

## DETOX PROGRAMME

Holistic and purifying, The Banjaran's Detox Programme emphasizes on specific therapies as well as pure and nourishing foods. Cleanse your body, mind and soul with a range of detoxifying spa and wellness therapies that rekindle pure and natural health.

### THIS PROGRAMME INCLUSIVE OF

Accommodation at Lake Villa | Spa Cuisine | Wellness Facilities Access: Geothermal Hot Spring Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Therapeutic Reflexology Pool, Garra Rufa Doctor Fish Pool, Crystal Cave, Fitness Centre | Daily Wellness Group Classes | One-time Admission to Sunway Lost World Of Tambun via Jungle Walk

#### 4 DAYS

##### Single occupancy

MYR 8,700 nett per person

##### Double occupancy

MYR 6,345 nett per person

- 1 Personalised Wellness Consultation
- 1 Antioxidant Restoration Therapy
- 1 Inner Calm Aromatherapy Massage
- 1 Chi Nei Tsang Abdominal Massage
- 1 Inner Beauty Facial
- 1 Body Polish
- 1 Detoxifying Hydrobath

#### 6 DAYS

##### Single occupancy

MYR 13,600 nett per person

##### Double occupancy

MYR 9,675 nett per person

- 1 Personalised Wellness Consultation
- 1 Reiki
- 1 Colon Hydrotherapy
- 1 Inner Calm Aromatherapy Massage
- 1 Chi Nei Tsang Abdominal Massage
- 1 Inner Beauty Facial
- 1 Body Polish
- 1 Detoxifying Hydrobath

BOOK THE BANJARAN EXPERIENCE

T **+605 210 7777**

E **tbhr.reservations@sunwayhotels.com**

Rates are quoted nett in Malaysian Ringgit (MYR), inclusive of 8% SST regulated by the Royal Malaysian Customs Department.



## DETOX PROGRAMME

### 8 DAYS

**Single occupancy**

MYR 19,085 nett per person

**Double occupancy**

MYR 13,860 nett per person

- 1 Personalised Wellness Consultation
- 1 Reiki
- 1 Udvartana Fat Reduction Massage
- 1 Traditional Malay Urut
- 1 Foot Reflexology
- 1 Inner Beauty Facial
- 1 Body Polish
- 2 Colon Hydrotherapy
- 2 Chi Nei Tsang Abdominal Massage

### 15 DAYS

**Single occupancy**

MYR 34,750 nett per person

**Double occupancy**

MYR 24,450 nett per person

- 1 Personalised Wellness Consultation
- 1 Udvartana Massage
- 1 Traditional Malay Urut
- 1 Reiki
- 1 Inner Beauty Facial
- 1 Body Polish
- 2 Antioxidant Restoration Therapy
- 2 Colon Hydrotherapy
- 2 Udvartana Fat Reduction Massage
- 2 Chi Nei Tsang Abdominal Massage

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## DETOX PROGRAMME

### 22 DAYS

**Single occupancy**

MYR 49,860 nett per person

**Double occupancy**

MYR 35,100 nett per person

- 1 Personalised Wellness Consultation
- 1 Pranayama Breathing
- 1 Foot Reflexology
- 1 Private Meditation
- 2 Hot Stone Massage
- 2 Detoxifying Hydrobath
- 2 Reiki
- 2 Udvartana Fat Reduction Massage
- 2 Traditional Malay Urut
- 2 Inner Beauty Facial
- 3 Antioxidant Restoration Therapy
- 3 Colon Hydrotherapy
- 3 Chi Nei Tsang Abdominal Massage
- 3 Body Polish

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## FITNESS PROGRAMME

Energizing and reinvigorating, The Banjaran's Fitness Programme encompasses a comprehensive fitness schedule and wholesome spa cuisine. Manage the health of your body through a variety of group and one-on-one fitness and holistic exercise sessions, including rainforest trails and a series of targeted spa and wellness therapies. Savour specially designed natural spa cuisine.

