



TREATMENT MENU

Journey of Natural Wellness

  
THE DATAI  
LANGKAWI



JOURNEY OF NATURAL WELLNESS



*All treatments and journeys at The Spa begin with a soothing and grounding Foot Bath Ritual, using a special concoction of Himalayan salt, sea salt and lime, and conclude with a cleansing and relaxing tea.*





## Well-being Rituals

*For centuries, holistic rituals have been utilised to enhance well-being, prevent illnesses, or promote relaxation. Immerse yourself in the beauty of nature while you enjoy the unique refreshing qualities of the rainforest around you.*

Lemongrass  
*Cymbopogon citratus*

## MALAY WELLNESS JOURNEY



7 hours — MYR 1,220

The Malay Wellness Journey is designed to restore and revitalise. It is based on traditional Malay practices that combine forest walks, stretching and breathing exercises, and traditional massage, followed by a nutritious lunch.

The Journey commences at the break of dawn with a forest bathing ritual, an ancient practice that is believed by the Malays to be the secret to longevity. The ritual involves a meditative walk into the ancient rainforest at the foot of the Machinchang mountain formation where you immerse yourself in the fresh morning air and evaporating morning dew that slowly vanishes from the greenery all around you. It is a journey to be enjoyed with all your five senses, listening to the morning chorus of birds and animals, sensing the aromas of the rainforest and the earth;

observing the changing colours of the sunlight in the sky, the light reflecting off the landforms and the leaves, and the play of the sunlight as it dances through the green foliage around you.

At the edge of a languid forest stream, the forest therapy continues with *Senaman Tua*, a guided exercise to stretch and strengthen muscles, coupled with conscious breathwork techniques. This Malay practice of slow, deliberate physical movements promotes suppleness, strength and a peaceful state of mind.

These exercises are followed by *Mandi Maul Hayat*, an immersion into the cool and refreshing waters of Crystal Creek, a spectacular jungle stream. Mandi Maul Hayat, the ritual of 'bathing in the water of life', is believed to regulate circadian rhythm to stimulate improved sleep and well-being. As an added benefit, Crystal Creek flows through a unique combination of shale and quartzite. Clear quartz is known to be a purifying stone that works against free radicals, improving the clarity of skin and acting as a source of rejuvenation.

Light refreshments of seasonal tropical fruits, nuts and herbal teas are served before the walk out of the forest.

At The Spa, the journey progresses with an invigorating *Urut Melayu* massage to reduce muscle tension and encourage healthy blood flow. Using our signature blended Akar oils, this full-body massage involves long kneading strokes through applying pressure with the thumb and palm. The programme concludes with an *Enam Rasa* nutritional lunch. Meaning six flavours, Enam Rasa refers to the six taste sensations of Malay cuisine - hot, sweet, sour, salty, bitter and astringent, where each sensation activates and abets a particular area and function of the body. These six taste sensations are incorporated into the menu to create a balance of flavours for digestive health and other benefits.

The Malay Wellness Journey has been recognised internationally for its unique qualities and holistic approach to well-being.

