



PANGKOR LAUT




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 Couples Spa Experience, Traditional Spa Experience or À La Carte Experience. Our Spa Co-ordinators will be happy to customise your visit to the Spa Village.





## SPA PAVILLION EXPERIENCE

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### 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.

#### 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
- Jin Pao Shou Jiao (Herbal Hand and Foot Soak)
- Tui-na An-mo (Massage)
- Mian Bu Hu Liao (Chinese Herbal Facial)

#### WESTERN DAY

- Bath House Experience
- 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)



## AYURVEDIC HUT INDIVIDUAL TREATMENTS

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### **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.

### **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.





## À LA CARTE EXPERIENCE

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### BODY TREATMENT

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

### MASSAGE THERAPY

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#### **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.

#### **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.

#### **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.



## MASSAGE THERAPY

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### 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.

### TUI-NA AN-MO (MASSAGE)

One of the major differences between Chinese massage and other systems of massage is the focus placed on the acu-points 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.

## SKIN CARE

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### SUNDARI FACIAL

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. Suits all skin types; balances and revitalizes.

## BATH

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### MALAY FLOWER BATH

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





### **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 be turned off while at the spa. The Spa Village Pangkor Laut is a non-smoking facility.

### **OPERATION HOURS**

Spa Treatments: 11.00am - 7.00pm

### **RESERVATIONS**

Advance reservations are recommended. If in-house, touch 580/581 between 11.00am and 7.00pm. You may also call Spa Village Pangkor Laut at +60 18 623 0307 or e-mail [spavillageplr@ytlhotels.com](mailto:spavillageplr@ytlhotels.com). Reservations may also be made via email through the YTL Travel Centre at [travelcentre@ytlhotels.com](mailto:travelcentre@ytlhotels.com).

### **CHECK-IN**

Please check-in at the Spa Reception Desk 15 minutes prior to your first appointment. We regret that late arrivals will not receive an extension of scheduled treatments.

### **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. For your well-being, we will not be providing any testers for all merchandise.

### **CANCELLATION POLICY**

As a courtesy to other guests and our therapists, please give us a 4-hour 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.





PANGKOR LAUT

# The Spa Village Pangkor Laut Ratecard

**Spa Treatment Hours** 11.00am – 7.00pm  
(Last treatment starts at 6.00pm)

**Contact Details**

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

Telephone +60 18 623 0307  
Email [travelcentre@ytlhotels.com](mailto:travelcentre@ytlhotels.com)  
Website [www.spavillage.com](http://www.spavillage.com)

## Spa Pavilion Experience

SPA TREATMENTS	DURATION	MYR
<b>TRADITIONAL</b>		
<b>SPA EXPERIENCE</b>		
Ayurvedic Day	3 hrs	1575 (couple) 790 (single)
Chinese Day	3 hrs	1575 (couple) 790 (single)
Western Day	3 hrs	1575 (couple) 790 (single)
Malay Day	3 hrs	1575 (couple) 790 (single)
Royal Secrets of Puteri Lindungan Bulan (Ladies)	3 hrs	1575 (couple) 790 (single)
Bukit Gantang Warrior Treatment (Gentlemen)	3 hrs	1575 (couple) 790 (single)
<b>BATH</b>		
Malay Flower Bath	30 mins	200
<b>AYURVEDIC HUT</b>		
Abhyanga	50 mins 80 mins	390 490
Udwarthanam	100 mins	650
Dinacharya	100 mins	650

### CHINESE HERBAL HUT

Tui-Na An-Mo (Massage)	50 mins	325
	80 mins	390

### Yoga or Wellness Classes

-Private Session	50 mins	325
-Group Session	50 mins	90

### PRIVATE CONSULTATION

#### (FEES WAIVED WITH TREATMENT)

Chinese Specialist	25 mins	190
Ayurvedic Specialist	25 mins	190

## À La Carte Experience

### SPA TREATMENTS

#### BODY TREATMENTS

Campur-Campur	100 mins	650
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#### MASSAGE THERAPY

-Deluxe	50 mins	325
-Supreme	80 mins	390

#### SKIN CARE

Sundari Facial	50 mins	390
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Menu priced in Malaysia Ringgit (MYR) and is subject to prevailing service charge and taxes. Subject to change without notice.