

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.

All packages are inclusive of:

Lake Villa | Spa Cuisine Menu | Geothermal Hot Spring Dipping Pools | Thermal Steam Cave | Ice Bath | Meditation Cave
Therapeutic Reflexology Pool | Garra Rufa Doctor Fish Pool | Crystal Cave | Fitness Centre | One-Time Admission to Sunway Lost World Of Tambun

4 DAYS 3 NIGHTS

MYR 8,700 nett per person (single occupancy)

MYR 6,345 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Antioxidant Restoration Therapy
- 1 Ultimate Aromatherapy Experience
- 1 Chi Nei Tsang Abdominal Massage
- 1 Deep Cleanse Facial
- 1 Detox & Revive Body Treatment
- 1 Detoxifying Hydrobath

6 DAYS 5 NIGHTS

MYR 13,600 nett per person (single occupancy)

MYR 9,675 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Reiki
- 1 Colon Hydrotherapy
- 1 Ultimate Aromatherapy Experience
- 1 Chi Nei Tsang Abdominal Massage
- 1 Deep Cleanse Facial
- 1 Detox & Revive Body Treatment
- 1 Detoxifying Hydrobath

8 DAYS 7 NIGHTS

MYR 19,085 nett per person (single occupancy)

MYR 13,860 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Reiki
- 1 Body Refiner
- 1 Traditional Malay Urut Massage
- 1 Foot Reflexology
- 1 Deep Cleanse Facial
- 1 Detox & Revive Body Treatment
- 2 Chi Nei Tsang Abdominal Massage
- 2 Colon Hydrotherapy

DETOX PROGRAMME

15 DAYS 14 NIGHTS

MYR 34,750 nett per person (single occupancy)
MYR 24,450 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Udvartana Massage
- 1 Traditional Malay Urut Massage
- 1 Reiki
- 2 Antioxidant Restoration Therapy
- 2 Colon Hydrotherapy
- 2 Body Refiner
- 2 Chi Nei Tsang Abdominal Massage
- 2 Deep Cleansing Facial
- 2 Detox & Revive Body Treatment

22 DAYS 21 NIGHTS

MYR 49,860 nett per person (single occupancy)
MYR 35,100 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Pranayama Breathing
- 1 Foot Reflexology
- 1 Private Meditation
- 2 Udvartana Massage
- 2 Detoxifying Hydrobath
- 2 Reiki
- 2 Body Refiner
- 2 Traditional Malay Urut Massage
- 2 Deep Cleansing Facial
- 3 Antioxidant Restoration Therapy
- 3 Colon Hydrotherapy
- 3 Chi Nei Tsang Abdominal Massage
- 3 Detox & Revive Body Treatment

Book The Banjaran experience by calling
+605 210 7777 or email tbhr.reservations@sunwayhotels.com

WWW.THEBANJARAN.COM

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



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.

All packages are inclusive of:

Lake Villa | Spa Cuisine Menu | Geothermal Hot Spring Dipping Pools | Thermal Steam Cave | Ice Bath | Meditation Cave
Therapeutic Reflexology Pool | Garra Rufa Doctor Fish Pool | Crystal Cave | Fitness Centre | One-Time Admission to Sunway Lost World Of Tambun

4 DAYS 3 NIGHTS

MYR 8,700 nett per person (single occupancy)
MYR 6,345 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Antioxidant Restoration Therapy
- 1 Intense Muscle Release
- 1 Inner Strength
- 1 Personal Training Session
- 1 Private Stretching Class
- 1 Private Yoga Session

8 DAYS 7 NIGHTS

MYR 19,085 nett per person (single occupancy)
MYR 13,860 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Inner Strength
- 1 Private Yoga Session
- 2 Intense Muscle Release
- 2 Personal Training Session
- 2 Private Stretching Class
- 4 Antioxidant Restoration Therapy

