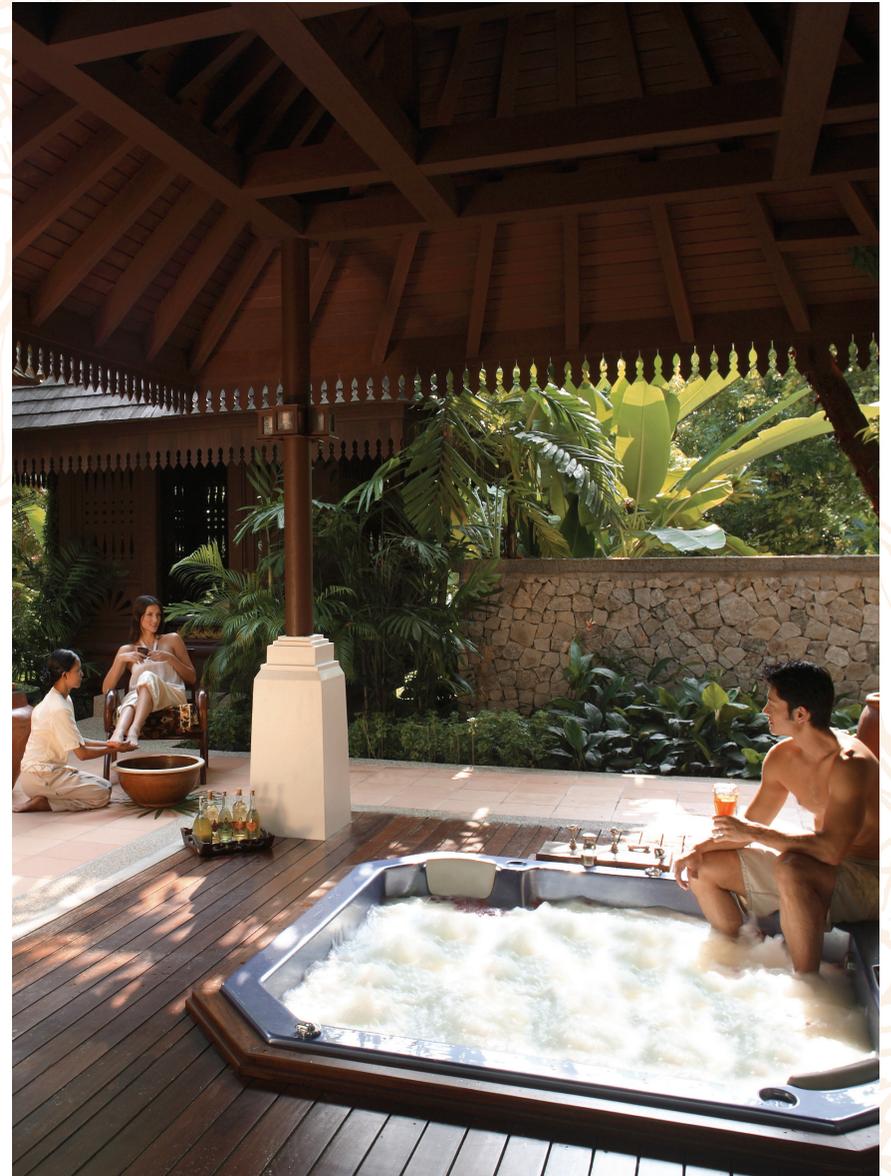
Your full day experience may begin with a private yoga session, followed by a body wrap of your choice with a Coconut Crème Hair Treatment, and a signature bath to end the morning session. After a short break, indulge in a body massage followed by a facial and a signature manicure and pedicure.

