



# THE SPA

A Space of Natural Healing,  
10 Million Years in the Making



THE DATAI  
LANGKAWI

*Cocooned in silence.*

*Lost in streams,  
the hushing river.*

*Vanished for as much  
time as we need.*

*The rest of the world,  
paused*

*like another universe,  
we have stepped out of for a while.*

— Max Wallis  
*written at The Datai Langkawi*



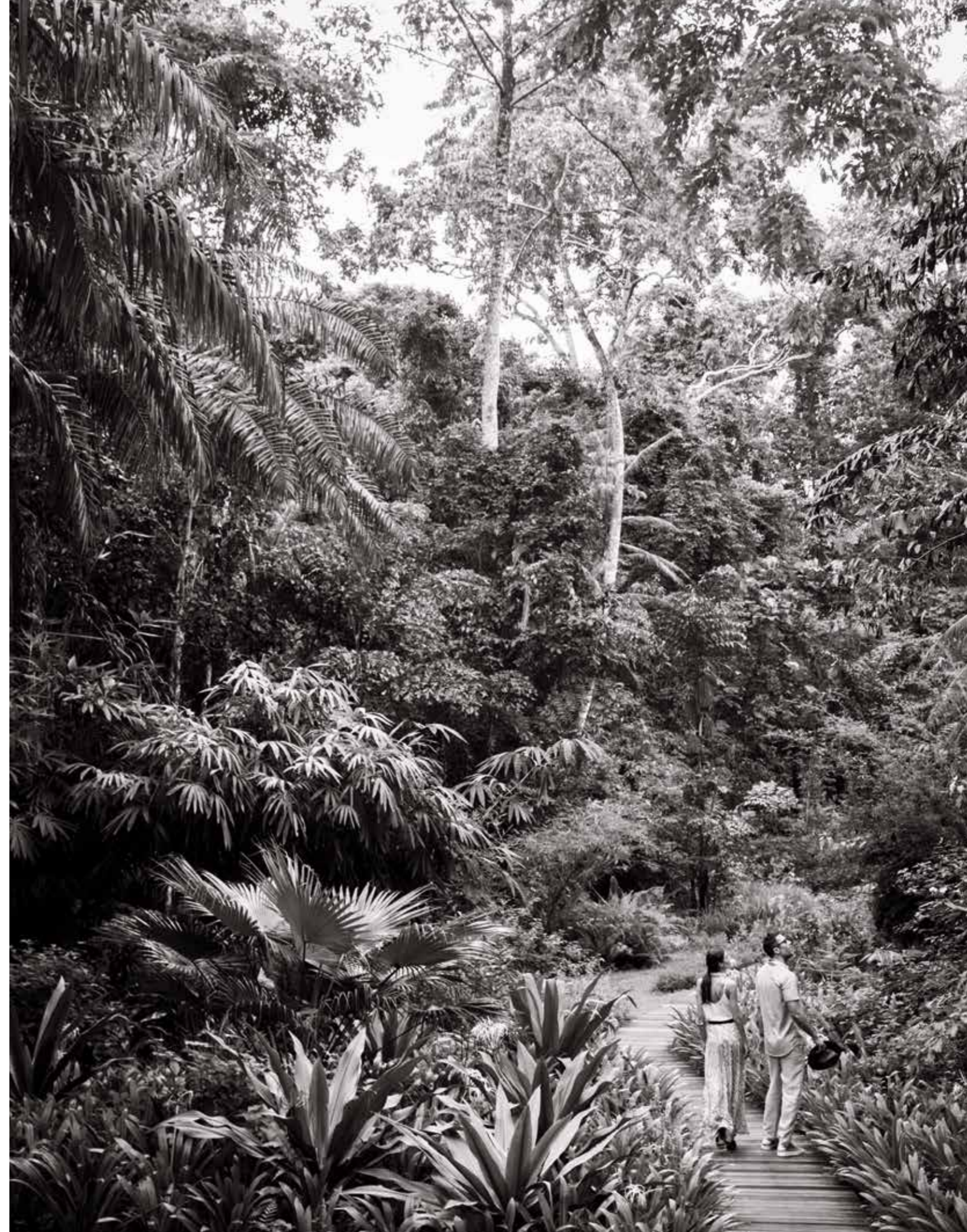
## Luxuriously Natural Well-being



*Nature.* Its undisputed power to heal and regenerate, inspire and invigorate has been harnessed by mankind since the dawn of civilisation. Today, numerous studies have verified the positive effects of nature exposure on cognitive health, brain activity, mental health, physical activity, sleep and creativity.