## MALAY WELLNESS JOURNEY

7 hours

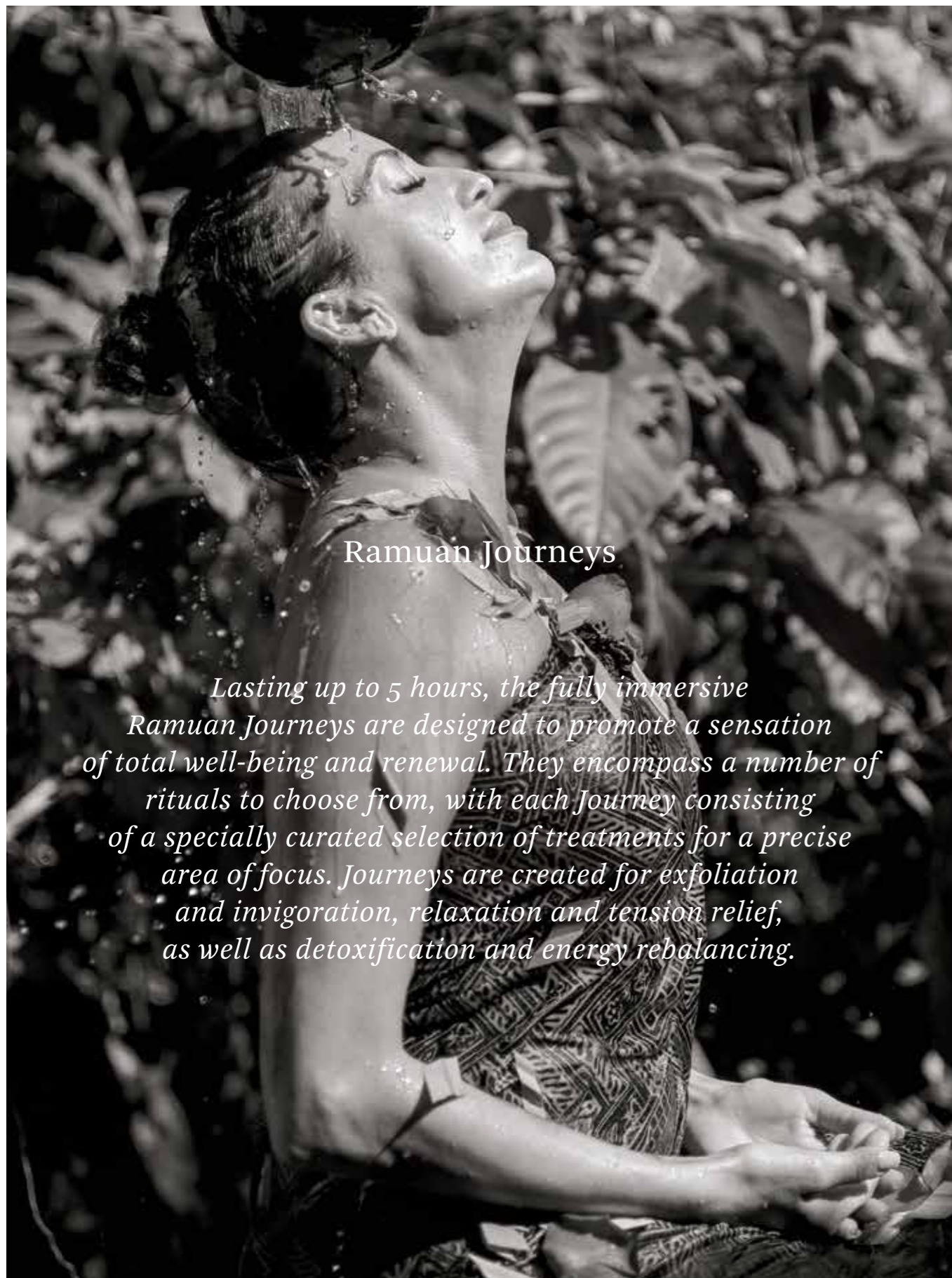
Forest Bathing Jungle Trek • Senaman Tua • Mandi Maul Hayat

Refreshments served at Crystal Creek • Return Jungle Trek • Urut Melayu Massage • Spa Meal

*48 hours advance booking required; max 6 persons above 18 years*







## Ramuan Journeys

*Lasting up to 5 hours, the fully immersive Ramuan Journeys are designed to promote a sensation of total well-being and renewal. They encompass a number of rituals to choose from, with each Journey consisting of a specially curated selection of treatments for a precise area of focus. Journeys are created for exfoliation and invigoration, relaxation and tension relief, as well as detoxification and energy rebalancing.*

## SEVEN FLOWERS RITUAL



5 hours — MYR 2,600

### Rainforest Floral Ingredients:

*Ylang Ylang, Magnolia Champaca, Gardenia, Tuberose, White Lotus, Jasmine, Rose*

The signature Seven Flowers Ritual: commences with *Mandi Bunga*, a highly sensory floral bath that will clear any negative energies. The treatment is followed by a body exfoliation, relaxing rainforest bath with refreshments, 90-minute oil massage,

Radiance facial, and concludes with a nutritional snack. The naturally fragrant floral elixirs offer sensory relief and a return to nature. Unwind a busy mind with this pampering indulgence so you enjoy a renewed sense of well-being and inner peace.