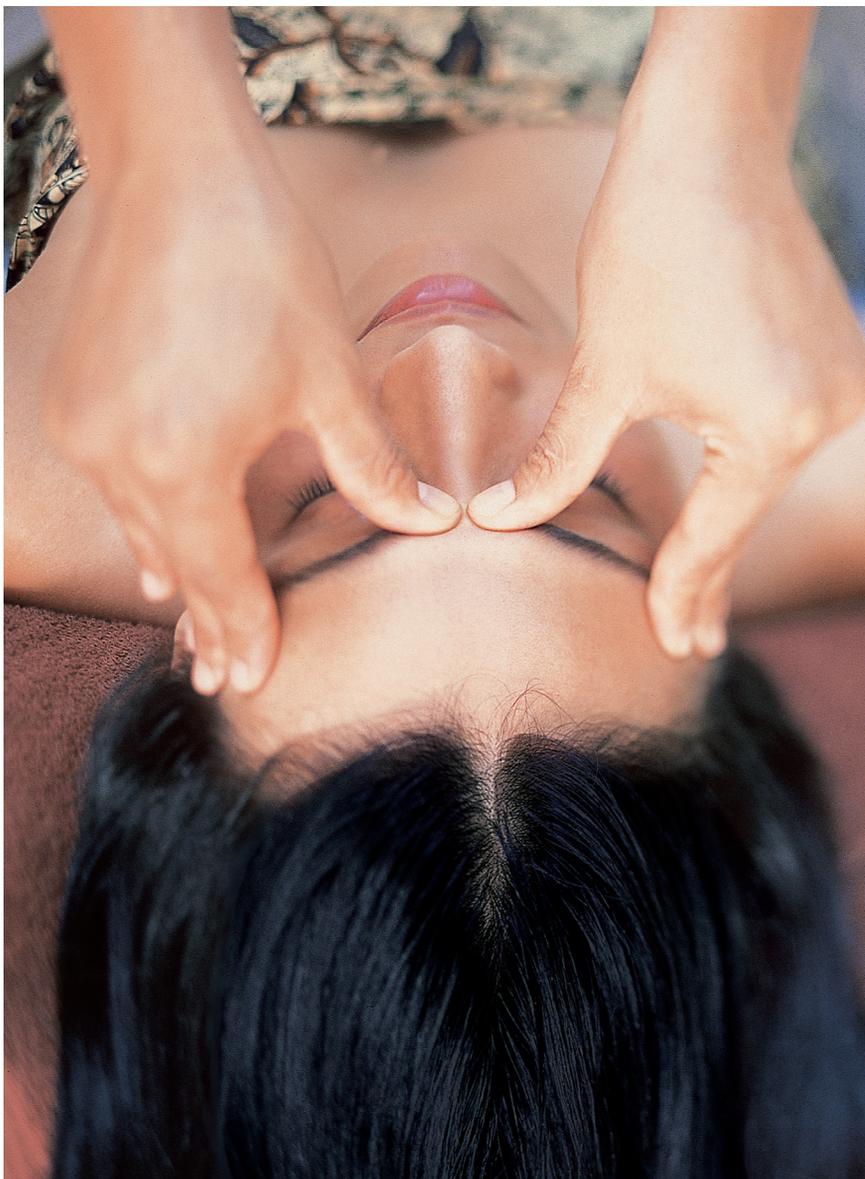
COUPLES SPA EXPERIENCE (FOR TWO PERSONS)

A Malay wedding ceremony is renowned for its pomp and pageantry, practised for hundreds of years from generation to generation. On the day of the wedding, the couple is often called King and Queen of the day or in Malay, *Raja Sehari*.

The custom of preparing the bride and bridegroom is a highly treasured family secret in the Malay world. Traditional Malay wedding culture seeks to prepare the wedding couple holistically, involving the mind, body and spirit.

At the Spa Village our Couples Spa Experience includes a series of special body treatments for her and for him, based on these ancient Malay wedding traditions. The Secrets of Puteri Lindungan Bulan and Panglima Bukit Gantang are highly fitting royal treatments for a warrior and his princess.





For Her

Royal Secrets of Puteri Lindungan Bulan

URUTAN GAMELAN (MALAY TRADITIONAL MASSAGE)

The healing powers of this deep tissue massage treatment stimulates the energy points and helps to loosen and warm up the muscles while it relaxes, detoxifies and rejuvenates the body and soul. The exotic and aromatic body oil made of selected flowers such as jasmine and tropical magnolia keeps the skin smooth and silky while the aroma soothes the mind.

IKAL MAYANG (HAIR CREAM BATH)

Ikal Mayang is a Malay hair treatment ritual practised by royal princesses renowned for their long, glossy and silky tresses using a combination of coconut oil, rice paddy stalks and pandanus leaves.

BOROS (FACIAL AND BODY SCRUB)

Feel the touch and the lingering scent of the traditional herbal facial massage and aromatic whitening herbal body scrub of selected herbs such as turmeric and galangal. It cleanses, firms and whitens the entire body whilst helping to loosen up dead surface cells of the skin, promoting the growth of new cells and imparting a healthy radiance to the skin.

BERSIRAM (FRAGRANT MILK BATH)

Indulge yourself by immersing the entire body in the specially prepared milk bath of scented flower buds and petals such as jasmine, rose and tropical magnolia to moisturise the skin and uplift the spirit.