At The Datai Langkawi, nature is our muse. It is the driving force behind everything we do - from the design of the resort, to our 'luxuriously natural' experiences in nature, culture, conscious living, gastronomy and wellness. When we live in harmony with nature, we attain an inner balance, divining the ability to be our authentic selves and achieve our potential.

Langkawi's ancient rainforests have contributed to Malaysia's recognition as one of the world's 17 'mega biodiverse' countries. Covering only 0.2% of the global land mass, Malaysia is host to over 15,000 species of plants and trees, of which 2,700 are endemic. These same rainforests have also gifted us with one of the oldest and most potent forms of well-being: *Ramuan*, a holistic plant-based system for health, beauty and vitality. Blessed to be located in an ancient rainforest, we have naturally embraced Ramuan's wisdom in our well-being offering.



## Ramuan

### The Story of Natural Wellbeing



*“When we pay attention to nature’s music,  
we find that everything on earth contributes to its harmony.”*

— Hazrat Inayat Khan

### The origins of Ramuan

*Ramuan* is uniquely Malaysian. Culturally diverse and quintessentially natural, it derives from the Bahasa language and represents a concept born from the rich biodiversity of the rainforest. In its essence, Ramuan means a concoction of herbs and ingredients, selected to provide certain health benefits.

Whilst Ramuan’s foundations are primeval, its story is evolutionary; expanding over several millennia and drawing from a myriad of cultures, echoing the rich tapestry that is Malaysia’s history. Originating with the country’s indigenous people, the *Orang Asli*, this philosophy evolved with the advent of the first Malay settlers on the peninsula. When Kedah, the state Langkawi is located in, established itself as a global trading point around 700BC, Ramuan amalgamated Indian, Chinese and Arabic teachings, and from the 16<sup>th</sup> century, influences from the Portuguese, Dutch and British were added.



## Ramuan-inspired Well-being



Our well-being philosophy is rooted in the core tenets of Ramuan: by respecting nature and living in harmony with it, we can harness the numerous benefits of plant biodiversity. Additionally, our ethos of sustainability and responsible sourcing reflects the beliefs of Ramuan's earliest practitioners, the *Orang Asli*: of taking only what is needed from nature, thereby allowing the plant to regenerate itself.

Like Ramuan's heritage of evolution, we strive to continuously innovate, embracing relevant contemporary learnings - from our on-going collaborations with well-being practitioners from around the world, to the implementation of nature immersive treatments that are aimed at balancing the mind, refreshing the spirit and energizing the body.

Our well-being experiences embody Ramuan in its different forms:

### The Spa

*Healing and invigorating botanicals derived from the ocean, mangrove and rainforest form our signature treatments and Journeys.*

### The Akar products

*A 100% organic plant-based range of oils and scrubs, developed exclusively for The Datai Langkawi.*



Torch Ginger  
*Etlingera elatior*

### The Malay Wellness Journey

*The Ramuan practice of combining forest bathing with plant-based therapies is a unique experience offered at The Datai Langkawi only.*

### Nutrition

*Flowers, herbs and spices hand-picked in the rainforest and cultivated in our permaculture garden for use in our cuisine.*



The Spa

*“The natural healing force in each one of us is the greatest force in getting well.”*

— Hippocrates



The Spa's five open air treatment villas overlook a gentle stream meandering through a mangrove forest. Each villa is equipped with an indoor and outdoor shower and a large soaking bath for two. The sensation of being totally present - to the call of birdsong, the gently trickling stream, the mangrove's musky scent, and the pure physicality of being enveloped in nature - amplifies the treatment's potency to revive and regenerate.

Our classic Spa treatments are Ramuan-based. Massage oils, potions and poultices are created using a harmonious blend of flora from one of the resort's three biomes or habitats: the **rainforest**, **mangroves** and the **sea**.

**Rainforest** - Malaysia's rainforests are amongst the oldest in the world, supporting over 1,670 known species of birds, mammals, amphibians and reptiles, more than 1,000 species of butterflies, and over 15,000 species of plants. The rainforest is also home to the Orang Asli, whose ancestors arrived here, based on genetic studies and archaeological evidence, more than 70,000 years ago. Ramuan's precepts emanated from the Orang Asli's belief in the rainforest as a living entity and a powerful force to be revered, respected, feared, appeased and lived from.



