



Every breath is pure refreshment, a relaxation of the soul, a pure journey of revival. In Malay we call this *Sucimurni*. In Malaysia it is Tanjong Jara.

The philosophy of *Sucimurni* emphasizes purity of spirit, health, and well-being. And the award winning Spa Village Tanjong Jara is a sanctuary anchored in this ancient Malay way of life.

This beautiful complex of structures, gardens and pools, houses a therapy centre featuring programs for relaxation, reinvigoration and stress relief based on traditional healing methods.

These unique restorative Malay treatments have been handed down from generation to generation, ensuring their authenticity, and therapeutic value. With a history of more than a thousand years, the practices are believed to have their origins in the convergence of Malay, Arab, Indian and Chinese influences during the days of the Malacca Sultanate.

At the Spa Village Tanjong Jara these long held health and beauty traditions are revived for you to enjoy. Treat yourself to this rich history, in which unique natural ingredients found in various indigenous herbs and plants are combined with the skills of our resident Malay healers to provide a very special health and beauty experience.

Once you have completed your treatment at Spa Village Tanjong Jara you will receive a beautiful Batik Sarong, providing you with a memento of your own personal *Sucimurni* experience.

Malay Signature Experience

ASAM ROSELLE (ROSELLE BODY TREATMENT)

More than three centuries ago the Roselle plant (*Hibiscus sabdariffa* L) was introduced into Malaysia from India. This pretty plant with dark red flowers, and unique healing powers, very quickly adapted to the fertile soil and tropical climate, and now grows wild throughout the country. It is known by different local names across peninsular Malaysia: *Asam Paya*; *Asam Kumbang* or *Asam Susur*.

The red Roselle flower has a high vitamin content, containing vitamin C, fruit acids, calcium, iron, potassium as well as antosianin, and has long been used in traditional medicine and local delicacies. It is known to benefit the kidney system, lower blood-sugar levels, and have diuretic and anti-inflammatory properties. It forms natural collagen and assists in vitamin absorption thus improving complexion, and assisting with anti-aging.

ASAM RELAXING MASSAGE

Drift away as a massage of long kneading strokes focuses on your muscles and joints easing away all your aches and pains. The naturally asam (sour) scented massage oil, a blend of Roselle, ginger, nutmeg, galangal and karoteno oil, is full of vitamins A, C and E which rejuvenates your body and nourishes the skin.

ROSELLE CREAM SCRUB

Indulge in the absolutely creamy Roselle scrub, which exfoliates and removes dead skin cells. The moisturising sweetly aromatic concoction with added rice and coconut oil is rich in natural vitamins and fruit acids, which softens and refines the skin to a baby smooth texture.

ROSELLE TEA

The treatment concludes with a cup of Roselle tea – red as the Roselle flower's petals, and high in anti-oxidants. The perfect end to a soothing treatment.





Couples Spa Experience

Malay wedding ceremonies are known for their pomp, pageantry and the traditional preparation that is lavished on those that are to be married. The custom of preparing the bride and bridegroom is held as a treasured family secret, and focuses holistically on the mind, body and spirit. On the day of the wedding the couple is viewed as King and Queen of the day, in Malay *Raja Sehari*.

At the Spa Village Tanjong Jara, the half day Couples Spa Experience includes a series of special body treatments for him and her based on these ancient Malay traditions. Dandan Puteri Tujuh and Panji Alam are highly fitting royal treatments for a warrior and his princess.

For Her Dandan Puteri Tujuh

URUTAN GAMELAN (TRADITIONAL MALAY 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 PUTERI (FACIAL AND BODY SCRUB)

Feel the touch and the lingering scent of the traditional herbal facial massage and aromatic whitening herbal body scrub. Selected herbs such as turmeric and galangal cleanse, firm and whiten the entire body and help 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 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) *

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

UBAT PERIUK (HERBAL TONIC DRINK)

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

For Him Panji Alam

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 SUCI (HERBAL ROOTS HAIR TREATMENT)

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

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)

Indulge in the herbal spices 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, and encouraging complete relaxation.

AKAR PERIOK (HERBAL ROOTS TONIC DRINK)

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



Traditional Malay Experience

Dandan Puteri Tujuh (Ladies)

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

Panji Alam (Gentlemen)

- Mandi Bunga
(Malay Floral Bath Experience)
- Malay Specialist Consultation
- Urutan Panglima
(Warrior Massage)
- Ikal Suci
(Herbal Roots Hair 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)



Ala Carte Experience

TRADITIONAL MALAY MASSAGE

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. It ends with an earthen pot prepared remedy of scented herbal roots and flower buds, a special tonic believed to be the secret of anti-aging.

PICIT (TRADITIONAL MALAY DRY MASSAGE)

This traditional dry massage therapy is commonly practised in many local family homes. This full body treatment uses thumb and palm pressure along with muscle kneading and forearm rolling techniques to help loosen up tense muscles while stimulating energy points to improve blood circulation and reduce the build-up of impurities in the body. This invigorating experience leaves the entire body and mind rejuvenated.

URUT TELAPAK KAKI (TRADITIONAL MALAY FOOT MASSAGE)

Based on ancient beliefs, the soles of our feet hold all the sensory nerves to our internal organs and provide insight to our overall well-being. This age-old therapy uses mentholated *Serapi* oil made from coconut, eucalyptus, citronella and clove. This is applied using thumb and knuckle pressure on various points to improve circulation, release blockage and restore your body's natural balance.