UKUP WANGI (SCENTED BODY STEAMING) *

The hauntingly fragrant scented sauna of jasmine and rose water penetrates the skin and leaves the entire body fresh, fragrant and radiant.

UBAT PERIUK (HERBAL TONIC DRINK)

An earthen-pot-prepared remedy of scented herbal roots and flower buds is a special tonic believed by some to be the secret of anti-aging.

For Him

Bukit Gantang Warrior Treatment

URUTAN PANGLIMA (WARRIOR MASSAGE)

The deep tissue massage strokes manipulate the fascia by ungluing and freeing the fibres. The tissues become warm with the increased blood circulation to the whole body, allowing regained vitality, structural alignment, and flexibility.

IKAL-IKAL (HERBAL HAIR ROOTS TREATMENT)

A simple herbal hair wash and conditioning treatment that protects the scalp and promotes healthy hair, leaving you with a fresh feeling of lightness.

BOROS AKAR (HERBAL ROOTS SCRUB)

A series of deep rubbing strokes on the muscles with a herbal root combination of galangal and ground turmeric to tone, restore and enliven the muscles and skin to a perfect firmness and healthy glow.

MANDIAN REMPAH RATUS (HERBAL SPICES BATH)

Immerse yourself in the herbal spice bath infusion of kaffir lime and fenugreek, a natural remedy and age-old custom to restore body strength and muscle firmness.

MANDI WAP MINYAK HERBA (HERBAL OIL STEAMBATH) *

Inhale the herbal essential oil as a luxurious addition to the steam bath. The oil clings to the skin and penetrates through the pores, lifting the spirit to complete relaxation.

AKAR PERIOK (HERBAL ROOTS TONIC DRINK)

The 'warrior' treatment concludes with a special herbal roots concoction brewed in an earthen pot, sweetened with exotic pure jungle honey as a tonic drink renowned for anti-aging for men.



Traditional Spa Experience

Choose from six different 3-hour packages, each encapsulating the therapies and treatments of the individual ethnic healing traditions found in the region. This is an excellent introduction to the various therapeutic arts, while each menu is designed to refresh, renew and rejuvenate. A Spa Village gift is presented with each package.

Ayurvedic Day

- Yoga Class
- Ayurvedic Specialist Consultation
- Bath House Experience
- Siro Lepam (Ayurvedic Hair Care)
- Mukha Lepam (Ayurvedic Facial)
- Abhyanga (Ayurvedic Massage)

Chinese Day

- Chinese Specialist Consultation
- Bath House Experience
- Gu Fang Xun Shen (Ancient Body Smoking) or Jin Pao Shou Jiao (Herbal Hand and Foot Soak)
- Tui-na An-mo (Massage) or Chinese Herbal Wrap *
- Mian Bu Hu Liao (Chinese Herbal Facial)

Western Day

- Bath House Experience
- Moor Mud Body Wrap or Aroma Massage or Swedish Massage
- Sundari Facial
- Standard Manicure

Malay Day

- Bath House Experience
- Coconut Crème Hair Treatment
- Lapis-Lapis (Malay Herbal Wrap) * or Cucumber Wrap
- Campur-Campur (Signature Body Treatment)

Royal Secrets of Puteri Lindungan Bulan (Ladies)

- Bath House Experience
- Malay Specialist Consultation
- Urutan Gamelan (Malay Traditional Massage)
- Ikal Mayang (Hair Cream Bath)
- Boros (Facial and Body Scrub)
- Bersiram (Fragrant Milk Bath)
- Ukup Wangi * (Scented Body Steaming)
- Ubat Periuk (Herbal Tonic Drink)

Bukit Gantang Warrior Treatment (Gentlemen)

- Bath House Experience
- Malay Specialist Consultation
- Urutan Panglima (Warrior Massage)
- Ikal-ikal (Herbal Hair Root Treatment)
- Boros Akar (Herbal Roots Scrub)
- Mandian Rempah Ratus (Herbal Spices Bath)
- Mandi Wap Minyak Herba * (Herbal Oil Steambath)
- Akar Periok (Herbal Roots Tonic Drink)



Custom Spa Experience

Enjoy one of our 25-minute baths, followed by your choice of massage or facial (*excluding Sundari Neem & Sundari Detoxifying Facial*) in the privacy of one of our beautifully appointed and tranquil Spa Pavilions.

Please choose from the following signature baths:

SEAWEED BATH

This bath is an excellent choice for those seeking to rejuvenate and detoxify their bodies. We recommend enjoying this bath daily to experience the greatest benefits.

