

# THE SPA

## TREATMENT MENU

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JOURNEY OF NATURAL WELLNESS

2019

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## TRADITIONAL BODY AND FACE TREATMENTS

Your treatment at The Spa will begin with a soothing and grounding foot bath using a special concoction of mangrove-sourced ingredients including cajeput, grapefruit, lime and clove.

### RAMUAN MASSAGES

URUT MELAYU	90 MINS	RM780
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#### (TRADITIONAL MALAY MASSAGE)

A village or 'kampung' practice for over a thousand years, Urut Melayu techniques include long kneading strokes with thumb and palm pressures to encourage healthy blood flow and an overall sense of balance and well-being.

TUNGKU MASSAGE	60 MINS	RM520
	90 MINS	RM780

Tungku Batu uses a cotton pouch containing a river stone wrapped together with lemongrass, galangal, pepper, cloves and other healing herbal ingredients. This blend, used by Malay healers for its ability to reduce pain and increase circulation, is heated and gingerly applied to muscles and pressure points using the compress pouch.

SPORTS MASSAGE	60 MINS	RM500
	90 MINS	RM720

Our ever-popular deep-tissue massage is perfect for smoothing out tense areas, releasing toxins and improving circulation.

RELAXING OIL MASSAGE	60 MINS	RM500
	90 MINS	RM720

A light yet profound massage using healing techniques and long soothing massage strokes to bring a sense of calm and increased blood circulation.

### SEDERHANA MASSAGE

60 MINS	RM450
90 MINS	RM650

An oil-free traditional full body therapy incorporating slow, deliberate stretches and pressure point techniques, to warm muscles, increase range of motion and improve energy flow.

### BACK & SHOULDER MASSAGE

30 MINS	RM260
60 MINS	RM500

Ideal for relieving tense areas of the back, neck, shoulder and head using remedial-style deep tissue massage. A massage that can be had on its own or in addition to another treatment.

### FOOT REFLEXOLOGY

30 MINS	RM230
60 MINS	RM450

Beyond the feel-good effects, 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.

### FOUR HANDS MASSAGE

60 MINS	RM 800
90 MINS	RM1150

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

### PRENATAL MASSAGE

90 MINS	RM720
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A gentle, relaxing and soothing massage with exclusively designed oils, tailored for expectant moms. Expertly focuses on muscular tension commonly experienced during pregnancy.

## RAMUAN BODY POLISHES

An exfoliating scrub or body polish helps your skin look smoother and more youthful and is important in helping remove dead skin cells, release excess toxins and unclog pores.

### RAINFOREST SEVEN FLOWERS BODY POLISH

60 MINS RM450

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

### RAINFOREST SEVEN SPICES BODY POLISH

60 MINS RM450

A rejuvenating and hydrating exfoliation with spices of coriander, clove, star anise, nutmeg, pepper, cinnamon and cardamom.

### MANGROVE BODY EXFOLIATION

60 MINS RM450

A revitalising and uplifting exfoliation with the detoxifying properties of mangrove activated carbon and cajeput leaves.

### SEA PEARL & SEAWEED BODY TREATMENT

60 MINS RM450

A skin-brightening and renewing antioxidant body exfoliation 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 HEALING WRAP

60 MINS RM470

A special anti-inflammatory post-sun care wrap with aloe vera, cucumber and lavender, we created for application to the entire body and face. The wrap helps to heal, penetrate and soothe the skin, leaving you with a pearly glow.

## RAMUAN FACIALS

### RAINFOREST SEVEN FLOWERS TREATMENT

60 MINS RM500

A customised facial for all skin types with uniquely hydrating ingredients such as pomegranate seed oil, tamanu oil and scented ground rice beads (commonly known as the 'bedak sejuk' traditional Malay face powder).

### ANTI-AGEING PEARL FACIAL

60 MINS RM600

This opulent treatment is designed for intense hydration to restore youthful appearance. A concentrated potency of antioxidants have been blended as a signature formula serum, unique to our spa: face mask of pearl with carrot seed, clary sage, jasmine flower, ylang ylang, rose, frankincense and rice beads face serum - all targeted to brighten and rehydrate skin.