**Mangrove** - Characterised by their distinctive, stilt-like aerial roots, mangroves are known for their nurturing and healing qualities, from reducing coastal erosion and flooding, to providing a nursery and shelter for wildlife. Mangrove plants also possess numerous medicinal properties which help to combat cancer, tumours, inflammation and diabetes, amongst others.



**Sea** - Covering 72% of the Earth and supplying half its oxygen, the ocean is regarded as our planet's life support system. Of the over 6,000 species of marine fish found in the world, Malaysia is home to nearly 1,700 species or 28% of the world's species. Mineral-rich, sea water is a natural exfoliant and an antiseptic agent. It has also been proven to enhance metabolic functions, detoxify and stimulate the immune system, and help respiratory and rheumatic problems.

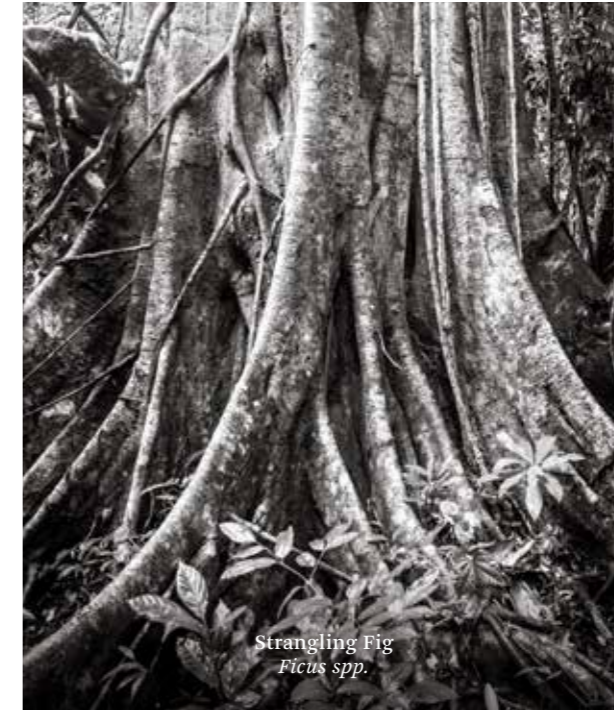




**Akar**  
The Spa Product Range

Sensuous, aromatic and emollient, *Akar* is a range of spa products created exclusively for The Datai Langkawi. Meaning 'roots' in Malay, the range is made from 100% organic, natural ingredients and is segmented by the resort's three biomes or habitat types - Rainforest, Mangrove and Ocean. Akar products are used for our Ramuan treatments offered at The Spa and are also available for purchase. Each biome range includes a relaxing Body Oil, Massage Bath & Shower Oil and a Body Scrub powder which is mixed with a Body Scrub Oil.

The Akar retail line consists of a harmonious blend of botanicals derived from the resort's three biomes:



Strangling Fig  
*Ficus spp.*

**Rainforest**

*The Rainforest Seven Flowers  
for feminine health and vitality:*

***Champaca***  
anti-inflammatory

***Tuberose***  
anti-inflammatory, anti-depressant

***Gardenia***  
anti-inflammatory, antiseptic

***Ylang Ylang***  
to boost mood

***Lotus***  
mineral-rich tonic

***Jasmine***  
aphrodisiac, mood enhancer

***Rose***  
mood enhancer, astringent,  
anti-inflammatory

*The Rainforest Seven Spices  
for masculine health and vitality:*

***Coriander***  
anti-oxidant, anti-arthritic, stimulant

***Clove***  
anti-oxidant, analgesic

***Star Anise***  
anti-inflammatory, anti-oxidant

***Nutmeg***  
anti-rheumatic, analgesic, aphrodisiac,  
digestive

***Pepper***  
anti-oxidant, anti-arthritic,  
anti-inflammatory, lowers blood sugar levels

***Cinnamon***  
pain-relieving, antiseptic

***Cardamom***  
helps control infection

**Mangrove**

*The Mangrove range of products  
is nurturing and healing:*

***Rice***  
treats damaged, ageing skin

***Black Glutinous Rice***  
anti-ageing, hydrating

***Coconut***  
hydrating, protective, restorative

***Mangrove Charcoal***  
detoxifies, purifies

***Pandan***  
reduces high blood pressure

***Nipa Palm***  
reduces tension

***Cajeput***  
antiseptic

**Sea**

*The Sea products are designed  
to be nourishing and sustaining:*

***Rice***  
treats damaged, ageing skin

***Black Glutinous Rice***  
anti-ageing, hydrating

***Coconut***  
hydrating, protective,  
restorative

***Seaweed***  
moisturising, hydrating, anti-ageing

***Gotu Kola***  
boosts cognitive function,  
helps reduce stress

***Pearl***  
skin rejuvenation, anti-ageing,  
gentle exfoliation



## Holistic Skincare



*“As if you were on fire from within. The moon lives in the lining of your skin.”*

