

THE BANJARAN
HOTSPRINGS RETREAT • IPOH

SPA & WELLNESS MENU

Here we find the heart and soul of The Banjaran Experience, where the journey to wellness truly begins.

Inspired by Asia's enduring healing philosophies, our spa draws upon Malay Ramuan, Traditional Chinese Medicine and Ayurveda, weaving ancestral rituals with contemporary therapeutic techniques. Natural botanicals and refined formulations from international award-winning skincare houses enhance each experience, creating deeply sensorial treatments that restore balance, vitality and inner calm within the retreat.

Opening Hours

Daily: 10:00am – 10:00pm

Last appointment: 9:00pm



NO.1 BEST HOTEL SPA IN MALAYSIA



ESPA BODY TREATMENTS

The body treatments and massages include a bespoke selection of products, aromatherapeutic oils and techniques to best meet your own wellbeing requirements.

Inner Calm Aromatherapy Massage

60 mins | MYR450
90 mins | MYR600

Invoke profound relaxation and restore inner balance with a bespoke blend of essential oils, curated to relax, cleanse or energise. This holistic ritual begins with calming breathwork, followed by a full-body massage, and concludes with a soothing scalp massage using Rose Quartz crystals to ease anxiety, nourish the skin and relieve muscular tension.

Hot Stone Massage

90 mins | MYR600

A deeply relaxing treatment designed to rebalance and ground the body. After calming the mind through guided breathing, a soothing metamorphic foot massage restores equilibrium. The therapeutic warmth of a hot stone massage relieves muscle tension, enhances blood circulation and reduces stress, ensuring you leave feeling completely rejuvenated.

Back, Face and Scalp Treatment with Hot Stone

90 mins | MYR650

This ritual begins with a back cleanse, exfoliation and soothing massage to ease stress and tension. A hydrating, purifying facial and therapeutic scalp massage then reveal the skin's natural radiance. The treatment concludes with the warmth of hot stones, restoring balance to the body and supporting the natural healing process.

Body Ritual

2 hours | MYR850

This treatment combines a body wrap and massage to restore equilibrium, calm the mind and deeply relax the body and spirit. Following a gentle exfoliation, a Marine Algae or Mud wrap is applied while the scalp is softly massaged. After a refreshing shower, an aromatherapy massage completes the ritual, leaving you revitalised with a renewed sense of well-being.

Body Polish

60 mins | MYR550

Revive your skin's natural softness and glow with this intensely exfoliating treatment. Perfect as a stand-alone ritual or as preparation for an ESPA massage, it polishes away dull, dry texture while infusing the skin with rich nourishment, leaving it smooth, supple and radiant.

Pregnancy Massage

60 mins | MYR500
90 mins | MYR650

This deeply nourishing body treatment targets areas prone to tension during pregnancy. A gentle back exfoliation, if desired, is followed by a soothing body massage tailored to your individual needs, relieving muscular aches, easing fluid retention and helping to relax, restore and revitalise.

Lighter Legs

45 mins | MYR300

Targeting tired, aching and swollen feet, this soothing ritual begins with a cleanse and exfoliation of the feet and lower legs, followed by a rejuvenating massage with pure Jojoba and Sweet Almond oils. The treatment concludes with a cooling yet deeply nourishing moisturiser, leaving feet refreshed and restored.



ESPA FACIAL TREATMENT

Inner Beauty Facial

60 mins | MYR550

A revitalising facial that deeply cleanses, hydrates, and renews the skin, unveiling a radiant and natural glow. Enhanced with Tri-Active™ formulas and expert massage techniques, this facial helps achieve clearer, more hydrated skin while promoting a sense of inner calm. Perfect for those seeking a refreshed appearance and a sense of inner calm.

Active Nutrients Glow From Within Facial

60 mins | MYR550

Packed with nutrient-rich active ingredients, this treatment brightens dull, lethargic complexion. Guided massage techniques stimulate lymphatic and circulatory systems, boosting blood and nutrient flow. The experience includes deep cleansing, exfoliation, multi-masking, and a traditional Rose Quartz Gua Sha massage to release tension. A nourishing scalp and hair conditioning mask completes this holistic ritual, ensuring the body, mind, and skin are deeply rejuvenated with a luminous finish.