6 DAYS 5 NIGHTS

MYR 13,600 nett per person (single occupancy)
MYR 9,675 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Private Yoga Session
- 2 Antioxidant Restoration Therapy
- 2 Intense Muscle Release
- 2 Personal Training Session
- 2 Private Stretching Class



FITNESS PROGRAMME

15 DAYS 14 NIGHTS

MYR 34,750 nett per person (single occupancy)
MYR 24,450 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Chi Nei Tsang Abdominal Massage
- 1 Body Refiner
- 1 Detox & Revive Body Treatment
- 2 Udvartana Massage
- 2 Intense Muscle Release
- 2 Traditional Malay Urut Massage
- 2 Private Yoga Session
- 3 Personal Training Session
- 3 Private Stretching Class
- 4 Antioxidant Restoration Therapy

22 DAYS 21 NIGHTS

MYR 49,860 nett per person (single occupancy)
MYR 35,100 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Traditional Malay Urut Massage
- 1 Chi Nei Tsang Abdominal Massage
- 2 Udvartana Massage
- 2 Inner Strength
- 3 Private Yoga Session
- 4 Personal Training Session
- 4 Private Stretching Class
- 5 Antioxidant Restoration Therapy

Choice of:

- 2 Rose Hydrator *or*
Detox & Revive Body Treatment
- 2 Detoxifying *or* Relaxing Hydrobath
- 3 Intense Muscle Release *or*
Ultimate Aromatherapy Experience

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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.

All packages are inclusive of:

Lake Villa | Spa Cuisine Menu | Geothermal Hot Spring Dipping Pools | Thermal Steam Cave | Ice Bath | Meditation Cave Therapeutic Reflexology Pool | Garra Rufa Doctor Fish Pool | Crystal Cave | Fitness Centre | One-Time Admission to Sunway Lost World Of Tambun

4 DAYS 3 NIGHTS

MYR 8,700 nett per person (single occupancy)
MYR 6,345 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Ultimate Aromatherapy Experience
- 1 Foot Reflexology
- 1 Detoxifying or Relaxing Hydrobath
- 1 Age Repair Facial
- 1 Rose Hydrator

6 DAYS 5 NIGHTS

MYR 13,600 nett per person (single occupancy)
MYR 9,675 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Body Refiner
- 1 Foot Reflexology
- 1 Detoxifying or Relaxing Hydrobath
- 1 Age Repair Facial
- 1 Rose Hydrator
- 1 Personal Training Session
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Private Yoga & Meditation Session

Choice of:

- 1 Traditional Malay Urut or Ultimate Aromatherapy Experience

8 DAYS 7 NIGHTS

MYR 19,085 nett per person (single occupancy)
MYR 13,860 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Inner Strength
- 1 Antioxidant Restoration Therapy
- 1 Foot Reflexology
- 1 Body Refiner
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Experience
- 1 Detoxifying or Relaxing Hydrobath
- 1 Age Repair Facial
- 1 Rose Hydrator
- 1 Personal Training Session
- 1 Private Yoga Session
- 1 Private Meditation Session
- 1 Reiki



LONGEVITY PROGRAMME

15 DAYS 14 NIGHTS

MYR 34,750 nett per person (single occupancy)
MYR 24,450 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Body Refiner
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Experience
- 1 Foot Reflexology
- 1 Detoxifying or Relaxing Hydrobath
- 1 Age Repair Facial
- 1 Private Stretching Session
- 1 Reiki
- 2 Inner Strength
- 2 Antioxidant Restoration Therapy
- 2 Rose Hydrator
- 2 Personal Training Session
- 2 Private Yoga Session
- 2 Private Meditation Session

22 DAYS 21 NIGHTS

MYR 49,860 nett per person (single occupancy)
MYR 35,100 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Uplift Your Mood
- 1 Wellness Interactive Session about Nutrition and Lifestyle
- 1 Intense Nourishment
- 1 Ultimate Aromatherapy Experience
- 1 Traditional Malay Urut Massage
- 1 Foot Reflexology
- 1 Pranayama Breathing Session
- 1 Private Stretching Session
- 2 Inner Strength
- 2 Detoxifying or Relaxing Hydrobath
- 2 Age Repair Facial
- 2 Rose Hydrator
- 2 Personal Training Session
- 2 Private Yoga Session
- 2 Private Meditation Session
- 3 Reiki
- 4 Antioxidant Restoration Therapy

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REJUVENATION 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.