— Pablo Neruda

### Facial Treatments Customised By Voya

We offer a selection of hydrating, purifying and anti-ageing facials using the VOYA range of products.

### VOYA Skincare

Hailing from County Sligo, Ireland, family-owned VOYA is the world's first range of 100% organic seaweed-based facial and body products. Acclaimed for their hand-harvested seaweed products, VOYA is more than a wellness brand, it also stands for sustainability. From the implementation of traditional seaweed harvesting practices to its biodegradable packaging, respect for the environment and the conservation of marine biodiversity has always been at the core of husband-and-wife founding team, Mark and Kira Walton.

Seaweed's therapeutic ability to treat skin and rheumatic conditions and accelerate healing has been well documented.

Highly bioactive, seaweed contains a wide range of minerals and vitamins (including the essential B12 to create DNA, found only in a small number of plants), as well as antioxidants which fight free radicals that damage cells and DNA.

Sustainable and certified organic, VOYA's carefully formulated skincare contains predominantly the *Laminaria Digitata* and *Fucus Serratus* seaweed varieties, and is designed for Antioxidant Protection, to prevent premature ageing and pollution damage; Collagen Production, to improve skin elasticity and brightness; and Skin Barrier Quality, to improve hydration and balance sensitivity.



## The Nail Salon



*“The human foot is a masterpiece of engineering and a work of art.”*

— Leonardo da Vinci

### **Pedi:Mani:Cure Studio By Bastien Gonzalez**

Drawing on his extensive expertise and experience, leading podiatrist Bastien Gonzalez has designed and developed luxury foot, hand and nail care treatments with a focus on health and natural beauty. The regenerative treatments using his specially formulated range of products *Révérence de Bastien*, together with relaxing massages to relieve tension and boost blood circulation add to the unforgettable experience.

Dubbed the ‘King of Pedicures’, award-winning Bastien Gonzalez was one of the first podiatrists to pioneer an integrated approach to hands, nails and feet, combining health and natural beauty in his treatments. His ‘haute couture’ for nails employs unique concepts, derived from medical podiatry. Holistic in application, his signature pedicure takes into account the whole foot, with its 26 bones, 30 joints and 100 muscles, as well as adjoining tendons. Blood circulation is boosted and tension relieved, leaving the guest with perfect looking feet and the sensation of walking on air. Bastien’s hand-picked podiatrists are personally trained by himself, ensuring the perfect and precise application of his practices across his exclusive studios around the world.

## The Hair Salon



*“Outer beauty is inner beauty made visible.”*

— Paulo Coelho

Visit the Hair Salon for an indulgent experience where every detail is considered to offer a tailor-made service that is suited to the uniqueness of each guest. Our professional hair stylist will enhance your style with blow-drys, cuts, styling or treatments using 100% organic products sourced from the rainforest.

### **Rahua Rainforest Grown Beauty Products**

The Rahua range of hair products provides pure, sustainable and deeply nourishing treatments. It is made from rainforest-grown ingredients created by the 500 families from the Quechua-Shuar, Achuar and neighbouring tribes in the Amazon rainforests of Brazil, one of the world’s most biodiverse regions.

Lush nurturing shampoos, hydrating conditioners, and transformative treatments, all crafted with rainforest botanicals, work to give hair elasticity and strength and restore scalp health. These plant based products are vegan, non-toxic and free of parabens, silicones, sulphates and gluten.



# Serenity

The Datai Well-being Series



*“To see a world in a grain of sand and heaven in a wild flower,  
hold infinity in the palm of your hand and eternity in an hour.”*

— William Blake

This annual wellness programme, launched in our 30<sup>th</sup> anniversary year in 2023, brings the very best holistic practitioners from around the world to the heart of the Malaysian rainforest to host a series of residencies for guests.