Men’s City Rescue Facial

30 mins | MYR300

Deeply cleanse and re-energise your skin with this quick yet effective facial. Utilising targeted techniques and specialised formulas, this treatment effectively removes dry skin cells, smooths the complexion, and provides deep hydration. Enjoy a revitalising experience that leaves your complexion looking refreshed and invigorated.



MARGY'S MONTE CARLO FACIAL TREATMENT

Discovery Monte Carlo Facial

30 mins | MYR450

A quick yet luxurious facial that hydrates, lifts, and revitalises the skin. This refreshing treatment starts with a gentle cleanse, followed by a hydrating and firming massage for the face, neck, and décolleté. Using the signature Extra Rich Firming Mask, it delivers maximum results in minimal time, leaving the skin nourished, plumped, and glowing. Perfect for those seeking an instant boost of radiance and a revitalised complexion.

Brightness Revealing Facial

60 mins | MYR750

An advanced facial designed to combat signs of premature aging, restore skin's elasticity, and enhance luminosity. This advanced treatment begins with deep cleansing, followed by the application of the Brightness Revealing Mask, infused with a proprietary blend of biotechnology and plant extracts. This powerful mask promotes regeneration and deep oxygenation, delivering essential minerals and vitamins to the skin. Ending with the signature Extra Rich Firming Mask, the result is a refreshed complexion with improved elasticity and a radiant glow.

Bespoke Super-Lift / Anti-aging Lifting Facial

90 mins | MYR900

An intensive anti-aging facial involving the application of three specialised massages and masks that deeply moisturises, firms, and smooth the skin. This treatment targets the face and décolleté to enhance elasticity and smoothness. The application of a Collagen Mask boosts natural collagen levels, restoring firmness and reducing fine lines. The ritual concludes with a soothing neck and shoulder massage. Ideal for those seeking to improve skin's elasticity, achieve a lifted appearance, and enjoy a deeply relaxing experience.

ADD-ON

Algae Mask Massage

30 mins | MYR400

Enhance your deep cleansing with an Algae Mask and an additional face, neck and décolleté massage. This add-on can be performed either after the cleanse or as a dry firming massage, deeply cleansing and regenerating the skin, enhancing its glow, and leaving your skin looking clean and radiant. Ideal for those with open pores and congested comedones.



MALAY RAMUAN SPA JOURNEY

Hawa Traditional Malay Journey For Women

3 hours | MYR1200

This Malay-inspired package commences with the traditional Urut massage and is followed by a luxurious Hibiscus scrub and Hibiscus body wrap developed to gently deep cleanse and hydrate the skin, making it soft and supple. The pampering then continues with the Tangas Herbal Cleanse and concludes with a Malay hair cream bath and Mandi Bunga, a bathing tradition that has been observed in Malaysia for generations to enhance one’s inner glow and natural beauty.

Adam Traditional Malay Journey For Men

3 hours | MYR1200

This Malay-inspired spa package commences with the traditional Urut massage and is followed by a Himalayan Rock Salt & Clove Compress. The bliss continues with a Tropical Boreh Scrub and Tropical Coconut Body Wrap to exfoliate and soften the skin, and concludes with a Malay hair cream bath and moisturising Coconut Milk bath.

Traditional Malay Urut

75 mins | MYR525

Our Malaysian Urut massage technique has been handed down from generation to generation including the recipe for its distinctive herbal massage oil, which is painstakingly prepared by boiling palm oil with various herbs and spices with warming and detoxifying properties. This uniquely designed massage combines traditional methods of stretching, stepping, long kneading strokes and pressure, with slow, flowing techniques of lymphatic manual drainage, which is known to improve lymphatic circulation and enhance the immune system. Uses traditional Herbal oil from Tanamera.