### THIS PROGRAMME INCLUSIVE OF

Accommodation at Lake Villa | Spa Cuisine | Wellness Facilities Access: Geothermal Hot Spring Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Therapeutic Reflexology Pool, Garra Rufa Doctor Fish Pool, Crystal Cave, Fitness Centre | Daily Wellness Group Classes | One-time Admission to Sunway Lost World Of Tambun via Jungle Walk

#### 4 DAYS

**Single occupancy**

MYR 8,700 nett per person

**Double occupancy**

MYR 6,345 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Antioxidant Restoration Therapy
- 1 Body Polish
- 1 Inner Calm Aromatherapy Massage
- 1 Personal Training Session
- 1 Private Stretching Class
- 1 Private Yoga Session

#### 6 DAYS

**Single occupancy**

MYR 13,600 nett per person

**Double occupancy**

MYR 9,675 nett per person

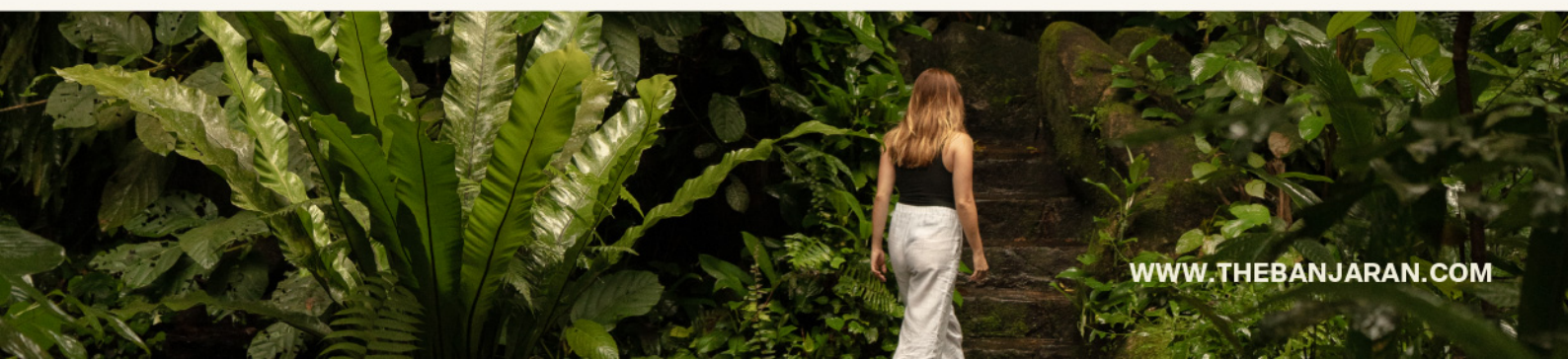
- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Private Stretching Class
- 1 Private Yoga Session
- 1 Guided Rainforest Trail
- 2 Personal Training Session
- 2 Antioxidant Restoration Therapy
- 2 Traditional Malay Urut Massage

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## FITNESS PROGRAMME

### 8 DAYS

**Single occupancy**

MYR 19,085 nett per person

**Double occupancy**

MYR 13,860 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Private Yoga Session
- 1 Inner Calm Aromatherapy Massage
- 2 Traditional Malay Urut Massage
- 2 Personal Training Session
- 2 Private Stretching Class
- 2 Guided Rainforest Trail
- 3 Antioxidant Restoration Therapy