## RAMUAN JOURNEYS

Along the path of our rainforest spa is a Spa Suite designed for the ultimate pampering and relaxation. Ideal for one or two persons, our spacious, private Suite is where Ramuan Journeys take place, and offer indoor and outdoor magic with a rainforest jacuzzi, full steam and sauna facilities and a deluxe bathtub where scented flower baths are truly inviting and picturesque. We invite you to luxuriate with a memorable spa journey and experience tropical luxury in the stillness of our Spa Suite.

### SEVEN FLOWERS RITUAL

4½ HR RM2,920

**RAINFOREST FLORAL INGREDIENTS:**  
*YLANG YLANG, CHAMPAKA, GARDENIA, TUBEROSE, WHITE LOTUS, JASMINE, ROSE*

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 | Steam | Jacuzzi | Body Exfoliation of Your Choice | Rainforest Bath | 90-Minute Massage | Ramuan Facial | Spa Lunch

### MANGROVE ANTI-AGEING TREATMENT

4 HR RM2,100

**INGREDIENTS:**

*MANGROVE ACTIVATED CARBON, CEDAR, CAJEPUT, CENTELLA ASIATICA, TAMANU, MCT OIL, GERANIUM, PATCHOULI, ROSEWOOD, FRANKINCENSE, CLARY SAGE, YLANG YLANG, PALMA ROSA*

Malaysian Tamanu oil is known as 'green gold' for the skin because of its rich, skin-restoring properties. Indulging you in the natural healing of the mangrove, this treatment includes an invigorating and detoxifying body exfoliation, a luxurious massage and an age-defying facial.

**JOURNEY:**

Steam or Sauna | Mangrove Body Exfoliation | 60-Minute Massage | Anti-Ageing Pearl Facial | Spa Lunch

## SKINCARE

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### DATAI SCENTSATION

3½ HR RM 1,850

Experience a ceremonious journey of enriching ingredients from nature combined with traditional Malaysian wellness rituals. This journey includes your choice of Seven Flowers or Seven Spices body polish, choice of mangrove or seaweed pearl, facial and rainforest bath.

#### JOURNEY:

Mandi Bunga Flower Ritual | Seven Flowers or Seven Spices Body Polish | Rainforest Bath | 60-Minute Massage | Ramuan Facial or Foot Reflexology | Light Spa Lunch

### SEVEN SPICES RITUAL

3 HR RM1,380

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

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

#### JOURNEY:

Sauna | Jacuzzi | Body Exfoliation of Your Choice | 60-Minute Massage

### RAMUAN HARMONY

2½ HR RM1,140

This uniquely revitalising package blends tropical paradise surroundings with holistic practices, beginning with a nirvana stress relief body serum applied with gentle massage. A timeless, intensely hydrating facial follows.

#### JOURNEY:

Mandi Bunga Flower Ritual | Body Serum Application with Gentle Massage | Phyto 5 Youthful Algae Treatment

### PHYTO 5

Ancient wisdom meets modern innovation in our unique Holistic Harmony programme, curated exclusively for The Spa by organic skincare line Phyto 5.

All treatments integrate the five elements of traditional Chinese medicine – wood, fire, earth, metal and water and feature light therapy with bio-stimulation to increase and balance the body's flow of vital energy.

### HOLISTIC HARMONY

90 MINS RM900

Reach the highest level of wellness and your natural intrinsic beauty through this harmonising face treatment including:

- Colour therapy to enhance your personal emotional state
- Quantum certified serums to balance the energy of your skin and body
- Bio-stimulation of your feet and hands to nurture your body's self-healing

### THE LANGKAWI ORIGIN

60 MINS RM650

This dreamy treatment helps you adapt to the Langkawi time zone, climate and energy. Perfect way to recalibrate, reconnect your mind, body and energy in perfect harmony. Treatment includes:

- Quantum abdomen massage to release emotions
- Quantum face and scalp massage
- Energetic stimulation of the feet and hands

### THE FOUNTAIN OF YOUTH

60 MINS RM650

Experience a lasting glow and a radiant complexion with a deeply hydrating quantum face treatment adapted to your skin. Treatment includes:

- Energetic drainage designed to purify your skin
- Reviving eye contour treatment
- Energeny algae mask to soften fine lines and wrinkles

## HAND, NAIL AND FOOT CARE

### PEDI:MANI:CURE STUDIO BY BASTIEN GONZALEZ

Bastien Gonzalez is an internationally recognised French podiatrist, well known for his unique approach to foot treatments. He has designed and developed these exclusive and multi award-winning treatments.

