

## Cameron Highlands – Spa Village

### Body & Face Treatment

#### **TUNGKU BATU (HEATED STONE THERAPY) \***

Healing with stones is an ancient form of therapy long practiced as an addition to a massage in the Malay and Orang Asli culture. It is a traditional therapy for women in birth confinement and for men to enhance agility. Massaging the body using heated stones helps hasten the elimination of toxins, alleviate joint pains, loosen tense muscles and break down excess fats. Reservations must be made at least 30 minutes prior to this treatment.

#### **CAMPUR-CAMPUR \***

The name “Campur-Campur” means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, this exclusive signature creation of Spa Village uses touch, tone and aromatherapy to give you a unique and memorable experience. The scent of lemon grass and pandanus leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch.

#### **THE GOLFERS AND HIKERS THERAPY**

After a round of golf, or a good hike through the forest of Cameron Highlands, our Golf and Hikers Therapy will invigorate and restore your body. This massage encompasses a range of deep, rhythmic movements to stimulate muscle tissue, ease tension and relieve muscular aches and pains. The technique soothes and relaxes the whole body with the therapeutic synergy of aromatic essential oils, including Ginger, Mint and Thyme, blended in healing soya and sesame oils.

#### **LAPIS-LAPIS (MALAY HERBAL WRAP) \***

In this treatment, a fresh mixture of lemon grass, ginger, galangal and camphor is applied to the body, which is then wrapped in warm sheets. This is an excellent precedent to a Thai or Malay massage. It helps to detoxify, reduce water retention and relieve joint and muscle pain.

#### **ROSE PETALS FACIAL**

With the ultimate pampering of dried rose petals mask, rose cleanser and rose toner, this fragrant facial cleanses and moisturises the face, leaving it relaxed and silky smooth. This treatment incorporates the European 15 points facial massage to rejuvenate and refresh the skin.

## Massage Therapy

### **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.

### **AROMA**

The powerful effects of aroma on the body and mind, combined with a technique designed to elicit the relaxation response makes this massage an ideal choice for anyone who wishes to reduce stress. To ensure quality and achieve the desired effects, we have produced our own blends of aromatherapy oils, with a choice of Relaxing, Purifying, or Uplifting.

### **LOMI-LOMI**

An ancient Hawaiian therapeutic technique, passed down through generations by Hawaiian healers, using both gentle and vigorous strokes to ease muscle pain, promote relaxation and result in an overall sense of well-being.

### **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, which invigorate 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 tempo of acupressure, rolling motions, long strokes and percussion, which provide an invigorating and energising experience for the body.

### **THAI**

An art with an ancient tradition, this method of massage was originally practised only in Thai temples by Buddhist monks versed in the art of healing. This massage is an integral part of the life of the Thai people. It is described as "Yoga Massage" for its stretching and bending movements. This is ideal for anyone who desires increased energy flow and flexibility. A t-shirt and loose cotton pants are provided.

### **SHIATSU**

Shiatsu is a Japanese pressure point technique based on the concept of acupuncture. Pressure is applied to various body points along energy pathways enhancing the free flow of Chi (life force energy). A t-shirt and loose cotton pants are provided.

### **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.

### **FIFTY/FIFTY**

Any two fifty minute treatments per person.

## Chrysanthemum & Avocado Escapade

Chrysanthemums have a long history of medicinal uses and are still current in the British Herbal Pharmacopoeia. The avocado is a treasury of vitamins, minerals and natural oils. Avocados are rich in skin-soothing vitamin E and the oil is prized for its silky soft texture and superior absorption to moisturise and nourish the skin.

### CHRYSANTHEMUM

### FLOWER

### BATH

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Your escape begins with a Chrysanthemum Flower Bath and signature tea to boost immunity and ease tension. While relaxing, warm flower heads will be placed on your eyes to relieve stress and improve eyesight.

### AVOCADO

### OIL

### MASSAGE

A full body massage with avocado oil will nourish and maintain skin tone. The massage will be customised to address your individual needs, while it softens rough and dry skin. Following the massage you will be wrapped in warm sheets to enable the nourishing oils to penetrate and soothe the skin.

### AVOCADO

### SCALP

### TREATMENT

While you are wrapped, your scalp will be massaged with an avocado scalp treatment created to nourish the hair and improve hair growth.

## The Semai

The Semai are the indigenous people or Orang Asli of the state of Pahang. In Orang Asli culture, every forest product has a specific use and the Semai elders have mastered the practices of treating ailments using the plants of the jungle. Their knowledge of traditional medicine has been acquired over millennia. What to the common eye is a shrub or a weed is a precious resource to them. Spa Village is delighted to be able to share some of these jungle secrets in the following treatments:

### **Tok Batin Mystical Tradition**

#### ***For Him***

- Mandian Batin \* (*Hydrotherapy Batin Bath*)
- Urutan Batin Massage
- Batin Tangas Wap \* (*Batin Steam Bath*)
- Lulur Batin Scrub
- Cameron Brew

### **The Jungle Secrets of Anti-Aging**

#### ***For Her***

- Semai Anti Aging Herbal Bath \*
- Minjau Asli Massage
- Muhak Herbal Sitz Bath
- Semai Scrub
- Semai Fountain of Youth

## Fresh Strawberry Escapade

Strawberries are evocative of an English summer and have been a symbol of purity and passion. Romans cultivated them for their medicinal qualities, believing that strawberries bring relief from depression, infections and fevers, as well as ailments of the kidneys, liver and blood. Centuries later, Madame Tallien, a prominent figure at the court of Napoleon, was reputed to bathe in the juice of strawberries for its healing properties. Pureed fresh strawberries also soften the skin and cool inflammation.

### **STRAWBERRY\_TEA\_BATH**

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A beautifully sensual bathing experience. This is the ultimate in relaxation, easing nervous tension and stress while leaving the body rehydrated and mind feeling rejuvenated. Absolutely heavenly!

### **STRAWBERRY\_BODY\_POLISH**

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Indulge yourself with this refreshing body buff made of fresh strawberries, yoghurt and crushed oatmeal. Strawberries and yoghurt contain natural alphanhydroxy acids that help soften and refine skin texture.

### **STRAWBERRY\_AROMA\_MASSAGE**

A wonderfully scented treat to rehydrate your skin. This is a luxuriously sublime treatment in which massage techniques blend touch and aroma to create sensations of pleasure and wellness to deeply heal your mind and body while soothing your soul.

\*Not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnan

## Cameron's Mint

Mint has long been acknowledged for its healing properties, and is excellent for improving circulation and boosting the immune system. Mint is known to soften, relax, refresh, hydrate and naturally deodorise your skin and body while refreshing the mind and senses.

### **MINT\_TEA\_BATH**

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As stimulating as it is relaxing, this bath has the therapeutic properties of mint as an anti-depressant, and it is uplifting, cooling and wonderful for muscle aches.

### **MINT AND THYME BODY SCRUB OR BODY WRAP**

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A gentle body exfoliation treatment designed to help remove dull surface skin cell accumulations, improving circulation and resulting in soft and revitalised skin.

### **MINT MUSCLE RELIEF BODY MASSAGE**

A revitalising massage enables the oils to deeply penetrate into the skin, muscles and joint tissue, smoothing and softening skin while an invigorating blend of mint essence awakens the senses and revives your energy levels.

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