WELLBEING TREATMENT

The Banjaran Signature Massage

90 mins | MYR700

The rich tapestry of Malaysia’s culture combines the therapeutic and healing effects of three unique traditions for a true healing experience. This Eastern fusion massage begins with an Indian head massage, followed by the Urut Traditional Malay massage technique and Chinese pressure point foot therapy, before concluding with Ipoh white coffee scrub to leave the skin smooth, refreshed and renewed. Base oil mixed with Banjaran Signature Essential oil is used for this treatment.

Urutan Malaysia

90 mins | MYR700

A restorative ritual blending Malay and Indigenous massage technique, Malaysian herbal foot soak, qigong breathing, Indian head massage and foot reflexology. Enhanced by Malaysian therapeutic music, traditional motifs, batik and aromatic herbs and spices, this sensory journey promotes deep relaxation, renewal and a distinctly Malaysian expression of holistic wellness.

Head, Neck and Shoulder Massage

30 mins | MYR250

The head massage improves blood circulation to the scalp and releases tension in the head. Continuing with the neck and shoulder massage relaxes the tension in the muscles and aids in lymphatic drainage by dispersing toxins from this area and increasing oxygen to the tissue.

Ipoh White Coffee Scrub

30 mins | MYR250

A rich, aromatic body exfoliant made with finely ground coffee beans and infused with nourishing oils, leaving the skin soft and moisturised.



BATH & HAIR CARE

Hydrobath

20 mins | MYR200

The hydro bath is a sophisticated machine using concentrated high pressure water jets directed at the body to stimulate both circulation and lymphatic flow.

Mandi Bunga (Malay Flower Bath)

20 mins | MYR350

A pampering flower bath soak featuring a blend of coconut milk, fragrant pandan leaves and fresh rose petals. This flower bath is included in the Hawa and Adam packages and is also available as an add-on to any facial or massage treatment.

Malay Hair Cream Bath

30 mins | MYR300

Our deep conditioning hair cream bath combines natural based cream, hibiscus gel and virgin coconut oil, which is applied throughout the hair to promote a healthy scalp and strengthen hair. This traditional Malay treatment is commonly practiced as a weekly deep conditioning treatment to bring a natural shine to the hair whilst releasing neck and scalp tension. This treatment is included in the Hawa and Adam packages and is also available with any facial.

ENERGY HEALING TREATMENT

Reiki

60 mins | MYR500

The spiritual practice of Reiki is an energy healing treatment where hands are placed over key positions on the body to move and rebalance energy. Ideal for spiritual and emotional healing, and providing stress relief, relaxation and revitalisation.

HAND & FEET CARE

Foot Reflexology

60 mins | MYR325

Promotes balance by applying pressure on key points on the soles of the feet and opening the body’s meridians. The treatment relaxes, eases stress and tension, improves circulation and helps release toxins.

Spa Manicure

60 mins | MYR350

The ideal treatment for rejuvenating arms and hands, enjoy a remineralising hand soak, hand and arm exfoliation, hydrating mask and a sumptuous moisturising hand massage. Complete beautiful hands with a full manicure and application of OPI nail polishes or buffing.

Spa Pedicure

60 mins | MYR350

A revitalising treatment for tired legs and feet. Enjoy a remineralising foot soak, exfoliation and hydrating mask and a moisturising foot massage. Complete restored feet with a full pedicure and application of OPI nail polishes or buffing.

CLEANSING THERAPY

Colon Hydrotherapy

45 mins | MYR500

Cleansing of the colon with regulated, filtered water assists in the release of blockages in the large intestine, and can help alleviate constipation, skin complaints, headaches, lymphatic congestion, parasite infections, fatigue and emotional stress. Ideal for cleansing and de-congesting the bowels.

Antioxidant Restoration Therapy

45 mins | MYR150

A therapy using advanced antioxidant and biotechnology imported from Japan to improve one’s health and well-being. This treatment helps to detoxify the body, boost the metabolism and burn calories as well as reduce pain, stress and fatigue, improve the immune system, lower blood sugar and cholesterol, and promote tissue healing.



TRADITIONAL CHINESE MEDICINE (TCM)

Traditional Chinese Medicine is a complete medial system. The 1,000-year old practice, recognised by the World Health Organization takes a holistic approach to health with emphasis on prevention. The treatment commences with a personalized consultation by a qualified Chinese medicine consultant.