### JOURNEY

Mandi Bunga Flower Ritual • Seven Flowers Body Exfoliation • Relaxing Bath with Spa Refreshments  
90 minute Relaxing Oil Massage • Radiance Facial • Spa Snack



SEVEN SPICES RITUAL

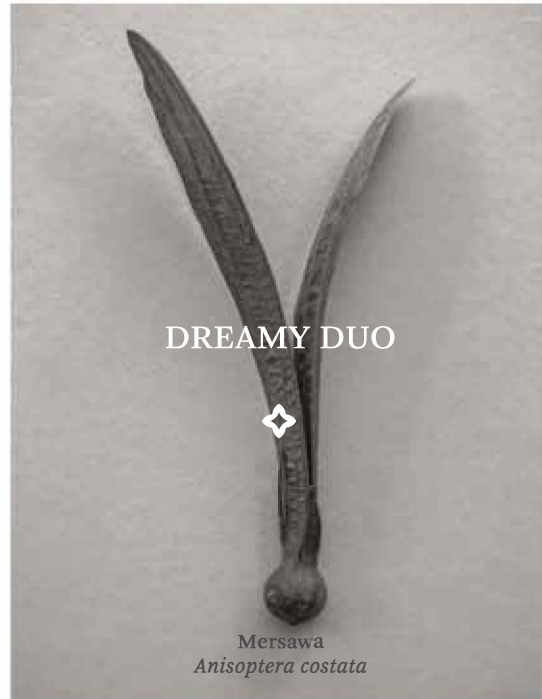
4 hours — MYR 1,970

Rainforest Herbal Ingredients:  
*Coriander, Clove, Star Anise, Nutmeg, Pepper, Cinnamon, Cardamom*

Earthy and grounding, this tailor-made experience is designed to shed dull energies and encourage a sense of invigorating yang balance to yin energies.

JOURNEY

Heat Experience (Steam/Sauna/Jacuzzi)  
Seven Spices Body Exfoliation  
90 minute Kuat or Relaxing Oil Massage  
Spa Snack



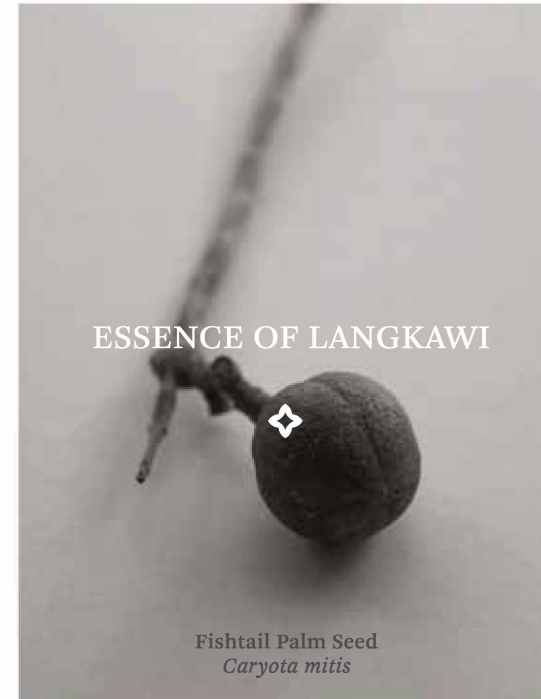
DREAMY DUO

3.5 hours — MYR 2,350

If pampering is your priority, it's time to dive into the dreamiest of packages, that begins with a heat experience and detoxifying seaweed bath. Two of our therapists will then indulge you with a four-hands, synchronised massage, followed by a restorative Radiance facial, during which a foot and leg massage will be performed.