### 15 DAYS

**Single occupancy**

MYR 34,750 nett per person

**Double occupancy**

MYR 24,450 nett per person

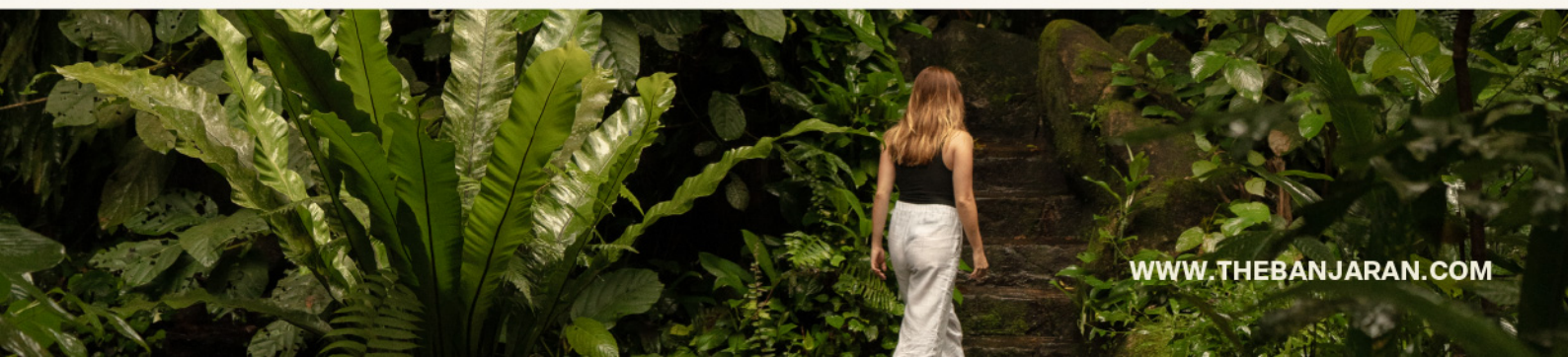
- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Body Polish
- 2 Udvartana Fat Reduction Massage
- 2 Inner Calm Aromatherapy Massage
- 2 Traditional Malay Urut Massage
- 2 Private Yoga Session
- 3 Personal Training Session
- 3 Private Stretching Class
- 3 Guided Rainforest Trail
- 4 Antioxidant Restoration Therapy

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## FITNESS PROGRAMME

### 22 DAYS

#### Single occupancy

MYR 49,860 nett per person

#### Double occupancy

MYR 35,100 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Udvardana Fat Reduction Massage
- 1 Hot Stone Massage
- 2 Inner Calm Aromatherapy Massage
- 2 Detoxifying or Relaxing Hydrobath
- 2 Rose Hydrator or Body Polish & Revive Body Treatment
- 3 Traditional Malay Urut Massage
- 3 Private Stretching Class
- 3 Private Yoga Session
- 4 Personal Training Session
- 4 Guided Rainforest Trail
- 5 Antioxidant Restoration Therapy

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## LONGEVITY PROGRAMME

Decelerate the signs of ageing and restore health with The Banjaran's Longevity Programme. Immerse in a range of antioxidant body therapies as well as a series of natural spa and wellness activities to help you get the best out of life. Savour a diet rich in antioxidants for age-defying purpose.

### THIS PROGRAMME INCLUSIVE OF

Accommodation at Lake Villa | Spa Cuisine | Wellness Facilities Access: Geothermal Hot Spring Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Therapeutic Reflexology Pool, Garra Rufa Doctor Fish Pool, Crystal Cave, Fitness Centre | Daily Wellness Group Classes | One-time Admission to Sunway Lost World Of Tambun via Jungle Walk

#### 4 DAYS

##### Single occupancy

MYR 8,700 nett per person

##### Double occupancy

MYR 6,345 nett per person

- 1 Personalised Wellness Consultation
- 1 Inner Calm Aromatherapy Massage
- 1 Foot Reflexology
- 1 Hydrobath with Chromatherapy
- 1 Bespoke Super-lift Facial
- 1 Body Polish