MANDI SUSU

'Susu' in Malay means milk, while 'mandi' means bath. Milk, known for its nourishing value, is used in this bath to soften and moisturise the skin.

MALAY FLOWER BATH

You will be immersed in the fragrance and petals of Malaysian flowers, an aromatherapy experience like no other.



Ayurvedic Hut

Ayurveda is an ancient Indian healing tradition meaning 'science of life'. The wisdom of this tradition is available at the Spa Village. The Ayurvedic Hut offers a variety of individual treatments and treatment programmes. To participate in an Ayurvedic treatment, it is necessary to have an evaluation by our Ayurvedic Specialist, who will then recommend the medicated oils and other products for the treatments. By learning your body constitution or 'Prakruthi', you will gain life-long insight into maintaining balanced health.

Ayurvedic oil therapy purifies the body by eliminating the vitiated inner principles of the body. This strengthens the internal organs, nervous system, muscles, and bones and regulates the digestive system. It improves circulation causing the body to flush out its waste products more efficiently, thus promoting vitality, strength, stamina, flexibility and youthfulness. It is especially excellent for delaying the aging process.

Individual Treatments

ABHYANGA

This is a simple oil application with a gentle rubbing using warm prescribed herbal oil. This has been found to expel toxins, alleviate fatigue, delay aging, improve blood circulation, enhance the immune system and rejuvenate the body.

UDWARTHANAM

This is a special treatment to tone the muscles, reduce fat and alleviate water retention in the body. A course of this treatment can reduce body weight. The technique consists of the gentle application of prescribed oil followed by the rubbing of herbal paste in the opposite direction of your energy flow.

ABHYANGA AND MUKHA LEPAM

This simple oil application with prescribed oil is combined with a special herbal paste on the face to refine and improve the skin texture along with the effects of Abhyanga.

ABHYANGA AND SIRO LEPAM

This treatment starts with the application of prescribed oil on the head and the application of prescribed herbal paste for the scalp and hair, followed by a traditional Indian oil massage. This strengthens the hair follicles, helps to treat thinning hair along with total body rejuvenation.

DINACHARYA

This special Ayurvedic body treatment starts with the cleansing of the five sensory organs followed by a traditional Indian massage. Then the body is steamed with a special herbal pouch to open the body channels and nourish all five sense organs. Simple attention paid daily to our sense organs can lead to a qualitative change in the overall health status of the body and mind.

Specialist Recommended Healing Programmes

All programmes are designed to relax, rejuvenate and revitalise the body along with their special curative effects. Programmes are conducted only as a continuous course for 7 days, 14 days, 21 days and 28 days. A preparatory oil treatment (Abhyanga) is necessary before the start of all the programmes. In order to achieve the best results, we advise that you follow the diet and other restrictions recommended by our Specialist.

THAKRA DHARA

This is a process in which medicated buttermilk is poured in a continuous stream on the forehead in a prescribed manner after a simple application of medicated oil. This soothes the nervous system, relieves insomnia, stress, rashes on the scalp and all kapha-aggravated disorders.

SHIRO DHARA

In this treatment, prescribed herbal oil flows continuously over the forehead after an application of medicated oil to the entire body. It is designed to calm the central nervous system and restore equilibrium of all Doshas (Vatta, Pitta and Kapha). This is also highly effective for chronic headaches like migraine.

PIZHICHIL

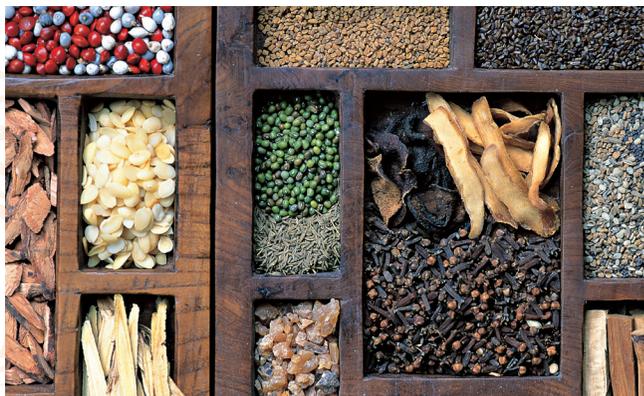
The prescribed warm herbal oil is continuously poured and synchronized with massage all over the body. This is highly effective in all skeletal and muscular diseases, osteo-arthritis and neuropathy. The lasting effects of this profoundly relaxing therapy must be experienced to be believed.