Every year, *Serenity - The Datai Well-being Series* welcomes a curated line-up of visiting practitioners, selected for their

extensive experience, expertise, and holistic approach. Ranging from consultations and one-on-one sessions to group workshops, the programme embraces a diverse platform of specialisms, from ancient disciplines including acupuncture, yoga, Traditional Chinese Medicine (TCM) and singing bowl sound healing therapy; alternative medical practices such as chiropractic and podiatry; to contemporary therapies such as neuroscience.



## Mindful Movement And Fitness



*“The still waters of a lake reflect the beauty around it.  
When the mind is still, the beauty of the self is reflected.”*

— Vanda Scaravelli



From the ancient discipline of yoga to the modern practice of Pilates, paired with restorative or high-impact fitness regimens, our highly qualified instructors work on individual needs, encouraging guests to achieve their wellness and fitness goals. Depending on preference, sessions are offered as group, regular or private with the surrounding rainforest fostering a deep sense of connection. Group yoga and Pilates sessions are held at the open-air Holistic Pavilion at the rainforest’s edge just by the Andaman Sea; private sessions are available at the outdoor decking of the guest’s villa or an area of their choice.

### Yoga

Meaning ‘Union’ in Sanskrit, Yoga originated in India over 5,000 years ago as a holistic practice using breath, movement and meditation to unite mind, body and soul. Yoga’s presence in Malaysia is as old as the Indian civilisation here, as demonstrated by Kedah’s 2,000 year-old temple sculptures depicting people in yoga poses. Today, yoga’s transformative qualities of mindfulness combined with physical strength have contributed to its universal appeal.

Group and private classes are available on a regular basis.

### Pilates

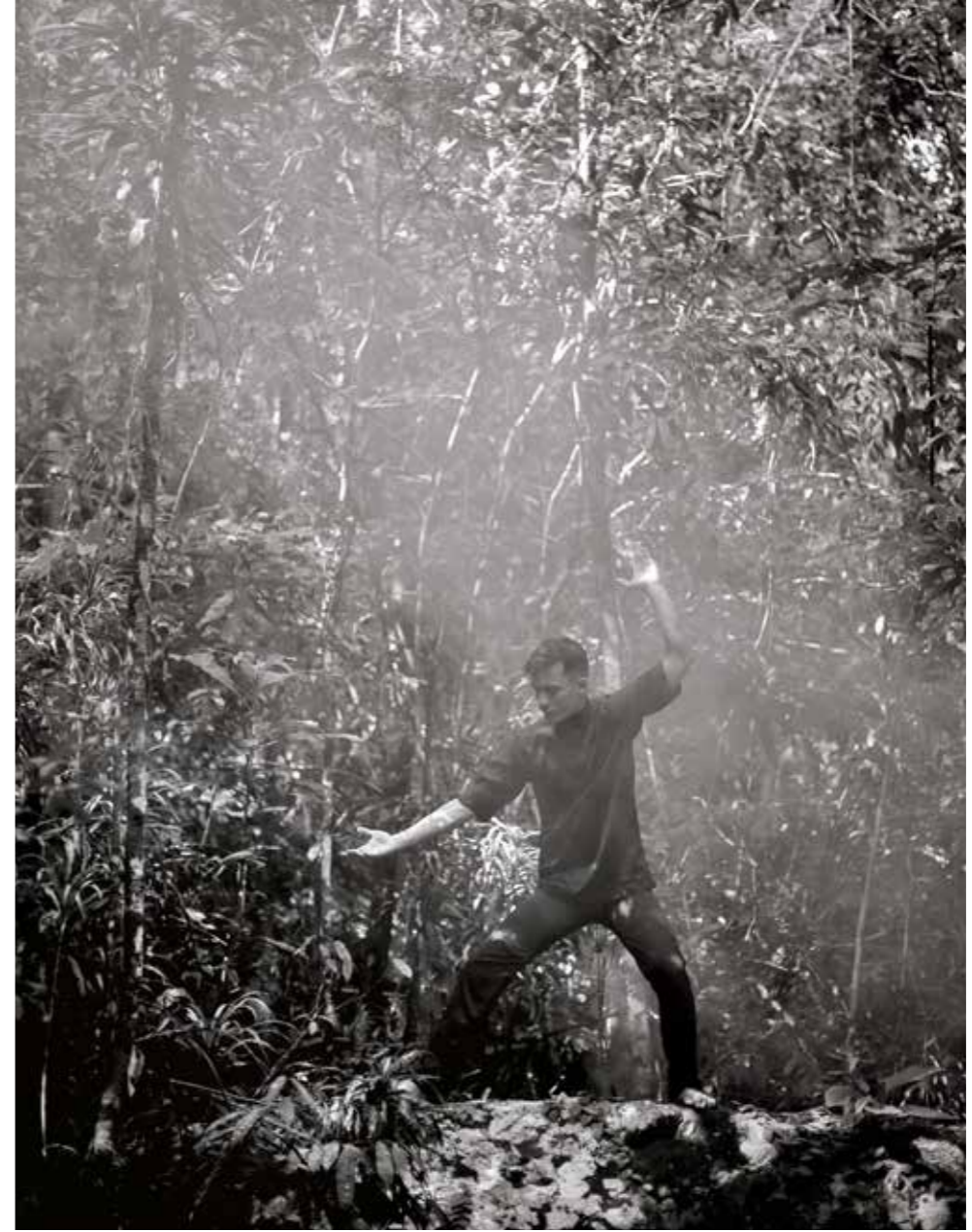
Created by Joseph Pilates, a German anatomist from the early 20<sup>th</sup> century, Pilates is a discipline involving specific targeted exercises to improve strength, flexibility and posture. Although particular focus is paid on the core, there are many additional benefits including muscle toning, overall strength, body control and flexibility. Like yoga, Pilates also espouses breathing techniques that can help to combat stress.

