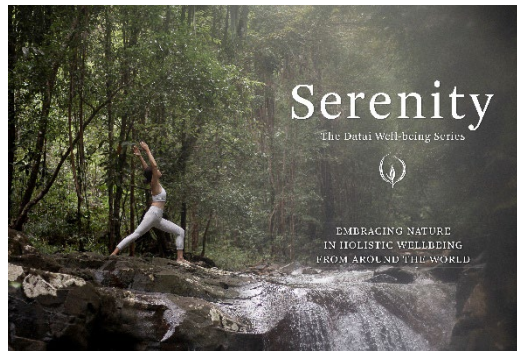




**THE DATAI LANGKAWI ANNOUNCES 2024 EDITION OF  
*SERENITY – THE DATAI WELL-BEING SERIES*  
HELPING GUESTS EMBRACE NATURAL HOLISTIC WELL-BEING**

*Iconic rainforest resort to welcome array of leading practitioners in the fields of sound healing, nutrition, acupuncture and more in 2024*



**Langkawi, Malaysia, January 2024:** Malaysia’s iconic rainforest resort, [The Datai Langkawi](#), is starting the new year with holistic well-being in mind. Announcing the outstanding line-up of renowned holistic well-being practitioners that will be a part of its 2024 edition of [Serenity - The Datai Well-Being Series](#), it will see a curated collective of visiting practitioners host six wellness residencies across the year, offering consultations, one-to-one sessions, group workshops and more to The Datai Langkawi guests.

Celebrating the best wellbeing expertise from across the globe, each visiting practitioner has been selected for their extensive knowledge, experience and dedication to holistic approaches. From sound healing, meditation and yoga to acupuncture, podiatry and chiropractic therapies, guests can address and focus on a range of wellness desires. Three of the practitioners are returning from the inaugural series – their services and treatments were so popular and resonated with the resort’s guests in such a profound manner that the decision was made to offer these sessions once more in the midst of the rainforest embrace of Datai bay.

Launched to celebrate the 30<sup>th</sup> anniversary of The Datai Langkawi, which took place in 2023, *Serenity - The Datai Well-Being Series* reinforces the rainforest resort’s commitment to

providing guests with exceptional, world-class experiences and sustainable immersion in the unique natural world of Langkawi.

The six visiting holistic wellness practitioners, including three returning, for 2024 are:

- February – Dr Rafael Bagheri, Chiropractor, from Canada
- April – Bastien Gonzalez, Podiatrist, from France
- June – Dr Lim Xiang Jun, Specialist in Traditional Chinese Medicine (TCM) and Acupuncturist, from Singapore
- August – Savy Ho, Certified Sound Healer, Yoga and Meditation practitioner, from Malaysia
- October – Hannah Prescott, Nutritionist and Fitness Instructor, from UK
- December – Roxanne De Guzman, Fitness Professional and Yoga Instructor, from Canada

Stephane Duvacher, General Manager, The Datai Langkawi, comments: “There’s an ever-growing desire for wellness to be the focus of, or incorporated into, travel experiences, helping travellers make the most of their time away and truly focus on their own well-being. Whilst there has been a significant increase in wellness technology advancements, there continues to be overwhelming support and interest in the healing power of nature, as well as holistic therapies.”

“Sustainable natural luxury has always been at the heart of The Datai Langkawi, and the natural world is at the centre of all our well-being offerings. Our resort is immersed in a 10-million-year-old rainforest and overlooks one of the most beautiful beaches, making it the ideal place to reset and rejuvenate in nature’s healing terrains.”

Louise Ward, Director of Spa and Wellness at The Datai Langkawi, adds: “We’re delighted to be bringing the second edition of *Serenity - The Datai Well-Being Series* to our guests, and welcome back Dr Rafael Bagheri, Bastien Gonzalez and Roxanne De Guzman, as well as meet our selection of new visiting consultants. Through this diverse series, we want to help guests explore authentic, natural holistic wellness experiences that stay with them long beyond their stay with us, and help shape their view on the world, themselves and nature.”

Having won accolades, such as ‘Sustainable Spa of the Year’ at the World Spa & Wellness Awards, The Spa at The Datai Langkawi seeks to immerse guests in the beauty and sensory journeys that nature provides to support overall well-being. Treatments focus on *Ramuan*-based therapies, a traditional Malay healing practice that sustainably harnesses natural and local ingredients from the rainforest, mangroves and sea. Dating back over several millennia, Ramuan is uniquely Malaysian and draws upon the health benefits of the natural world, as well as indigenous culture that echoes the country’s own history.

Alongside its respect for local healing traditions, the resort also strives to innovate and embrace relevant contemporary practices and therapies, reflecting Ramuan's heritage of evolution. Through *Serenity*, The Datai Langkawi seeks to offer guests nurturing, rejuvenating experiences that support a healthy mind, body and spirit, alongside an inner sense of harmony.