#### 6 DAYS

##### Single occupancy

MYR 13,600 nett per person

##### Double occupancy

MYR 9,675 nett per person

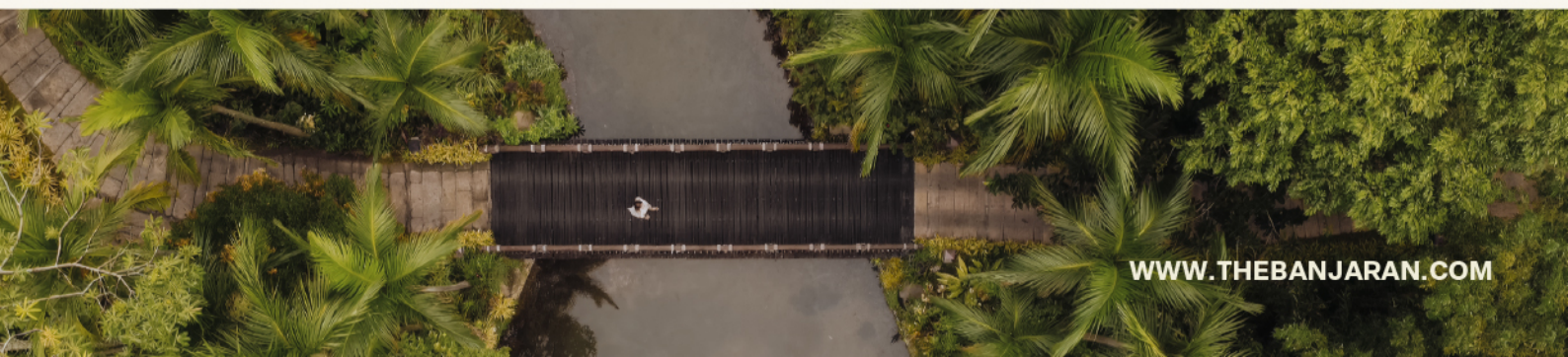
- 1 Personalised Wellness Consultation
- 1 Udvartana Fat Reduction
- 1 Foot Reflexology
- 1 Hydrobath with Chromatherapy
- 1 Bespoke Super-lift Facial
- 1 Body Polish
- 1 Personal Training Session
- 1 Private Yoga & Meditation Session
- 1 Traditional Malay Urut or Inner Calm Aromatherapy Massage

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## LONGEVITY PROGRAMME

### 8 DAYS

#### Single occupancy

MYR 19,085 nett per person

#### Double occupancy

MYR 13,860 nett per person

- 1 Personalised Wellness Consultation
- 1 Antioxidant Restoration Therapy
- 1 Udvartana Fat Reduction
- 1 Traditional Malay Urut Massage
- 1 Foot Reflexology
- 1 Hydrobath with Chromatherapy
- 1 Bespoke Super-lift Facial
- 1 Body Polish
- 1 Personal Training Session
- 1 Private Yoga Session
- 1 Private Meditation Session
- 1 Reiki
- 2 Inner Calm Aromatherapy Massage

### 15 DAYS

#### Single occupancy

MYR 34,750 nett per person

#### Double occupancy

MYR 24,450 nett per person

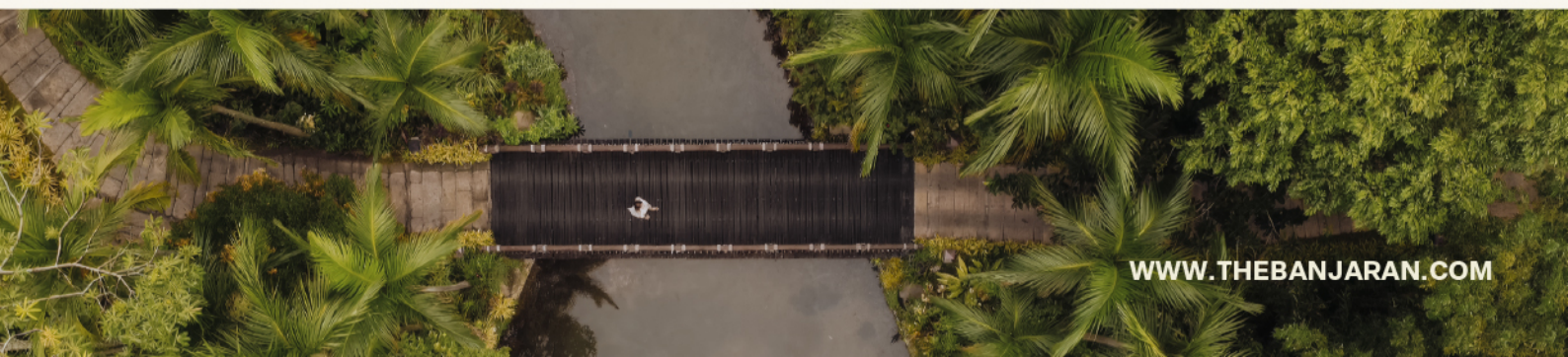
- 1 Personalised Wellness Consultation
- 1 Udvartana Fat Reduction
- 1 Traditional Malay Urut Massage
- 1 Hot Stone Massage
- 1 Foot Reflexology
- 1 Hydrobath with Chromatherapy
- 1 Bespoke Super-lift Facial
- 1 Body Ritual
- 1 Private Stretching Session
- 1 Reiki
- 2 Inner Calm Aromatherapy Massage
- 2 Antioxidant Restoration Therapy
- 2 Personal Training Session
- 2 Private Yoga Session
- 2 Private Meditation Session