JOURNEY

Heat Experience (Steam/Sauna)  
Waves of Relaxation Seaweed Bath  
with Spa Refreshments  
60 minute Four-Hands Massage  
Radiance Facial together with Foot Massage  
Spa Snack



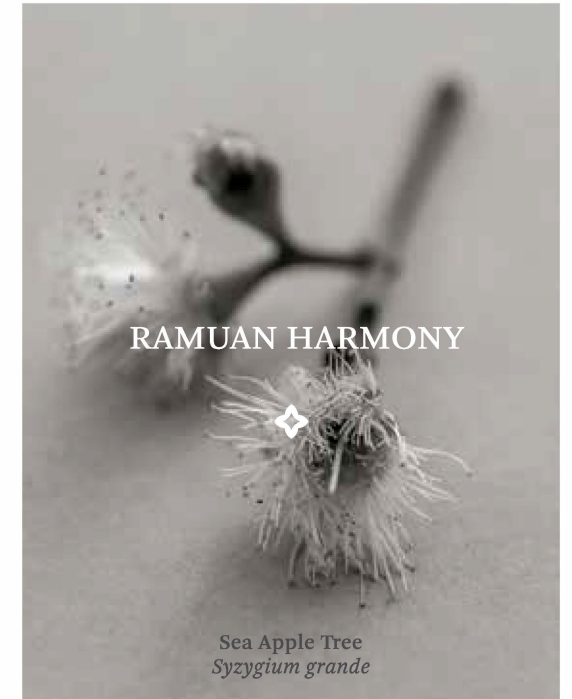
ESSENCE OF LANGKAWI

3 hours — MYR 1,380

Experience the very best of Langkawi with our transformative spa treatment that begins with a full body exfoliation to give your skin a refreshing glow. A luxuriating and relaxing bath follows. To end this journey, choose the Urut Melayu massage, a traditional Malay massage, or the Tungku Massage, where your therapist uses a heated cotton pouch compress filled with fragrant herbal ingredients to expertly perform a tension-relieving massage. The perfect way to feel at one with our beautiful island.

JOURNEY

Body Scrub  
Relaxing Bath with Spa Refreshments  
90 minute Tungku Batu or Urut Melayu Massage



RAMUAN HARMONY

2.45 hours — MYR 1,250

This uniquely revitalising package blends tropical surroundings with holistic practices. Known as the bath of seven fragrances, the Malay traditional Mandi Bunga ritual uses various flowers to achieve aromatic bliss while clearing negative energies. A nirvana stress relieving massage follows. The journey continues with a timeless and restorative anti-aging facial.

JOURNEY

Mandi Bunga Flower Ritual  
60 minute Kuat or Relaxing Oil Massage  
Nurture with Nature Facial





## Holistic Skincare

### *FACIAL TREATMENTS CUSTOMISED BY VOYA*

*Our Spa facials draw on the benefits of natural organic seaweed-based products by VOYA to hydrate, stimulate and revitalise skin. In addition, a seaweed bath by VOYA to nourish the skin and promote healing is also available, with guests having the option of enjoying the bath in a spa villa or inside their room.*

Seaweed  
*Phaeophyta*

### JEWEL OF THE DATAI



90 mins — MYR 820

The ultimate VOYA facial experience, this treatment allows guests to experience the best of what VOYA has to offer. The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain, followed by a 70-minute facial. A facial massage and dual-action facial mask, utilising the exclusive re-mineralising Laminaria seaweed leaves, will deeply hydrate the skin. Helps reduce deep set wrinkles and leaves skin hydrated and plumped.

### RADIANCE FACIAL



60 mins — MYR 580

This skin-type specific and ocean-inspired organic facial is deeply detoxifying, it helps to even out skin tone and increase clarity. A relaxing facial massage is incorporated to release any build-up of toxins and toxic micro particles, to repair and nourish skin cells damaged by pollution and chemical exposure.

