



Spa Village Pangkor Laut

A sanctuary of total wellness and traditional island hospitality

The Spa Village Pangkor Laut is a unique retreat that extols the healing cultures of the region and offers a respite from the rest of the world. Malaysia, with its diverse history of people and cultures, and a vast abundance of natural resources, provides the backdrop for our health rituals that are amongst the oldest in the world. The abundance of Malay, Chinese, Indian and Thai practices makes this the ideal setting for complete rejuvenation.

Situated to the north of the main Resort, the Spa Village is a collection of low buildings and structures, featuring both indoor and open-air spaces, spread over 4 acres on a quiet bay between the sea and the rainforest. Designed to soothe and refresh the senses, the various buildings face the sea, and are interspersed with open courtyards, lotus ponds, an herb garden, and a reflexology path.

The complex comprises eight treatment pavilions, a deluxe Belian Treatment Pavilion, "Healing Huts", which includes Chinese Herbal, Ayurvedic and Malay Huts, 2 Bath Houses, 3 Thai Pavilions, 3 Nap Gazebos, a Herbal Garden, a 50 metre lap pool, Fisherman's Cove Restaurant, Jamu Bar, Library and Spa Boutique. 22 Spa Villas situated over the sea offer direct access to the Spa Village.

Treatments

Programmes combine physical and spiritual health and well-being, and are based on one of four umbrella concepts: Rejuvenation and Longevity, Relaxation and Stress Reduction, Detoxification, and Romance.

A treatment at the Spa Village will begin with the unique Bath House Ritual, representing various bathing traditions from around Asia. This starts with a footbath and an invigorating Chinese Foot Pounding, previously only enjoyed by the concubines of feudal China. From there, guests will be escorted to the Bath Houses to enjoy the traditional Malay "circulating" bath, from when villagers bathed in streams or rivers, and a Japanese-style cleansing with a "goshi-goshi" cloth, followed by a dip in the heated Rotenburu pool. The professional spa assistant will then refresh the guest's senses with the signature Shanghai Scrub, gently exfoliating and washing the body in the private scrub house. In Shanghai, this is traditionally offered exclusively to males. After the scrub, enjoy a cup of calming tea in the tranquil surroundings before the start of the spa treatment.

All the treatments are conducted in private spa pavilions. Guests can choose from the extensive menu of treatments or design their own day with either the Custom Spa Experience or Ultimate Spa Experience. The Spa Co-ordinators will be happy to customise guests' visits to the Spa Village Pangkor Laut.

The a la carte menu of Body Treatments features the Spa Village's signature Campur-Campur, Javanese Lulur and Thai Herbal. The wide array of massages includes Malay, Balinese, Thai, Shiatsu and Aroma. Guests can also indulge in wraps and masques with therapeutic benefits, including hydrating and detoxifying of the skin or easing tired, aching muscles. Lapis-Lapis, the signature Malay herbal wrap, combines local herbs such as lemon grass, ginger, galangal, and camphor. Other wraps on the menu are Spirulina, Moor Mud and the refreshing Papaya Enzyme. Alongside these there are Skin, Nail and Hair Care treatments for those who would like to experience more of the ultimate pampering can enjoy manicures, facials and hair treatments.

As a memento of their experience, guests are presented with a Batik Sarong with their treatments daily.

Facilities

For those seeking to fully experience the health rituals of the region, guests are recommended to meet the Malay, Chinese or Ayurvedic Specialist for a complimentary consultation. Located centrally at the Spa Village is the Ayurvedic Hut. Ayurveda is an ancient Indian healing tradition meaning "science of life". The Ayurvedic Specialist checks the guest's dosha – physical and mental well being – and provides evaluation and recommends suitable healing programmes. Nearby is the Chinese Herbal Hut, which is equipped with herbs and teas, extracts and other preparations. Guests may receive a pulse diagnosis at the "hut" while being enlightened with the healing secrets of the East by the Chinese Specialist. He also recommends healing programmes or specific combinations of treatments. The Malay Hut offers traditional Malay medicine and treatment that have been handed down from generation to generation. Malay herbal treatments use a combination of various indigenous herbs and plants, which contain natural vitamins, minerals and curative properties. At Spa Village Pangkor Laut, these long held health and beauty secrets are revived.

As a tropical spa, the Spa Village devotes as much attention to soothing and nourishing the spirit as to moisturising the skin. Guests may indulge in the perfect sanctuary with nature, by being pampered with a traditional Thai massage in the outdoor pavilions overlooking the sea. The ritualistic art of relaxing in the herbal steam called "prakrop", together with the enchantment of the sound of the lapping waves and cooling breeze, creates a sensuous ambience that uplifts the senses.

Each of the eight spa treatment pavilions accommodates two people at one time, and is designed to provide the best in aesthetics, temperature, lighting, sound and aroma, establishing a unique internal environment for all treatments. Each pavilion has a private entrance foyer, large treatment room, an oversized sunken tub and outdoor showers, as well as a private deck.

There is also the luxurious Belian Treatment Pavilion, where couples may pamper themselves with an entire day of custom designed treatments. Enclosed in its own private compound, consisting of indoor and outdoor relaxation areas, this is an exclusive retreat with its own outdoor whirlpool, yoga pavilion, nap gazebo, steam room and private treatment area.

Food and Beverage

Fisherman's Cove, with a stunning sea view, offers a unique symphony of fresh seafood, Western Grill, Chinese, and Italian cuisine, enhanced by homegrown island herbs from the Spa Village's garden. The attractive open kitchen is a show on its own. Revive the senses at the Jamu Bar, which serves fresh tropical fruit and herbal extract drinks – jamu is the traditional Malay healing through the use of herbs, vegetables and plants. This outlet also serves sandwiches and light snacks for lunch.

The Spa facilities are open from 8 a.m. until 9 p.m. and Spa treatments are available from 9 a.m. until 8 p.m. daily.

Pangkor Laut Resort, owned and managed by YTL Hotel & Properties was awarded 'Number One in the World', as well as 'Best Overseas Destination Spa' at the Condé Nast Traveller Readers' Travel Awards U.K. 2003. Within just three years in operation, the Spa Village Pangkor Laut has already received numerous international accolades, most recently being named 'World's Top 25 Spas 2005' by The Sunday Telegraph U.K. and 'Top Ten Spa Retreats Overseas' by Condé Nast Traveller U.K. Readers' Spa Awards 2005. Last year, the Spa Village Pangkor Laut was runner-up in the Hotel Spas Overseas Asia category for the Condé Nast Traveller Readers' Spa Awards U.K. 2004. In 2003, it was listed in the Top Ten list of Most Luxurious Spas category in Tatler, U.K. and also won 'Best Resort Spa' at the Harpers & Queens, U.K. Travel Awards 2002. Earlier in that year, renowned health and wellness magazine in Europe Senses selected the Resort as the "Best Resort Spa" in the international category.

For reservations and enquiries, please contact YTL Travel Centre at (603) 2783 1000 /travelcentre@ytlhotels.com.my or visit www.pangkorlautresort.com.

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