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## LONGEVITY PROGRAMME

### 22 DAYS

#### Single occupancy

MYR 49,860 nett per person

#### Double occupancy

MYR 35,100 nett per person

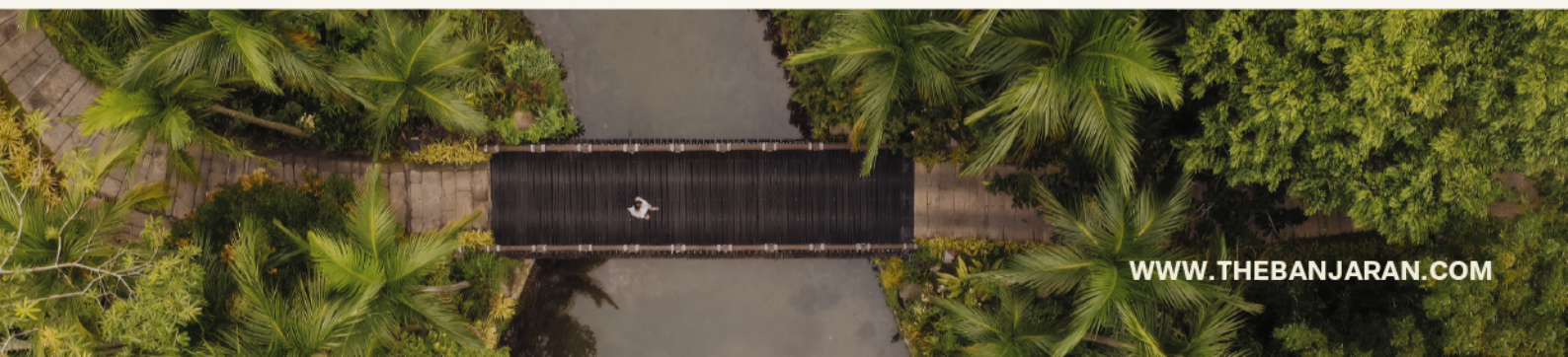
- 1 Personalised Wellness Consultation
- 1 Hot Stone Massage
- 1 Body Ritual
- 1 Traditional Malay Urut Massage
- 1 Foot Reflexology
- 1 Pranayama Breathing Session
- 1 Private Stretching Session
- 2 Hydrobath with Chromatherapy
- 2 Bespoke Super-lift Facial
- 2 Body Polish
- 2 Personal Training Session
- 2 Private Yoga Session
- 2 Private Meditation Session
- 3 Inner Calm Aromatherapy Massage
- 3 Reiki
- 4 Antioxidant Restoration Therapy

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## REJUVENATE PROGRAMME

The Banjaran's Rejuvenation Programme revolves around spa and wellness therapies, complemented by nourishing spa cuisine to sustain the body in times of stress and recovery. Experience complete relaxation from the inside out and feel completely rejuvenated and restored.