All packages are inclusive of:

Lake Villa | Spa Cuisine Menu | Geothermal Hot Spring Dipping Pools | Thermal Steam Cave | Ice Bath | Meditation Cave Therapeutic Reflexology Pool | Garra Rufa Doctor Fish Pool | Crystal Cave | Fitness Centre | One-Time Admission to Sunway Lost World Of Tambun

4 DAYS 3 NIGHTS

MYR 8,700 nett per person (single occupancy)
MYR 6,345 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Choice of Intensely Nourishing Foot Treatment or Hand Treatment
- 1 Antioxidant Restorative Therapy
- 1 Instant Eye Repair
- 1 Ultimate Aromatherapy Experience
- 1 Ultimate Aromatherapy Facial
- 1 Rose Hydrator

6 DAYS 5 NIGHTS

MYR 13,600 nett per person (single occupancy)
MYR 9,675 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Choice of Intensely Nourishing Foot Treatment or Hand Treatment
- 1 Instant Eye Repair
- 1 Ultimate Aromatherapy Experience
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Facial
- 1 Rose Hydrator
- 1 Rejuvenating Hydrobath
- 2 Antioxidant Restorative Therapy

8 DAYS 7 NIGHTS

MYR 19,085 nett per person (single occupancy)
MYR 13,860 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Choice of Intensely Nourishing Foot Treatment or Hand Treatment
- 1 Instant Eye Repair
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Experience
- 1 Inner Strength
- 1 Foot Reflexology
- 1 Ultimate Aromatherapy Facial
- 1 Rose Hydrator
- 1 Rejuvenating Hydrobath
- 2 Antioxidant Restorative Therapy

Choice of:

- 1 Pranayama Breathing Session or Private Meditation Class



REJUVENATION PROGRAMME

15 DAYS 14 NIGHTS

MYR 34,750 nett per person (single occupancy)
MYR 24,450 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Choice of Intensely Nourishing
Foot Treatment or Hand Treatment
- 1 Bespoke Skin Polish
- 1 Instant Eye Repair
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Experience
- 1 Inner Strength
- 1 Foot Reflexology
- 1 Malay Hair Cream Bath
- 1 Ultimate Aromatherapy Facial
- 1 Rose Hydrator
- 1 Rejuvenating Hydrobath
- 1 Reiki Treatment
- 4 Antioxidant Restorative Therapy

Choice of:

- 1 Pranayama Breathing Session or
Private Meditation Class

22 DAYS 21 NIGHTS

MYR 49,860 nett per person (single occupancy)
MYR 35,100 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Choice of Intensely Nourishing
Foot Treatment or Hand Treatment
- 1 Bespoke Skin Polish
- 1 Instant Eye Repair
- 1 Traditional Malay Urut Massage
- 1 Ultimate Aromatherapy Experience
- 1 Uplift Your Mood
- 1 Inner Strength
- 1 Foot Reflexology
- 1 Malay Hair Cream Bath
- 1 Ultimate Aromatherapy Facial
- 1 Rose Hydrator
- 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.