### NURTURE WITH NATURE FACIAL



75 mins — MYR 650

Formulated for all skin types using organic ingredients combined with antioxidant algae complexes and aromatherapy oils. Helps stimulate collagen production to reduce lines and wrinkles.

### RENEW AND RESTORE



60 mins — MYR 620

This skin renewing facial combines restorative properties with organic formulas that are designed to achieve optimal skin health. Using a multi-level approach, it includes a purifying cleansing ritual, a powerful age defying facial massage, a deeply restorative mask, and Sonic pulse technology. The facial is completed with VOYA's advanced serums and moisturisers tailored to suit your skin's specific needs. This high-performance facial helps to diminish congestion and improve lack lustre skin, while targeting issues such as dryness, dehydration, sensitivity and rosacea, for skin that feels and looks truly comforted and hydrated.

### MARINE EYE TREATMENT



45 mins — MYR 420

This unique treatment utilises hand-harvested organic Laminaria Digitata seaweed eye compresses, it is perfect for refreshing and rejuvenating tired eyes. Helps to firm, hydrate and reduce the appearance of fine lines around the eye area.



## RAMUAN MESSAGES

*These massages utilise a concoction of ingredients from the rainforest, mangrove and sea to restore balance and calm through boosting circulation and reducing pain.*

*Our signature massages include: Tungku Batu, utilising a gently warmed poultice containing hot stones packed with a blend of herbs, spices and other restorative botanicals to alleviate tension and promote healing; and Urut Melayu, a full body massage using long kneading strokes together with a decoction of blended oils to improve circulation and boost energy flow.*

Galangal  
*Alpinia officinarum*

### TUNGKU MASSAGE



90 mins — MYR 780

A deeply relaxing treatment, Tungku Batu uses a warmed cotton pouch containing a hot stone wrapped together with a mixture of lemongrass, galangal, ginger and other healing herbal ingredients. This blend, used by Malay healers for its ability to reduce pain and increase circulation, is heated and applied to muscles and pressure points using the compress pouch. Not suitable for sensitive or sunburnt skin.

### URUT MELAYU



90 mins — MYR 750

Traditional Malay massage focusing on the 'urat' (meaning 'veins') to help improve blood circulation. Strokes directed toward the heart ('buka urat') aim to invigorate, while strokes moving away from the heart ('tutup urat') are calming. Using our signature blended oils prepared with local herbs, this full-body massage involves long kneading strokes with thumb and palm pressures to encourage healthy blood flow and an overall sense of well-being.

### KUAT MASSAGE



60 mins — MYR 500

90 mins — MYR 720

Our ever-popular deep-tissue massage is similar to a sports massage and an effective way to loosen tight areas, release toxins and improve circulation and recovery time.

### RELAXING OIL MASSAGE



60 mins — MYR 500

90 mins — MYR 720

A gentle, flowing treatment designed to soothe muscles, allowing the therapist to focus on areas of tension and stress to bring a sense of harmony and inner calm after a long journey.

### SEDERHANA MASSAGE



60 mins — MYR 450

90 mins — MYR 650

An oil-free massage that consists of a deep acupressure style massage using palms, thumbs, feet and legs, with a series of graceful stretches. We will provide you with comfortable pyjamas while the massage is performed.

### BACK & SHOULDER MASSAGE



30 mins — MYR 260

60 mins — MYR 500

Ideal for relieving tense areas of the back, neck, shoulders and head using remedial-style deep tissue massage. To be enjoyed on its own or in addition to another treatment, this massage will leave you feeling light and stress-free.

### FOUR HANDS MASSAGE



60 mins — MYR 800

90 mins — MYR 1,150

Two therapists will work together to perform a full-body synchronised oil massage designed to relieve stress from aching muscles and tense areas of the body.

### FOOT REFLEXOLOGY



60 mins — MYR 450

Beyond the feel-good effect, the practice and purpose of foot reflexology goes deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body.