***Pictured (l-r): Dr Rafael Bagheri, Bastien Gonzalez, Dr Lim Xiang Jun***

**Dr Rafael Bagheri – Chiropractor, 6-12 February 2024 | Canada**

Dr Rafael Bagheri, an accomplished chiropractor with over 16 years of experience, holds a Bachelor's degree in Health Science and a Doctor of Chiropractic degree, both obtained in Canada. Proficient in diverse treatment approaches for neuro-muscular disorders, Dr Bagheri specialises in spinal manipulation, muscle release techniques, and various other modalities. His extensive background includes collaborative work with physicians and other healthcare professionals in numerous multi-disciplinary settings, incorporating hands-on therapy and clinical chiropractic practices.

Committed to achieving optimal postural and spinal health, Dr Bagheri advocates for a proactive, prevention-based approach utilising spinal correction rather than merely providing symptomatic pain relief. Beyond his clinical practice, he is a corporate wellness speaker, reflecting his dedication to promoting overall well-being.

**Bastien Gonzalez – Podiatrist, 23-30 April 2024 | France**

Bastien Gonzalez is globally renowned for his meticulous and distinctive approach to foot treatments. A recipient of multiple awards, including Men's Spa Treatment of the Year and overall Spa Treatment of the Year by the AsiaSpa Awards, his studio, the Pedi:Mani:Cure Studio by Bastien Gonzalez, was honoured as the World's Best Nail Studio Brand by the World Spa Awards. Trained in Paris, he is a pioneer in the integrated approach to hands, nails, and feet, seamlessly combining health and natural beauty in his treatment protocol.

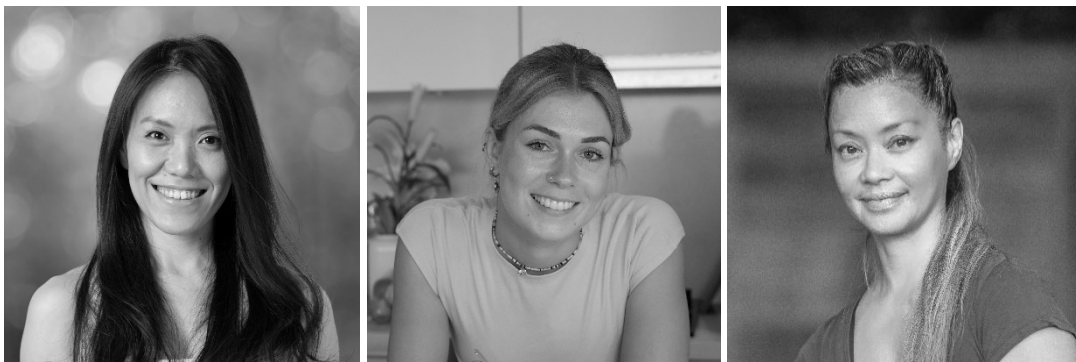
As one of the first practitioners to champion this holistic approach, Gonzalez's unique treatments go beyond standard podiatry. He incorporates medical-grade care for the nails while providing deep massages that relieve muscle tension and heaviness from toe-to-knee or finger-to-elbow. Not only celebrated for his hands-on expertise, Gonzalez has also developed a highly regarded product line, Révérence de Bastien. Currently, he is dedicated to expanding his impact

by establishing a training academy, aiming to share his revered treatments with a wider audience worldwide.

**Dr Lim Xiang Jun – Traditional Chinese Medicine (TCM)/Acupuncturist, 14-22 June 2024 | Singapore**

Dr Lim Xiang Jun, a seasoned Singaporean practitioner with a Doctorate in Acupuncture and Traditional Chinese Medicine, boasts an impressive 18-year journey in the field. She achieved the highest qualifications in both Chinese Medicine and Biomedical Science, on a journey that included seven years of immersive learning in Beijing, China, under the mentorship of esteemed practitioners, including the renowned Taiwanese Grand Master Shao.

An eclectic healer, Dr Lim seamlessly integrates Western Medicine, Traditional Chinese Medicine, and various ancient energy practices like Ayurveda, Yoga, and Reiki. With a global clientele spanning Asia, the Middle East, Australia, Europe, and the Americas, she is recognised for offering a unique blend of services. From acupuncture, cupping, facial acupuncture and hip balancing, to tension release therapy, yoga, meditation, and medical QiGong, each session is tailored to address both physical and spiritual well-being. Beyond traditional medical advice, Dr Lim provides psychosomatic and spiritual counselling, offering a transformative experience that extends far beyond conventional healthcare. With a passion for demystifying ancient traditional medicines and energy healing, she is dedicated to empowering individuals to make informed decisions about their health.