NAVARAKIZHI

The body is rubbed with hot wrapped bundles of Navara rice cooked in a herbal milk concoction, after a full body application of prescribed oil. This improves and strengthens the muscles, removes toxins and revitalizes the body. This treatment was used in olden times for warriors and those seeking longevity.

YOGA

Yoga is a discipline that combines physical postures with relaxation techniques to unite the body and mind. Originating in India, it is the oldest system of personal development known to man, encompassing body, mind and spirit.



Chinese Herbal Hut

The essence of traditional Chinese healing is to see the body as a harmonious whole. Health is achieved by maintaining the body in a delicate balance of Yin and Yang, which are mutually dependent opposites. Yin is the dark side of the mountain, cool, passive and still. Yang is the bright side of the mountain, warm, active and open. The body's harmony is also based on the interplay of five elemental forces represented by earth, metal, water, wood and fire. Each of these elements corresponds to an internal organ as well as emotions, tastes, colours and sounds. When a correct balance of forces exists, Qi, the essential life force, flows smoothly through Meridians connecting the organ systems.

Specialist Recommended Healing Programmes

TUI-NA AN-MO (MASSAGE)

One of the major differences between Chinese massage and other systems of massage is the focus placed on the acupoints and directional flow of the subtle channels in the body. Tui-na massage is more than a system of relaxation and tension release. Although attention is also placed on the tendo-muscular system, the focus on the subtle channels allows one to influence the organs on a deeper level and treat complex complaints.

TUI-NA AN-MO AND GU FANG XUN SHEN (ANCIENT BODY SMOKING) *

This is a traditional technique to rid the body of negative energies. The whole body will be smoked with special focus on several points. According to classical Chinese healing, treatment will be less efficacious if patients have traces of unwanted negative energies lingering around their bodies. The herbs used as incense, with acorus roots as major ingredient, have a potent cleansing effect.

TUI-NA AN-MO AND JIN PAO SHOU JIAO (HERBAL HAND AND FOOT SOAK)

Soaks keep the limbs smooth and flexible, improve circulation, reduce aches and pains and prevent arthritis. Among the herbs used are cinnamon twigs and angelica roots, which can promote circulation, remove excess dampness and 'wind' in the body.

TUI-NA AN-MO AND QUAN SHEN JIN YU (HERBAL BATH)

A warm herbal bath infusion specially blended for the balancing of Yin and Yang dominance of the body. The Yin body would need a warming herbal formulation while a Yang dominance, a cooling one. Besides harmonizing both the Yin-Yang principles in the body, these can also support and complement various weight-loss programmes.

TUI-NA AN-MO AND CUPPING OR MOXABUSTION *

Cupping is a technique where bamboo or glass cups are heated to create negative pressure and then applied immediately on the skin. This method has various therapeutic benefits, but the primary effect is the removal of heat and wind in the body. Moxabustion uses a lighted herbal stick (like a cigar) to heat up various acupoints in the body. It has the primary benefits of dispelling cold, promoting circulation and activating the points in the body. The choice of techniques, and their combinations, will be recommended after consultation with our Specialist.

TAI CHI QUAN

Tai Chi Quan is an extensive system of therapeutic breathing, postural and moving exercises, designed to develop inner stamina and circulate energy. Not only is the physical body exercised, but the energy systems of the body are also stimulated and mental functions enhanced.



Malay Hut

Traditional Malay medicine and treatment is a national treasure house of health disciplines that have been handed down from generation to generation. With a history of more than a thousand years, the practice is believed to have its origin in the convergence of Malay, Arab, Indian and Chinese influence during the days of the Malacca Sultanate.

The Malays believe that the human body is made up of 4 elements, being Earth, Water, Fire, and Wind. A proper balance of all 4 elements is required for the total harmony of the mind, body and spirit. Therefore, the treatments offered are designed to seek a balance of all 4 elements for total physical and spiritual well-being.

Malaysia is blessed with one of the oldest tropical rainforests in the world, with an abundance of natural vegetation with healing properties. Malay herbal treatments use a combination of various indigenous herbs and plants, which contain natural vitamins, minerals and curative properties such as galangal, turmeric, piper betel and henna leaves.

At the Spa Village, these long held health and beauty secrets are revived. Treat yourself to the rich traditional formulation of age-old customs, a unique blend of natural ingredients and remedies for total health and beauty in the authentic Malay tradition.