We offer a mat-based Pilates, focusing on breathing, posture and mobility. Private sessions are modified according to the individual’s objectives and fitness level.

### The Health Club

The Health Club is located just off the beachfront near The Beach Club and boasts magnificent views of the Andaman Sea to enhance any workout. It features a range of the latest equipment for strength and cardio, flexibility and resistance training, as well as outdoor sports equipment for tennis (at near-by The Els Club at Teluk Datai) and cycling. Sauna and steam room facilities are also available nearby.

Our fitness instructors are here to help you meet your fitness goals by showing you exercises that you can incorporate into your daily workout. A selection of complimentary and chargeable classes is available.





## Nutrition



*“Keeping your body healthy is an expression of gratitude to the whole cosmos - the trees, the clouds, everything.”*

— Thich Nhat Hanh

Dining is how we express our *art of living well*. With a philosophy inspired by nature, we support ethical and local producers who uphold sustainable practices and natural methods.

Our restaurant menus encompass many cuisines and gastronomic innovations from near and far. Our dedicated wellness menus are inspired by the cuisine of each outlet and offered both as vegetarian and meat options. These menus are specially designed by our Chefs and nutritionally certified by an external source to offer a wholistic and balanced alternative containing less fats and carbohydrate. Comprising starters, mains and desserts, these menus are ideal for guests who want a healthier and ‘lighter’ option that is lower in calories, without compromising on taste.

Like The Datai Langkawi’s other culinary fare, dishes from the wellness menus are made with an abundance of fresh, natural ingredients, such as organic herbs, fruits and vegetables replete with medicinal properties. Many of these ingredients are cultivated in our Permaculture Garden or hand-picked from the rainforest to augment our cuisine. These nutrient-rich Ramuan-derived plants include Ulam raja (king’s salad), Belimbing (carambola), Temu puah (mango ginger), Terung Meranti (black nightshade) and Pegaga (pennywort), amongst others. Highly regarded for their antioxidant properties and as a panacea for numerous ailments, these components infuse our cuisine and even our cocktails with goodness and a distinctive flavour.

In addition to the wellness menus in our restaurants, we also offer The Spa cuisine menu, designed exclusively for Spa packages. Meals from this menu represent a decoction of our nature-inspired approach focusing on purity of ingredient selection, treatment and cooking.

Delicious yet nutritionally balanced, all wellness meals are accompanied with a nutritional breakdown, emphasising purity through the following:

- Raw ingredients in their natural state. In this way, original flavours are retained as well as nutrients, freshness, enzymes and fibre.
- Wholesome ingredients that are minimally processed. Easily digestible proteins and fibres from ancient grains are combined with seasonal vegetables for a complete and balanced meal.
- Clean cooking processes. Gentle cooking methods like poaching, low temperature cooking, steaming, quick stir frying and grilling are combined with cold-pressed oils to create fresh, light and healthy meals.
- All meals in our menus can be adapted according to palates and dietary specifications.



Ginger  
*Zingiber officinale*



Fishtail Palm  
*Caryota mitis*