#### BASTIEN'S PEDICURE

60 MINS RM520

A holistic pedicure including gentle buffing to restore natural beauty and shine to the nails, treatment to eliminate hard skin and dryness, ending with a massage from the toes up to the knees, relieving any muscle tension and heaviness.

#### BASTIEN'S MANICURE

45 MINS RM390

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.

#### BASTIEN'S DUO TREATMENT

75 MINS RM780

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

#### NAIL BRIGHTNESS

45 MINS RM380

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 RM290

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 eases the penetration of the cream used during the massage, thereby optimising the effects of its active ingredients.

#### GLOBAL MASSAGE REFOUNDATION

35 MINS RM400

A soothing, synchronised four-hand foot and hand massage, from toes to knee, and fingers to elbow, that brings a sensation of lightness to the whole body.

#### PARAFFIN TOUCH

20 MINS RM180

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

#### BLACK DIAMOND TOUCH

10 MINS RM 80

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.

#### COLOUR TOUCH

20 MINS RM160

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.

**JUNIOR SPA  
FOR CHILDREN AND TEENAGERS**

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**MINI MASSAGE  
(AGES 6-12)**

**30 MINS RM280**

A soothing full body massage using hydrating organic coconut so you are ready for your next rainforest adventure in no time!

**TEEN PAMPERING  
(AGES 13-18)**

**45 MINS RM320**

A rejuvenating teen-designed massage to soothe tired muscles. Whether after an indoor or outdoor workout, or just chilling on the beach, refresh your body with this wonderfully relaxing massage.

**PEDI:MANI:CURE STUDIO  
BY BASTIEN GONZALEZ**

**BASTIEN'S PEDICURE**

**45 MINS RM290**

An overall pedicure for kids and teens including a nail treatment followed with a skin treatment to eliminate hard skin and dryness.

**BASTIEN'S MANICURE**

**45 MINS RM290**

This exceptional manicure for kids and teens includes: a cuticle and nail treatment, plus a natural beauty finish to the nail.

**COLOUR TOUCH**

**20 MINS RM120**

Select your favourite colour from our range of lacquers, which are ecological polishes: free of formaldehyde, toluene, DBP and camphor to prevent any damage to the nail.

## SPA ETIQUETTE

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### DAILY NURTURING HOURS

10:00 a.m. to 9:00 p.m.

### BOOKINGS

To ensure that we can schedule your appointment at your preferred time, please make reservations in advance by dialing ext 675, or visit us at The Spa. Outside of operating hours, you may dial ext 0.

### CANCELLATION POLICY

The treatments you select are reserved especially for you. Guests will be charged a 50% cancellation fee for treatments cancelled less than six (6) hours from the scheduled appointment time. No-shows or cancellations with less than two (2) hours notice will be charged at 100%.

### 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.

### SPA ARRIVALS

For your optimal experience, we recommend that you arrive 15 minutes prior to your reserved appointment.

### HEALTH MATTERS

Please communicate health conditions such as high blood pressure, allergies, injuries, pregnancy or any health-related concerns you may have when making your reservation. We do not recommend the consumption of alcohol before or directly after spa treatments.

### VALUABLES

The Spa provides a secure place to store your personal items inside the treatment room. However, we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or villa.

### AGE REQUIREMENTS

Spa treatments, including but not limited to massages, body treatments, facial and nail services, are available to guests aged 16 years and older. We also welcome guests age 6 and above, however parental supervision is required throughout the treatment. Please see Junior Spa for treatment selections.

### AMBIENCE

To preserve the spa's tranquil environment, we respectfully request that you leave all mobile phones and electronic devices switched off. Smoking is prohibited throughout the spa.

### SPA BOUTIQUE

To continue your spa regime and experience at home, our signature AKAR retail range (meaning roots in Malay), as well as Bastien Gonzalez hand, nail and foot care, and Phyto 5 skincare professional products used within your treatments, are available for purchase by the spa reception.

### JUNIOR SPA

Junior Spa treatments are specifically designed for kids and young adults, and products have been carefully selected to ensure that they are perfect for their skin. Appointments are available during spa operating hours and a parent must be present in the room throughout the treatment.

**The Datai Langkawi**  
Jalan Teluk Datai, 07000 Langkawi, Kedah, Malaysia  
T +604 9500 500, [www.thedatai.com](http://www.thedatai.com)