*Pictured (l-r): Savy Ho, Hannah Prescott, Roxanne De Guzman*

**Savy Ho - Certified Sound Healer/Yoga/Meditation, 19-27 August 2024 | Malaysia**

Voted Best Sound Healer of The Year at the Yoyalife Wellness Awards/Tourism Malaysia 2020, Savy is a certified sound healer renowned for her transformative, heart-centred approach to yoga, meditation, sound healing, and tea ceremony sessions. Drawing from a diverse skill set, Savy is trained in the Light Energy Weave healing modality, Cranial Sacral therapy, body work, and sound healing.

With a profound dedication to elevating levels of higher consciousness, self-love, and inner awareness, Savy guides individuals on a journey to heal and restore inner alignment and balance. Having traversed the globe attending Meditation Retreats in Nepal, India, Thailand, Indonesia, and Hawaii, she holds a remarkable 500 Hours of Yoga Alliance Certification.

**Hannah Prescott – Nutritionist/Fitness Instructor, 12-27 October 2024 | United Kingdom**

Hannah, a dedicated Registered Nutritionist (AfN) and fitness instructor, is driven by the belief that nutrition should seamlessly integrate into one's lifestyle, catering to individual tastes and preferences for sustainable and enduring results. Committed to helping clients achieve optimal well-being through healthy eating habits, Hannah is passionate about fostering happiness and health in every aspect of life.

With a deep-seated love for health, fitness, and, above all, food, Hannah advocates for approaching these elements as a lifestyle rather than a temporary solution. Her vision revolves around creating an evidence-based platform that empowers the community with knowledge for sustainable changes and an enhanced quality of life tailored to each individual's needs. Offering personalised nutrition plans and consultations, Hannah invites clients to share their goals as she guides them towards a healthier, more balanced lifestyle.

**Roxanne De Guzman - Fitness Professional and Yoga Instructor, 21 December 2024 – 3 January 2025 | Canada**

Roxanne De Guzman, a seasoned fitness professional, yoga instructor, and spa and wellness consultant, brings over 25 years of expertise. In her private fitness training and yoga sessions, she engages with guests on a one-to-one basis, tailoring her approach to their unique goals within their fitness and well-being journey while infusing a youthful and playful mindset. Offering a comprehensive array of services, Roxanne provides personalised fitness training programmes, private and group yoga sessions encompassing Vinyasa, Hatha, Iyengar, Ashtanga, or Jivamukti styles. Additionally, she offers Thai yoga stretch sessions, a harmonious blend of passive yoga with Thai massage, PNF stretching, and shiatsu pressure points. With numerous certifications and licenses, Roxanne has been a vital force in the fitness and spa industries, collaborating and consulting with top luxury resorts worldwide.

For more information on *Serenity - The Datai Well-Being Series* and to book a stay at The Datai Langkawi, please visit [Serenity - The Datai Well-Being Series](#), call +60.4.9500 500 or email [reservations@dataihotels.com](mailto:reservations@dataihotels.com).

**-ENDS-**

**Notes to Editors:**

For high-resolution photos of The Datai Langkawi, [please click here](#).

For high-resolution photos of *Serenity - The Datai Well-Being Series* including press photos of each practitioner for Serenity 2024, [please click here](#).

**ABOUT THE DATAI LANGKAWI**

One of the world's most stunning resorts, The Datai Langkawi, is situated on the northwest tip of the island of Langkawi in Malaysia. Located in an ancient rainforest rich in wildlife and overlooking the tranquil Datai Bay awarded by National Geographic one of the Top 10 Beaches worldwide, the iconic property enchants with mesmerising nature, visionary architecture, understated elegance, and Malaysian

hospitality. All the 121 rooms, villas, and suites at The Datai Langkawi, including the five-bedroom The Datai Estate Villa, offer breath-taking views of the surrounding nature. Elevated among treetops, set in the very heart of the rainforest, and located directly on the coastline, the dining outlets which include the award-winning The Gulai House, The Pavilion, The Dining Room, and The Beach Club, pay homage to the exotic flavours and culinary traditions of the region and beyond. Bespoke facilities include The Nature Centre, an educational facility and home to resident naturalists and marine biologists, and The Spa featuring Ramuan treatments, its own Akar retail range, and VOYA facials. Leisure facilities include three pools, a state-of-the-art fitness centre at The Health Club; an array of wellness activities including Pilates and yoga, retail outlet The Boutique, a reserved space to showcase local arts and talents at The Atelier, as well as one of the most scenic golf courses in the world designed by golf legend Ernie Els, The Els Club Teluk Datai. The resort has founded The Datai Pledge in 2019 - a sustainability and conservation trust that supports Langkawi's unique fauna, flora, and communities. All proceeds from The Datai Pledge aid this work and contribute to local non-profit organisation. The Datai Langkawi is managed by Datai Hotels and Resorts Sdn Bhd, a company incorporated to manage and operate hospitality properties in Malaysia and beyond.

**For further press information and images, please contact:**

Fatin Atiqah, Branding & Partnership Manager, at +60 3 7688 6774 or [fatin.atiqah@dataihotels.com](mailto:fatin.atiqah@dataihotels.com)