Specialist Recommended Healing Programmes

UKUP WANGI (SCENTED BODY STEAMING) *

This stimulating ritual was a popular practice in the Malay court houses among the princesses and court ladies in preparation for the wedding night. The warm oil with the exotic fragrance of a combination of several flower buds and sweet spices is rubbed onto the body. The heat and moist air from the zip-up bag awakens the skin and muscle tone to a firm, radiant and smooth texture. Ukup Wangi leaves a hauntingly fresh sweet aroma, while stimulating your senses.

RENDAM-RENDAM (SITZ BATH) *

This treatment has been practised among Malay women from generation to generation for the wellness of the genital organs and the firmness of the vaginal muscles as they age. The curative properties of the natural antiseptics of piper betel and black seed relieve and soothe irritations from fungal infections and heavy discharge as the body is immersed in the specially prepared herbal concoction. It is highly recommended for piles and genital discomfort and also helps to strengthen the uterus after childbirth and menstruation.

SESEGAR BAYU (BODY REJUVENATING TREATMENT)

The relaxing Malay massage using long rhythmic strokes and thumb rolling techniques soothes every nerve and lulls the soul. Let your spirit float in ecstasy as the aromatic zip-up bag scented with kaffir lime and pandanus leaves envelops your body, helping you to relax deeply and discharge pent-up feelings of stress. Refine the skin and stimulate blood circulation with the herbal body scrub before indulging in the freshly brewed herbal bath for total bliss.

JARI-JEMARI (HAND AND FOOT SOAK)

This treatment is an indulgence for the senses. First, both the hands and feet are soaked in a warm herbal bath. You can feel a tingling sensation as the herbs work their way to help relieve aches, improve circulation, reduce inflammation and joint conditions. Secondly, a scrub and massage to soothe and pamper your tired limbs follow this soak.

PRIVATE CONSULTATION

Ayurvedic Specialist • Chinese Specialist • Malay Specialist

Ala Carte Experience

Body Treatments

CAMPUR-CAMPUR

The name Campur-Campur means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, our special creation uses touch, tone and aromatherapy to give you a 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.

JAVANESE LULUR TREATMENT

Originating from the royal palaces in Java, Indonesia, this is a traditional treatment using herbs and spices. It begins with a Balinese massage to rejuvenate your body, followed by the Lulur to exfoliate the skin. Fresh yoghurt is splashed onto the skin for nourishment. You will then bathe in warm herbal floral water while enjoying a soothing cup of ginger tea. This treatment concludes with a moisturising application of body lotion.

THAI HERBAL MASSAGE

This treatment starts with a traditional Thai massage. A prakop pouch of steamed lime leaves, lemon grass and other Thai herbs is then gently pressed along the meridians of the body. This exotic and relaxing treatment increases circulation and energy flow, removes toxins from the muscles, reduces water retention, and increases joint and spine flexibility.



Massage Therapy

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.

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.

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 tempos of acupressure, rolling motions, long strokes and percussion, which provide an invigorating and energising experience for the body.

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.

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 aroma-therapy 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.

HOT STONE *

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. Massaging the body using smooth, heated basalt river rocks and Swedish massage techniques, the body deeply relaxes as the warm stones melt away the tension and stress.
Reservation has to be made at least 30 minutes prior to treatment.

ENOLA'S FOUR HANDED LOMI-LOMI

Our Four Handed massage is a choreographed rhythmic massage performed by two therapists. This extremely relaxing massage helps the body release toxins and enhances the immune system.
Available as a 50-minute Deluxe massage only.

Skin Care

Originating from the Himalayan region and using 100% natural essential oils, Sundari is an anti-aging skin care range, based on the 5,000 years of Ayurvedic wisdom and philosophy:

SUNDARI FACIAL

Suits all skin types; balances and revitalizes.

SUNDARI NEEM

Hydrates, firms, improves skin elasticity and is especially beneficial for mature skin.

SUNDARI DETOXIFYING

Nourishes skin; eliminates impurities and toxins. Leaves skin supple and glowing.

MIAN BU HU LIAO (CHINESE HERBAL FACIAL)

This treatment begins with a traditional snuff of aromatic herbs that clears the nasal passages, relieves headache and sharpens the senses. It 'wakes up' all the senses – eyes are brighter, hearing sharper and taste becomes more refined. Followed by a warm Mulberry facial wash, a Sandalwood and Winter Melon scrub to exfoliate dead skin, and an acupuncture massage to tone the facial tissues. It ends with a mask of crushed pearls and ginseng. This is a secret held exclusively by the concubines of Imperial China, behind the closed doors of the Forbidden City.