## Mum-to-be Treatments

*Mums-To-Be can experience the ultimate relaxation with our specialised prenatal massage & treatments by VOYA. Designed to nourish, minimise stretch marks, and soothe dry itchy skin, whilst working to calm and balance a busy mind with organic essential oils of lavender, geranium and ylang-ylang.*

## Spring Tides

*These beautiful balancing spa rituals celebrate and support women through the natural tides of Menopause. Although these journeys were designed with women in mind, these treatments can also be for men and women alike at any age.*

Banana blossom  
*Musa acuminata*

## MUM-TO-BE MASSAGE



60 mins — MYR 520

A pregnancy massage designed to help mother and bump relax and feel thoroughly pampered to support the wonderful journey to motherhood.

## PRENATAL RITUAL



105 mins — MYR 820

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating and nourishing your skin. A full body exfoliation will gently buff the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is used to gently ease stress and tension with a top to toe body, face and scalp massage. Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported, and restored.

## DRIFTING TIDE



75 mins — MYR 690

This balancing VOYA ritual focuses on metabolism, immunity, and healthy circulation to support you through the natural tides of life. Using aromatherapy oils, stress and anxiety are washed away with a massage to the back of the body. A grounding foot reflex massage anchors you to the present moment, while a soothing stomach massage eases bloating and aids digestion. Conclude with a hydration boost to calm your skin and a blissful scalp massage to quiet your mind.

## GROUNDING TIDE



45 mins — MYR 380

This ritual is centred upon sleep, mindfulness, and vitality. We begin the treatment by opening your mind and body, with a relaxing pressure point massage for your face and scalp, while cooling marine eyes patches hydrate your eyes. End this treatment feeling balanced and set up for a peaceful night's sleep.



## Ramuan Body Scrubs

*Ramuan body scrubs and polishes to exfoliate and purify include the following signature treatments based on each biome: Rainforest 7 Flowers Scrub to moisturise and hydrate skin; Rainforest 7 Spices Body Scrub to stimulate circulation and detoxification; the ocean-based Sea Pearl and Seaweed Body Scrub to detoxify and invigorate; and the Mangrove Body Scrub containing carbon, mangrove sugar and cajuput leaves to rejuvenate.*

Lime  
*Citrus aurantiifolia*

### RAINFOREST SEVEN FLOWERS BODY SCRUB



60 mins — MYR 420

A moisturising and hydrating exfoliation with the seven flowers of ylang ylang, champaca, gardenia, tuberose, white lotus, jasmine and rose.

### RAINFOREST SEVEN SPICES BODY SCRUB



60 mins — MYR 420

A spicy, rejuvenating body polish with coriander, clove, star anise, nutmeg, pepper, cinnamon and cardamom, to stimulate circulation and detoxification.

### MANGROVE BODY SCRUB



60 mins — MYR 420

A revitalising and uplifting exfoliation with the detoxifying properties of mangrove activated carbon, mangrove sugar and cajuput leaves.

### SEA PEARL & SEAWEED BODY SCRUB



60 mins — MYR 420

A skin-brightening and renewing antioxidant body polish with seaweed, pearl and rice.





## Ramuan Post-Sun

*Moderate sun exposure stimulates the synthesis of vitamin D, which is necessary to bond calcium in bones, and for the secretion of melatonin, a known antidepressant. However, excessive exposure can have harmful effects on the body.*

Aloe Vera  
*Aloe barbadensis*

## ALOE VERA HEALING WRAP



60 mins — MYR 470

A special anti-inflammatory post-sun care wrap with aloe vera, cucumber and lavender, known for their hydrating, healing and purifying properties. Excellent for sensitive skin, the mask improves skin condition, calms skin irritation, and its light fragrance induces relaxation.