### THIS PROGRAMME INCLUSIVE OF

Accommodation at Lake Villa | Spa Cuisine | Wellness Facilities Access: Geothermal Hot Spring Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Therapeutic Reflexology Pool, Garra Rufa Doctor Fish Pool, Crystal Cave, Fitness Centre | Daily Wellness Group Classes | One-time Admission to Sunway Lost World Of Tambun via Jungle Walk

#### 4 DAYS

##### Single occupancy

MYR 8,700 nett per person

##### Double occupancy

MYR 6,345 nett per person

- 1 Personalised Wellness Consultation
- 1 Malay Hair Cream
- 1 Antioxidant Restorative Therapy
- 1 Lighter Leg
- 1 Inner Calm Aromatherapy Massage
- 1 Active Nutrients Glow From Within Facial
- 1 Body Polish

#### 6 DAYS

##### Single occupancy

MYR 13,600 nett per person

##### Double occupancy

MYR 9,675 nett per person

- 1 Personalised Wellness Consultation
- 1 Malay Hair Cream
- 1 Lighter Leg
- 1 Inner Calm Aromatherapy Massage
- 1 Traditional Malay Urut Massage
- 1 Active Nutrients Glow From Within Facial
- 1 Body Polish
- 1 Rejuvenating Hydrobath
- 2 Antioxidant Restorative Therapy

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## REJUVENATE PROGRAMME

### 8 DAYS

#### Single occupancy

MYR 19,085 nett per person

#### Double occupancy

MYR 13,860 nett per person

- 1 Personalised Wellness Consultation
- 1 Malay Hair Cream
- 1 Lighter Leg
- 1 Inner Calm Aromatherapy Massage
- 1 Traditional Malay Urut Massage
- 1 Hot Stone Massage
- 1 Foot Reflexology
- 1 Active Nutrients Glow From Within Facial
- 1 Body Polish
- 1 Rejuvenating Hydrobath
- 1 Private Pranayama Breathing Session or Meditation Class
- 2 Antioxidant Restorative Therapy

### 15 DAYS

#### Single occupancy

MYR 34,750 nett per person

#### Double occupancy

MYR 24,450 nett per person

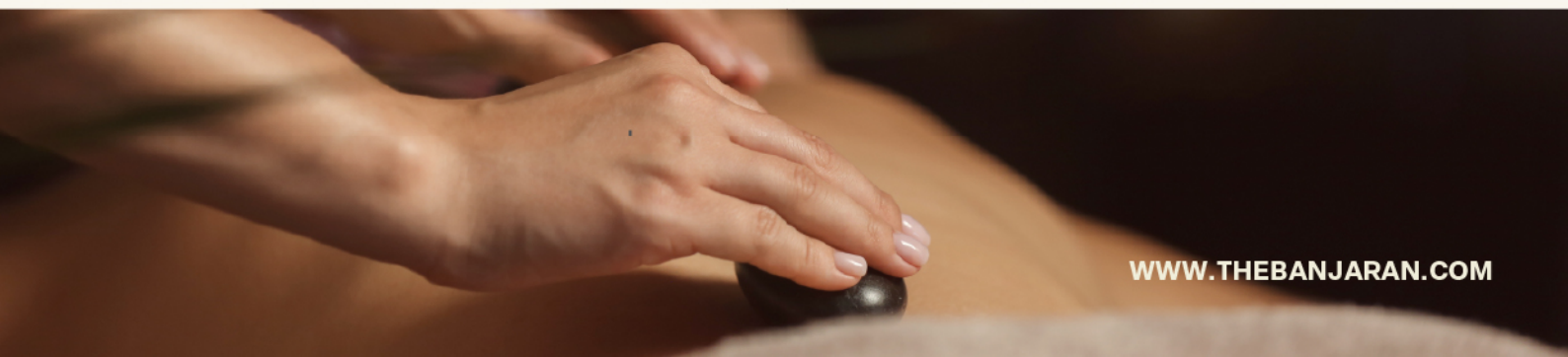
- 1 Personalised Wellness Consultation
- 1 Malay Hair Cream
- 1 Ipoh White Coffee Scrub
- 1 Lighter Leg
- 1 Inner Calm Aromatherapy Massage
- 1 Traditional Malay Urut Massage
- 1 Hot Stone Massage
- 1 Foot Reflexology
- 1 Flower Bath
- 1 Active Nutrients Glow From Within Facial
- 1 Body Polish
- 1 Rejuvenating Hydrobath
- 1 Reiki
- 1 Private Pranayama Breathing Session or Meditation Class
- 4 Antioxidant Restorative Therapy

