



Spa
VILLAGE

PANGKOR LAUT



TRADITIONAL SPA EXPERIENCE

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

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.



SPECIALIST RECOMMENDED HEALING PROGRAMMES

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.



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.

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.

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

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

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.



SPA RECOMMENDATIONS AND GUIDELINES

OPERATION HOURS

Spa Treatments: 9.00am – 8.00pm

RESERVATIONS

Advance reservations are recommended. If in-house, touch 0 between 9.00am and 8.00pm. You may also call Spa Village Pangkor Laut at (605) 699 1100 or e-mail spavillageplr@ytlhotels.com.my. Reservations may also be made via email through the YTL Travel Centre at travelcentre@ytlhotels.com.my.

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 the 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.

KIND CONSIDERATION

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

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.



PANGKOR LAUT

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
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Perak, Malaysia

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Facsimile +60 5 699 1025
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Website www.spavillage.com

Spa Pavilion Experience

SPA TREATMENTS	DURATION	RM
TRADITIONAL		
SPA EXPERIENCE		
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)
BATH		
Malay Flower Bath	30 mins	130
AYURVEDIC HUT		
Abhyanga	50 mins 80 mins	390 490
Udwarthanam	120 mins	650
Dinacharya	100 mins	650

CHINESE HERBAL HUT

Tui-Na An-Mo (Massage)	50 mins	325
	80 mins	390
Yoga or Tai Chi Quan 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

Ala Carte Experience

SPA TREATMENTS	DURATION	RM
BODY TREATMENTS		
Campur-Campur	100 mins	550
MASSAGE THERAPY		
- Deluxe	50 mins	325
- Supreme	80 mins	390
SKIN CARE		
Sundari Facial	50 mins	390

Menu priced in Ringgit Malaysia (RM) and is subject to prevailing service charge and taxes. Subject to change without notice.