MUKA BERSERI-SERI (MALAY FACIAL)

Using traditional Malay herbs of turmeric and wild ginger, this facial incorporates Malay style massage and skin toning with a herbal pouch.

MUKHA LEPAM (AYURVEDIC FACIAL)

The Ayurvedic tradition defines the secret to beauty as being in the development of inner and outer health. While one gains inner beauty through the practice of meditation and virtues, outer health is enhanced through the application of prescribed herbal pastes on the face which help to refine all skin types.

Nail Care

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. The Signature Manicure includes exfoliation, paraffin wax and arm and hand massage while the Signature Pedicure includes exfoliation, paraffin wax and foot and lower leg massage.

Hair Care

COCONUT CRÈME HAIR TREATMENT

Coconut oil has been used traditionally by the Indians for thousands of years. It helps condition the hair, maintain its lustre and colour. This treatment, using a specially blended coconut crème, is an ideal add-on to any massage, body treatment, or facial.

SIRO LEPAM (AYURVEDIC HAIR CARE)

Special herbal hair paste helps treat thinning hair and improves and strengthens the hair follicles.

RAWATAN IKAL-IKAL (MALAY HAIR AND SCALP TREATMENT)

This therapeutic traditional Malay hair treatment has been known to be effective for hair loss, scalp irritations and migraine. A head and shoulder massage using specially brewed herbal oil begins the treatment, followed by an application of herbal paste of selected leaves such as hibiscus and betel leaves onto the scalp and hair leaving a fresh feeling of lightness.

Waxing

Professional facial and body waxing is offered for both men and women. Depilatory services available include bikini, half leg, full leg, underarm, back, brow and lip. Advance reservation of at least 15 minutes is required.

Wraps

Our wraps and masques have various therapeutic benefits, including hydrating the skin, detoxifying, enriching with nutrients, countering the effects of sun and ageing, or easing tired, aching muscles. It is appropriate and recommended to relax in a wrap daily. We recommend the Shanghai Scrub prior to your wrap. The Wraps listed below are among those offered at the Spa Village.

SPIRULINA BODY WRAP *

Seaweed helps the body eliminate toxins while providing essential nourishment.

MOOR MUD WRAP *

Thermal water-derived black organic mud, rich in minerals and trace elements that re-mineralises, softens and purifies the skin.

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.

CHINESE HERBAL WRAP *

Helps to draw impurities from the skin, leaving the skin soft and rejuvenated.

CUCUMBER ALOE WRAP

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

PAPAYA ENZYME WRAP *

Locally grown papayas have inspired this unique use of fruit that gently conditions the skin leaving you with a healthy glow.



Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Pangkor Laut, including a robe, slippers, private locker, and 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 Pangkor Laut is a non-smoking facility.

OPERATION HOURS

Spa Facilities: 8.00am – 9.00pm

Spa Treatments: 9.00am – 8.00pm

RESERVATIONS

Advance reservations are recommended. If in-house, touch 580 between 8.00am and 8.00pm. You may also call Spa Village Pangkor Laut at (605) 699 1100 or email spavillageplr@ytlhotels.com.my. Reservations may also be made through the YTL Travel Centre at travelcentre@ytlhotels.com.my.

CHECK-IN

Please check-in at the Spa Reception Desk 45 minutes prior to your first

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

FACILITY USAGE

All guests of the Pangkor Laut 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 Pangkor Laut 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 PANGKOR LAUT

Pangkor Laut Resort, Pangkor Laut Island
32200 Lumut, Perak, Malaysia

Reservations:

TEL +60 5 699 1100 FAX +60 5 699 1025

EMAIL travelcentre@ytlhotels.com.my

WEBSITE www.spavillage.com





The Spa Village Pangkor Laut Ratecard

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

Contact Details Spa Village Pangkor Laut
Pangkor Laut Resort
Pangkor Laut Island, 32200 Lumut
Perak, Malaysia

Telephone +60 5 699 1100
Facsimile +60 5 699 1025
Email travelcentre@ytlhotels.com.my
Website www.spavillage.com

Spa Pavilion Experience

SPA TREATMENTS	DURATION	RM
----------------	----------	----

ULTIMATE SPA EXPERIENCE

for two persons

– Half Day	4 hrs	2915
– Full Day	8 hrs	5250

COUPLES

SPA EXPERIENCE

for two persons 3 hrs 1985

TRADITIONAL

SPA EXPERIENCE

Ayurvedic Day 3 hrs 1050

Chinese Day 3 hrs 1050

Western Day 3 hrs 1050

Malay Day 3 hrs 1050

Royal Secrets of
Puteri Lindungan

Bulan (Ladies) 3 hrs 1050

Bukit Gantang Warrior

Treatment (Gentlemen) 3 hrs 1050

CUSTOM SPA EXPERIENCE

(BATH AND MASSAGE/FACIAL)