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## REJUVENATE PROGRAMME

### 22 DAYS

#### Single occupancy

MYR 49,860 nett per person

#### Double occupancy

MYR 35,100 nett per person

- 1 Personalised Wellness Consultation
- 1 Malay Hair Cream
- 1 Ipoh White Coffee Scrub
- 1 Lighter Leg
- 1 Traditional Malay Urut Massage
- 1 Active Nutrients Glow From Within Facial
- 1 Hot Stone Massage
- 1 Abhyanga Rejuvenation Massage
- 1 Foot Reflexology
- 1 Flower Bath
- 1 Inner Beauty Facial
- 1 Body Polish
- 1 Reiki
- 2 Rejuvenating Hydrobath
- 3 Private Yoga Classes
- 3 Private Meditation Classes
- 6 Antioxidant Restorative Therapy

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## WEIGHT-LOSS PROGRAMME

Develop your sense of fitness and well-being with The Banjaran's Weight Loss Programme. In addition to nutritional and spa and wellness therapies that assist with healthy weight loss, take delight in delectable spa cuisine comprising fresh and energy-rich dishes.

### THIS PROGRAMME INCLUSIVE OF

Accommodation at Lake Villa | Spa Cuisine | Wellness Facilities Access: Geothermal Hot Spring Dipping Pools, Thermal Steam Cave, Ice Bath, Meditation Cave, Therapeutic Reflexology Pool, Garra Rufa Doctor Fish Pool, Crystal Cave, Fitness Centre | Daily Wellness Group Classes | One-time Admission to Sunway Lost World Of Tambun via Jungle Walk

#### 4 DAYS

##### Single occupancy

MYR 8,700 nett per person

##### Double occupancy

MYR 6,345 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Udvartana Fat Reduction
- 1 Body Polish
- 1 Detoxifying Hydrobath
- 1 Personal Training Session
- 1 Private Stretching Session

#### 6 DAYS

##### Single occupancy

MYR 13,600 nett per person

##### Double occupancy

MYR 9,675 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Inner Calm Aromatherapy Massage
- 1 Traditional Malay Urut Massage
- 1 Body Polish
- 1 Guided Rainforest Trail
- 2 Udvartana Fat Reduction
- 2 Personal Training Session

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## WEIGHT-LOSS PROGRAMME

### 8 DAYS

**Single occupancy**

MYR 19,085 nett per person

**Double occupancy**

MYR 13,860 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Inner Calm Aromatherapy Massage
- 1 Body Polish
- 1 Traditional Malay Urut Massage
- 1 Colon Hydrotherapy
- 1 Guided Rainforest Trail
- 3 Udvartana Fat Reduction
- 3 Personal Training Session

### 15 DAYS

**Single occupancy**

MYR 34,750 nett per person

**Double occupancy**

MYR 24,450 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Inner Calm Aromatherapy Massage
- 1 Body Polish
- 1 Inner Beauty Facial
- 2 Hot Stone Massage
- 2 Colon Hydrotherapy
- 2 Traditional Malay Urut Massage
- 2 Guided Rainforest Trail
- 4 Udvartana Fat Reduction
- 6 Personal Training Session

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## WEIGHT-LOSS PROGRAMME

### 22 DAYS

#### Single occupancy

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#### Double occupancy

MYR 35,100 nett per person

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Inner Calm Aromatherapy Massage
- 1 Body Polish
- 1 Inner Beauty Facial
- 2 Chi Nei Tsang Abdominal Massage
- 2 Hot Stone Massage
- 2 Guided Rainforest Trail
- 3 Traditional Malay Urut Massage
- 3 Colon Hydrotherapy
- 4 Udvartana Fat Reduction
- 10 Personal Training Session

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