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. A scrub and a massage to soothe and pamper your tired limbs follow this soak.

RENDAM-RENDAM (SITZ BATH) *

This treatment has been practised among Malay women for generations contributing to the wellness of the genital organs and the firmness of the vaginal muscles as they age. The curative properties of piper betel and black seed with their natural antiseptic 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.

AWET PERMAISURI (QUEEN'S ROYAL INDULGENCE)

Inspired by ancient royal remedies, this specially crafted therapy uses *Tok* oil and long rhythmic strokes to alleviate muscle aches. Pressure is also applied to various points of the body to stimulate blood circulation and balance the flow of energy. An abdominal massage with a hot-sand cotton pouch helps to relieve the body of indigestion and improves detoxification. A traditional scrub made from rice, turmeric, galangal and a firming masque of white clay, rice, turmeric and ginger follows, strengthening pectoral muscles and restabilising the skin's condition. The bust is treated to a herbal firming cream made from a blend of fenugreek, nutmeg, lemongrass and aloe that provides your skin with a renewed sense of vitality. This experience ends with a relaxing head massage that will leave you in a state of complete bliss and relaxation.

TUAM PASIR (HEATED SEA SAND THERAPY) *

This is an ancient but effective Malay formulation known for its healing power for strength and vitality. It is an effective treatment for joint pains, severe inflammation and mothers in confinement. Hot sand, fenugreek and blackseeds are heated in a frying pan and placed on a cotton cloth that is made into a pouch. Medicated ointment is then applied onto the affected area before the hot pouch is used as a pressure massage.

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 as the aromatic zip-up bag scented with kaffir lime and pandanus leaves envelops your body helping you to unwind. Refine the skin and stimulate blood circulation with the herbal body scrub before indulging in the freshly brewed herbal bath.

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. Warm oil with the exotic fragrance of a combination of several flower buds and sweet spices is rubbed onto the body. The heat and moisture 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.

MUKA BERSERI-SERI (MALAY FACIAL)

This facial experience incorporates Malay style face massage using a mini herbal pouch with traditional Malay herbs of turmeric and wild ginger.

IKAL-IKAL (MALAY SCALP TREATMENT)

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



Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Tanjung Jara including sarong, slippers, bath and vanity products.

Services that are listed 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 Tanjung Jara is a non-smoking facility.

OPERATION HOURS

Fitness Centre: 8.00am – 8.00pm

Spa Treatments: 10.00am – 7.00pm

RESERVATIONS

Advance reservations are recommended. Please call the Spa Village Tanjung Jara at Tanjung Jara Resort at (609) 845 1100 or email spavillagetjr@ytlhotels.com.my. If in-house, touch 3 between 8.00am and 8.00pm. Reservations may also be made via email through the YTL Travel Centre at travelcentre@ytlhotels.com.my. All prices are subject to change without prior notification.

CHECK-IN

Please check-in at the Spa Reception Desk 20 minutes prior to your first appointment to enjoy the Mandi Bunga (Malay Floral Bath). We regret that late arrivals will not receive an extension of scheduled treatment.

AGE RECOMMENDED

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

GIFT SHOP

Be sure to visit the Resort's Gift Shop for an array of spa products and spa-related goods.

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 TANJONG JARA

Tanjung Jara Resort, Batu 8, Off Jalan Dungun
23000 Dungun, Terengganu, Malaysia

Reservations:

TEL +60 9 845 1100 FAX +60 9 845 6014

EMAIL travelcentre@ytlhotels.com.my

WEBSITE www.spavillage.com





The Spa Village Tanjong Jara Ratecard

Spa Treatment Hours 10.00am – 8.00pm
(Last treatment starts at 7.00pm)

Contact Details Spa Village Tanjong Jara
Tanjong Jara Resort, Batu 8
Off Jalan Dungun, 23000 Dungun
Terengganu, Malaysia

Telephone +60 9 845 1100
Facsimile +60 9 845 6014
Email travelcentre@ytlhotels.com.my
Website www.spavillage.com

Malay Signature Experience

SPA TREATMENTS	DURATION	RM
ASAM ROSELLE (Roselle Body Treatment)	100 mins	650
COUPLES SPA EXPERIENCE For two persons	3 hrs	1580
TRADITIONAL MALAY EXPERIENCE Dandan Puteri Tujuh (Ladies)	3 hrs	880
Panji Alam (Gentlemen)	3 hrs	880

Ala Carte Experience

SPA TREATMENTS	DURATION	RM
TRADITIONAL MALAY MASSAGE Supreme	80 mins	415
PICIT (Traditional Malay Dry Massage)	80 mins	415
URUT TELAPAK KAKI (Traditional Malay Foot Massage)	80 mins	415
JARI-JEMARI (Hand & Foot Soak)	80 mins	415

RENDAM-RENDAM (Sitz Bath)	80 mins	415
AWET PERMAISURI (Queen's Royal Indulgence)	100 mins	550
TUAM PASIR (Heated Sea Sand Therapy)	100 mins	535
SESEGAR BAYU (Body Rejuvenating Treatment)	135 mins	650
UKUP WANGI (Scented Body Steaming)	80 mins	415
MUKA BERSERI-SERI (Malay Facial)	80 mins	415
IKAL-IKAL (Malay Scalp Treatment)	80 mins	415

Menu priced in Ringgit Malaysia,
inclusive of 6% GST