

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.

JAVANESE LULUR TREATMENT

Originating from the royal palaces in Java, Indonesia, this is a traditional treatment using herbs and spices. It begins with a Balinese massage to rejuvenate your body, followed by the Lulur to exfoliate the skin. Fresh yoghurt is splashed onto the skin for nourishment. You will then bathe in warm herbal floral water while enjoying a soothing cup of ginger tea. This treatment concludes with a moisturising application of body lotion.

THAI HERBAL MASSAGE

This treatment starts with a traditional Thai massage. A prakop pouch of steamed lime leaves, lemon grass and other Thai herbs is then gently pressed along the meridians of the body. This exotic and relaxing treatment increases circulation and energy flow, removes toxins from the muscles, reduces water retention, and increases joint and spine flexibility.

Massage Therapy

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.

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 life for 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.

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This massage combines a historical reference from many cultures, especially Indian, Chinese and European influences, which form the foundation of Balinese traditions.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.

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.

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.

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.

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.

HOT STONE *

Healing with stones is an ancient form of therapy used by various cultures throughout the ages. Massaging the body using smooth, heated basalt river rocks and Swedish massage techniques, the body deeply relaxes as the warm stones melt away the tension and stress.

Available as an 80-minute Supreme massage only. Reservation has to be made at least 30 minutes prior to treatment.

ENOLA'S FOUR HANDED LOMI-LOMI

Our Four Handed massage is a choreographed rhythmic massage performed by two therapists. This extremely relaxing massage helps the body release toxins and enhances the immune system.

Available as a 50-minute Deluxe massage only.

Skin Care

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:

SUNDARI FACIAL

Suits all skin types; balances and revitalizes.

SUNDARI NEEM

Hydrates, firms, improves skin elasticity and is especially beneficial for mature skin.

SUNDARI DETOXIFYING

Nourishes skin; eliminates impurities and toxins. Leaves skin supple and glowing.

MIAN BU HU LIAO (CHINESE HERBAL FACIAL)

This treatment begins with a traditional snuff of aromatic herbs that clears the nasal passages, relieves headache and sharpens the senses. It 'wakes up' all the senses - eyes are brighter, hearing sharper and taste becomes more refined. Followed by a warm Mulberry facial wash, a Sandalwood and Winter Melon scrub to exfoliate dead skin and acupressure massage to tone the facial tissues. It ends with a mask of crushed pearls and ginseng. This is a secret held exclusively by the concubines of Imperial China, behind the closed doors of the Forbidden City.

MUKA BERSERI-SERI (MALAY FACIAL)

Using traditional Malay herbs of turmeric and wild ginger, this facial incorporates Malay style massage and skin toning with a herbal pouch.

MUKHA LEPAM (AYURVEDIC FACIAL)

The Ayurvedic tradition defines the secret to beauty as being in the development of inner and outer health. While one gains inner beauty through the practice of meditation and virtues, outer health is enhanced through the application of prescribed herbal pastes on the face which help to refine all skin types.

Wraps

Our wraps and masques have various therapeutic benefits, including hydrating the skin, detoxifying, enriching with nutrients, countering the effects of sun and ageing, or easing tired, aching muscles. It is appropriate and recommended to relax in a wrap daily. We recommend the Shanghai Scrub prior to your wrap. The Wraps listed below are among those offered at the Spa Village.

SPIRULINA BODY WRAP *

Seaweed helps the body eliminate toxins while providing essential nourishment.

MOOR MUD WRAP *

Thermal water-derived black organic mud, rich in minerals and trace elements that re-mineralises, softens and purifies the skin.

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.

CHINESE HERBAL WRAP *

Helps to draw impurities from the skin, leaving the skin soft and rejuvenated.

CUCUMBER ALOE WRAP

A superb after-sun smoothie! Anti-inflammatory and highly recommended for sun sensitive conditions.

PAPAYA ENZYME WRAP *

Locally grown papayas have inspired this unique use of fruit that gently conditions the skin leaving you with a healthy glow.

Hair Care & Nail Care

Nail

Well-groomed and beautiful hands and feet are a necessity for everyone. Our natural manicure and pedicure includes nail and cuticle conditioning, nail shaping and buffing. The Signature Manicure includes exfoliation, paraffin wax and arm and hand massage while the Signature Pedicure includes exfoliation, paraffin wax and foot and lower leg massage.

Care

Hair Care

COCONUT CRÈME HAIR TREATMENT

Coconut oil has been used traditionally by the Indians for thousands of years. It helps condition the hair, maintaining its lustre and colour. This treatment, using a specially blended coconut crème, is an ideal add-on to any massage, body treatment, or facial.