Seaweed Bath 120 mins 680

Mandi Susu 120 mins 680

Malay Flower Bath 120 mins 680

AYURVEDIC HUT

Abhyanga 80 mins 455

Udwarthanam 120 mins 680

Abhyanga and
Mukha Lepam 120 mins 680

Abhyanga and
Siro Lepam 120 mins 680

Dinacharya 105 mins 645

SPECIALIST RECOMMENDED

HEALING PROGRAMMES

7 Days 80 mins 3150

14 Days 80 mins 5830

21 Days 80 mins 9330

28 Days 80 mins 12830

CHINESE HERBAL HUT

Tui-Na An-Mo (Massage)
80 mins 455

Tui-Na An-Mo and Gu Fang Xun Shen
(Ancient Body Smoking)
80 mins 455

Tui-Na An-Mo and Jin Pao Shou Jiao
(Herbal Hand and Foot Soak)
80 mins 455

Tui-Na An-Mo and Quan Shen Jin Yu
(Herbal Bath)
80 mins 455

Tui-Na An-Mo and Cupping or
Moxabustion 80 mins 455

Yoga or Tai Chi
Quan Classes

– Private Session	50 mins	340
– Group Session	50 mins	105

MALAY HUT

Ukup Wangi (Scented Body Steaming)	80 mins	455
------------------------------------	---------	-----

Rendam-Rendam (Sitz Bath)	80 mins	455
---------------------------	---------	-----

Sesegar Bayu (Body Rejuvenating Treatment)	135 mins	760
--	----------	-----

Jari-Jemari (Hand and Foot Soak)	80 mins	455
----------------------------------	---------	-----

PRIVATE CONSULTATION (FEES WAIVED WITH TREATMENT)

Chinese Specialist	25 mins	225
--------------------	---------	-----

Ayurvedic Specialist	25 mins	225
----------------------	---------	-----

Malay Specialist	25 mins	225
------------------	---------	-----

Ala Carte Experience

SPA TREATMENTS DURATION RM

BODY TREATMENTS

Javanese Lulur Treatment	105 mins	645
--------------------------	----------	-----

Campur-Campur	105 mins	645
---------------	----------	-----

Thai Herbal Massage	105 mins	645
---------------------	----------	-----

MASSAGE THERAPY

– Supreme	80 mins	455
-----------	---------	-----

Enola's Four Handed Lomi-Lomi	50 mins	760
-------------------------------	---------	-----

SKIN CARE

Sundari Facial	50 mins	455
----------------	---------	-----

Sundari Neem	80 mins	575
--------------	---------	-----

Sundari Detoxifying	80 mins	575
---------------------	---------	-----

Mian Bu Hu Liao (Chinese Herbal Facial)	80 mins	455
---	---------	-----

Muka Berseri-Seri (Malay Facial)	80 mins	455
----------------------------------	---------	-----

NAIL CARE

Signature Manicure	80 mins	455
--------------------	---------	-----

Signature Pedicure	80 mins	455
--------------------	---------	-----

HAIR CARE

Rawatan Ikal-Ikal (Malay Hair and Scalp Treatment)	80 mins	455
--	---------	-----

Mukha Lepam (Ayurvedic Facial)	25 mins	225
--------------------------------	---------	-----

Coconut Creme Hair Treatment	25 mins	225
------------------------------	---------	-----

Siro Lepam (Ayurvedic Hair Care)	25 mins	225
----------------------------------	---------	-----

SPA TREATMENTS DURATION RM

WAXING	NA	fr 175
--------	----	--------

WRAPS

Spirulina Body Wrap	80 mins	455
---------------------	---------	-----

Moor Mud Wrap	80 mins	455
---------------	---------	-----

Lapis-Lapis (Malay Herbal Wrap)	80 mins	455
---------------------------------	---------	-----

Chinese Herbal Wrap	80 mins	455
---------------------	---------	-----

Cucumber Aloe Wrap	80 mins	455
--------------------	---------	-----

Papaya Enzyme Wrap	80 mins	455
--------------------	---------	-----

Menu priced in Ringgit Malaysia, inclusive of 6% GST