# Pedi:Mani:Cure Studio by Bastien Gonzalez

*We offer Bastien Gonzalez' highly acclaimed treatments for exceptionally beautiful and healthy feet, hands and nails, together with his specially formulated range of products, Révérence de Bastien.*

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## BASTIEN PEDICURE



60 - 75 mins — MYR 490

A holistic pedicure including gentle buffing to restore natural beauty and shine to the nails. This treatment eliminates hard skin and dryness, and finishes with a 'toes to knees' massage, relieving any muscle tension and heaviness.

## BASTIEN DUO TREATMENT



75 mins — MYR 740

This synchronised four-hand treatment focuses on your feet, legs, hands and arms, offering the ultimate in manicure and pedicure luxury for total relaxation.

## BASTIEN MANICURE



60 mins — MYR 380

An exceptional manicure in three steps: a cuticle and nail treatment, a natural beauty finish to the nails, and a thorough massage of the forearms, wrists, hands and fingers.

## NAIL BRIGHTNESS



45 mins — MYR 370

A foot treatment focusing on the beauty of nails and cuticles with light smoothing of skin dryness. Nails are reshaped and buffed with chamois leather and a pearly buffing cream to restore natural beauty and shine, followed by a relaxing foot massage.

## FOOT REFOUNDATION



35 mins — MYR 250

A truly relaxing massage from the toes up to the knees, ideal for legs tired after a long flight. A preliminary exfoliation performed with the Black Diamond Scrub facilitates the penetration of the cream used during the massage, thereby optimizing the effects of its active ingredients.

## GLOBAL MASSAGE REFOUNDATION



35 mins — MYR 400

A soothing, synchronised four-hands massage that focuses on toes to knee, and fingers to elbow. Creates a light sensation, relieving legs and arms from muscle tension and heaviness. The well-being lies in two points: skin elasticity and optimum mobility.

## COLOUR TOUCH



30 mins — MYR 180

Select your preferred colour from our range of lacquers, which are free of formaldehyde, toluene, DBP and camphor to prevent any damage to the nail. Includes nail reshaping.

## PARAFFIN TOUCH



20 mins — MYR 190

Intensify any treatment with the warmth of this silky wax which aids the penetration of moisturizers applied to the skin for deep hydration while easing joint and muscle tension.

## BLACK DIAMOND SCRUB TOUCH



10 mins — MYR 90

Elevate your pedicure or manicure with the Black Diamond Touch. This mineral foaming scrub permits a vigorous natural exfoliation, aiding the removal of dead skin cells to leave skin smooth and silky. Essential oils of thyme and sage contribute to maintaining healthy and elegant feet and hands.



# Hair Salon

*The Salon provides guests the opportunity to treat their hair to a variety of indulgent services - from a cut, shampoo, blow dry, or styling to specialised treatments using organic rainforest products to promote hair health. We use 100% organic products from RAHUA, sourced from ingredients grown in the rainforest and harvested by indigenous tribes in Brazil.*

## HAIR CUT *Ladies and Gents*



30 - 60 mins  
*Short, MYR 120*  
*Medium, MYR 150*  
*Long, MYR 180*

Visit us for a quick cut with simple styling, for a day at the beach, a dinner, or before commencing your onwards journey.

## WASH & BLOW DRY *Ladies and Gents*



45 - 90 mins  
*Short, MYR 100*  
*Medium, MYR 150*  
*Long, MYR 200*

Enjoy an indulgent wash followed by a fabulous blow-drying experience, and leave the salon looking effortlessly chic and stylish.

## CUT, WASH & BLOW DRY *Ladies and Gents*



45 - 150 mins  
*Short, MYR 200*  
*Medium, MYR 260*  
*Long, MYR 350*

Treat yourself to the full salon experience with a professional cut, indulgent wash, and bouncy blow-dry.

## HAIR TREATMENT *Ladies and Gents*



45 - 90 mins  
*Short, MYR 250* *Medium, MYR 300*  
*Long, MYR 380*

This hair treatment has been crafted with powerful rainforest botanicals to give hair elasticity and strength and restore scalp health. All hair treatments include a simple blow-dry.