SIRO LEPAM (AYURVEDIC HAIR CARE)

Special herbal hair paste helps treat thinning hair, and improves and strengthens the hair follicles.

RAWATAN IKAL-IKAL (MALAY HAIR AND SCALP TREATMENT)

This therapeutic traditional Malay hair treatment has been known to be effective for hair loss, scalp irritations and migraine. A head and shoulder massage using specially brewed herbal oil begins the treatment, followed by an application of herbal paste of selected leaves such as hibiscus and betel leaves onto the scalp and hair leaving a fresh feeling of lightness.

Waxing

Professional facial and body waxing is offered for both men and women. Depilatory services available include bikini, half leg, full leg, underarm, back, brow and lip. Advance reservation of at least 15 minutes is required.

Couples Spa Experience

COUPLES SPA EXPERIENCE (FOR TWO PERSONS)

A Malay wedding ceremony is renowned for its pomp and pageantry, practised for hundreds of years from generation to generation. On the day of the wedding, the couple is often called King and Queen of the day or in Malay, *Raja Sehari*.

The custom of preparing the bride and bridegroom is a highly treasured family secret in the Malay world. Traditional Malay wedding culture seeks to prepare the wedding couple holistically, involving the mind, body and spirit.

At the Spa Village our Couples Spa Experience includes a series of special body treatments for her and for him, based on these ancient Malay wedding traditions. The Secrets of Puteri Lindungan Bulan and Panglima Bukit Gantang are highly fitting royal treatments for a warrior and his princess.

For Her

Royal Secrets of Puteri Lindungan Bulan

URUTAN GAMELAN (MALAY TRADITIONAL MASSAGE)

The healing powers of this deep tissue massage treatment stimulates the energy points and helps to loosen and warm up the muscles while it relaxes, detoxifies and rejuvenates the body and soul. The exotic and aromatic body oil made of selected flowers such as jasmine and tropical magnolia keeps the skin smooth and silky while the aroma soothes the mind.

IKAL MAYANG (HAIR CREAM BATH)

Ikal Mayang is a Malay hair treatment ritual practised by royal princesses renowned for their long, glossy and silky tresses using a combination of coconut oil, rice paddy stalks and pandanus leaves.

BOROS (FACIAL AND BODY SCRUB)

Feel the touch and the lingering scent of the traditional herbal facial massage and aromatic whitening herbal body scrub of selected herbs such as *Kunyit* (turmeric) and *Cekur* (galangal). It cleanses, firms, whitens the entire body whilst helping to loosen up dead surface cells of the skin, promoting the growth of new cells and imparting a healthy radiance to the skin.

BERSIRAM (FRAGRANT MILK BATH)

Indulge yourself by immersing the entire body in the specially prepared milk bath of scented flower buds and petals such as *Melur* (jasmine), *Mawar* (rose) and *Chempaka* (tropical magnolia) to moisturise the skin and uplift the spirit.

UKUP WANGI (SCENTED BODY STEAMING) *

The hauntingly fragrant scented sauna of *Melur* (jasmine) and *Air Mawar* (rose water) penetrates the skin and leaves the entire body fresh, fragrant and radiant.

UBAT PERIUK (HERBAL TONIC DRINK)

An earthen pot prepared remedy of scented herbal roots and flower buds is a special tonic believed by some to be secret of anti-aging.

For Him

Bukit Gantang Warrior Treatment

URUTAN PANGLIMA (WARRIOR MASSAGE)

The deep tissue massage strokes manipulate the fascia by ungluing and freeing the fibres. The tissues become warm with the increased blood circulation to the whole body, allowing regained vitality, structural alignment, and flexibility.

IKAL-IKAL (HERBAL HAIR ROOTS TREATMENT)

A simple herbal hair wash and conditioning treatment that protects the scalp and promotes healthy hair, leaving you with a fresh feeling of lightness.

BOROS AKAR (HERBAL ROOTS SCRUB)

A series of deep rubbing strokes on the muscles with a herbal root combination of galangal and round turmeric to tone, restore and enliven the muscles and skin to a perfect firmness and healthy glow.

MANDIAN REMPAH RATUS (HERBAL SPICES BATH)

Immerse in the herbal spice bath infusion of kaffir lime and fenugreek, a natural remedy and age-old custom to restore body strength and muscle firmness.

MANDI WAP MINYAK HERBA (HERBAL OIL STEAMBATH) *

Inhale the herbal essential oil as a luxurious addition to the steam bath. The oil clings to the skin and penetrates through the pores, lifting the spirit to complete relaxation.

AKAR PERIOK (HERBAL ROOTS TONIC DRINK)

The 'warrior' treatment concludes with a special herbal root concoction brewed in an earthen pot, sweetened with exotic pure jungle honey as a tonic drink renowned for anti-aging for men.