All packages are inclusive of:

Lake Villa | Spa Cuisine Menu | Geothermal Hot Spring Dipping Pools | Thermal Steam Cave | Ice Bath | Meditation Cave Therapeutic Reflexology Pool | Garra Rufa Doctor Fish Pool | Crystal Cave | Fitness Centre | One-Time Admission to Sunway Lost World Of Tambun

4 DAYS 3 NIGHTS

MYR 8,700 nett per person (single occupancy)

MYR 6,345 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Fat Reducing Udvartana
- 1 Detox & Revive Body Treatment
- 1 Detoxifying Hydrobath
- 1 Personal Training Session
- 1 Private Stretching Class

8 DAYS 7 NIGHTS

MYR 19,085 nett per person (single occupancy)

MYR 13,860 nett per person (double occupancy)

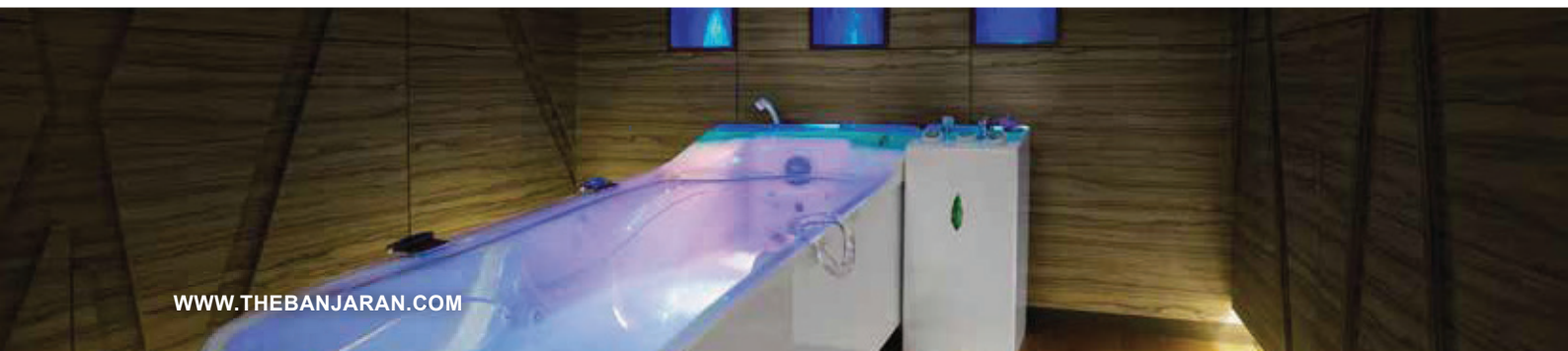
- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Body Refiner
- 1 Detox & Revive Body Treatment
- 1 Antioxidant Restoration Therapy
- 1 Traditional Malay Urut Massage
- 1 Colon Hydrotherapy
- 3 Fat Reducing Udvartana
- 3 Personal Training Session

6 DAYS 5 NIGHTS

MYR 13,600 nett per person (single occupancy)

MYR 9,675 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Body Refiner
- 1 Detox & Revive Body Treatment
- 1 Antioxidant Restoration Therapy
- 1 Traditional Malay Urut Massage
- 2 Fat Reducing Udvartana
- 2 Personal Training Session



WEIGHT LOSS PROGRAMME

15 DAYS 14 NIGHTS

MYR 34,750 nett per person (single occupancy)
MYR 24,450 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Ultimate Aromatherapy Experience
- 1 Detox & Revive Body Treatment
- 2 Colon Hydrotherapy
- 2 Traditional Malay Urut Massage
- 2 Antioxidant Restoration Therapy
- 3 Body Refiner
- 4 Fat Reducing Udvartana
- 6 Personal Training Session

22 DAYS 21 NIGHTS

MYR 49,860 nett per person (single occupancy)
MYR 35,100 nett per person (double occupancy)

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Ultimate Aromatherapy Experience
- 1 Detox & Revive Body Treatment
- 1 Deep Cleansing Facial
- 2 Antioxidant Restoration Therapy
- 2 Chi Nei Tsang Abdominal Massage
- 3 Body Refiner
- 3 Colon Hydrotherapy
- 3 Traditional Malay Urut Massage
- 4 Fat Reducing Udvartana
- 10 Personal Training Session

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