## MEN'S SHAVING *Incl Shaping*



45 - 60 mins — MYR 100

Enjoy a professional barber experience with a shave including a simple face wash, shaving gel, toner and moisturiser, using our professional VOYA Products.

## STYLING ADD - ON

*Not inclusive of wash and blow-dry*

## HAIR BRAIDS WITH COLOUR BEADS FOR CHILDREN



5 - 10 mins — MYR 10 - 25  
Per Braid  
*depending on hair length*

## HAIR BRAIDS FRENCH CROCHET-STYLE



10 - 15 mins — MYR 25 - 35  
Per Braid  
*depending on hair length*

## HAIR UP-DO, CHIGNON / BUN



60-90 mins — MYR 280 - 380  
*depending on hair style and request*



## Ramuan Baths

*Superb on their own or as an add-on to any a-la-carte treatment, we designed these Ramuan baths with total relaxation as inspiration. Refreshments will be served.*

### REJUVENATING BATH



30 mins — MYR 250

Uplift the senses with this invigorating bath enhanced with flower petals and rejuvenating oils.

### DETOXING BATH



30 mins — MYR 250

An all-time favourite for centuries, calm your senses with an aromatic salt bath containing detoxifying oils.

### RELAXING BATH



30 mins — MYR 250

Infused with indigenous local flowers, feel your mood lighten up with this fragrant, zen indulgence.

### WAVES OF RELAXATION VOYA SEAWEED BATH TREATMENT



30 mins — MYR 290

A luxurious ritual that stems from a 300-year-old bathing tradition, this bathing ritual uses high quality botanical ingredients and aromatherapy oils from VOYA. Drawing from the natural power of organic hand-harvested seaweed to deeply nourish the skin, increase circulation and promote healing.

This bath can also be offered in your guest room or villa.





## SPA ETIQUETTE

### Bookings

*The Spa is open from 10:00 to 21:00 hours daily. To ensure that we reserve your appointment at your preferred time, please make reservations in advance through the spa extension on your room phone, or visit us at The Spa. Outside of operating hours, you may dial ext "0" for the operator.*

### Cancellations

*At least 6 hours' notice is required to cancel an appointment. There is a 50% charge for cancellations within 6 hours of the scheduled appointment time. For cancellations within 2 hours of the treatment, the full cost will be charged.*

### Arrival

*We recommend arriving 15 minutes prior to your reserved appointment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.*

### Ambience

*The Spa is a sanctuary of peace and harmony. To preserve The Spa's tranquil environment, we respectfully request that you leave all mobile phones and electronic devices switched off.*

### Valuables

*We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavour to take care of your belongings, we do not assume liability for any loss of or damage to personal articles.*

### Special Consultations

*Most treatments can be adapted to accommodate illness, injury or pregnancy. Please communicate health matters or any health-related concerns you may have, when making your reservation.*

### What To Wear

*We provide a sarong, robe and pair of slippers, plus any items you need for your reserved treatment at The Spa. For your comfort, disposable undergarments are provided before the start of your treatment. Our therapists are highly trained in proper draping procedures for your complete privacy.*

### After Your Treatment

*It is important to drink a lot of water before and after your treatment. We recommend that you do not sunbathe after any massage or body treatment.*

### Age Requirements

*All persons under the age of 18 must have a parent or legal guardian complete a health assessment form and children's wellness waiver. Parents and/or guardians of all persons under the age of 18 will be asked to remain at or close to the treatment villa in case your child would like to see you during the treatment. For private (one-to-one) treatments with children below 13 years, we request that the parent or guardian be present in the treatment villa at the time of service. You may choose to schedule a couples/duo massage together or quietly observe the treatment.*

### Spa Boutique

*To continue your spa regime and experience at home, our signature AKAR retail range (from Malay, meaning 'roots'), as well as Révérence de Bastien, VOYA and Rahua retail products used within your treatments are available for purchase at the spa reception.*

### Pricing

*Menu priced in Malaysian Ringgit and subject to 10% service charge.*