Chi Nei Tsang Abdominal Massage

45 mins | MYR380

This Tao-originated abdominal massage is ideal for releasing blocked energy of the internal organs, releasing negative emotions, illnesses, digestive disorders and eliminating toxins. By working on the Solar Plexus Chakra, it allows energy to return to the digestive organs.

Acupuncture

45 mins | MYR450

Acupuncture encourages the body to heal naturally. Ailments are treated by the insertion of extremely fine, sterilised needles inserted into specific points on the body to treat a range of disorders and for improvement of overall body function and wellbeing.

Moxibustion By Cupping

45 mins | MYR450

Cupping is the ancient Chinese method of treating pain, using warm small cups strategically placed over the body to open the meridian and improve stagnant “Chi”.

Gua Sha (Chinese Scraping)

45 mins | MYR500

Gua Sha (“gwa shaw”) is the Eastern Asian healing technique which involves scraping and rubbing of the skin to promote movement of “Chi” and normalise metabolic processes.

Acupressure

45 mins | MYR450

Restore health and balance to the body’s channels of energy and to regulate opposing forces of yin (negative energy) and yang (positive energy). Acupressure not only treats the energy fields and body but also the mind, emotions and spirit.

*24-hour prior booking is required for TCM treatments.

AYURVEDIC TREATMENT

Ayurveda, literally translates to “Science of Life” and is the 5,000-year old Indian healing system of the mind, body and spirit.

Abhyanga Rejuvenation Massage

75 mins | MYR600

One of the most popular Ayurvedic massages, Abhyanga assists to expel toxins, alleviate fatigue, improve blood circulation and enhance the immune system to rejuvenate the body.

Udvardana Fat Reduction Massage

75 mins | MYR600

Reduce fat and alleviate water retention in the body with the Udvardana massage. The technique consists of the application of medicated oil, followed by the rubbing of herbal paste in the opposite direction of your energy flow.

Shiro Dhara

75 mins | MYR650

Warm flowing medicated herbal oil is slowly and methodically poured onto the third eye chakra to relieve tension and provide complete relaxation.



PERSONAL HOLISTIC EXERCISE

Experience the ultimate in personalised care with our private one-on-one wellness sessions. Tailored exclusively to your unique needs, these sessions provide undivided attention from our expert coach, ensuring a transformative experience that nurtures your mind, body and spirit.

Personal Training

60 mins | MYR350

Professional trainers will take your fitness to a whole new level, offering technical advice as well as the motivation and support you need to reach your fitness goals.

Qi Gong

60 mins | MYR280

An internal Chinese meditative practice characterised by slow graceful movements and controlled breathing techniques to enhance one’s overall well-being.

Tai Chi

60 mins | MYR280

Chinese martial arts and meditative exercise designed to promote relaxation, overall balance and health.

Yoga

60 mins | MYR280

This ancient Hindu discipline aims at training the mind, body and soul towards a state of perfect spiritual harmony as well as enhancing physical and mental balance.

Meditation

60 mins | MYR280

Meditation is a technique designed for enhancing physical health and to develop mindfulness, concentration, tranquillity and spiritual insight.

Pranayama Breathing

60 mins | MYR280

Yoga breathing, or Pranayama, is the art of breath control. It teaches the proper way to breathe and consists of a series of exercises intended to meet the body’s needs and keep it in vibrant health.

Stretching

60 mins | MYR350

Enjoy a comprehensive, full-body stretching routine to help improve elasticity, muscle tone and flexibility.

CONSULTATION

Guided by expert practitioners, each consultation provides profound insights tailored to support your journey toward holistic well-being and exceptional vitality. These personalized sessions ensure a transformative experience, perfectly complementing your stay in our serene sanctuary.

Wellness Consultation

30 mins | MYR200

Our initial Wellness Consultation includes a lifestyle assessment and planning session designed to optimise your stay at The Banjaran.

Fitness Consultation

30 mins | MYR350

Reviews and assesses current exercise habits, flexibility, strength, body composition and endurance. This assessment is designed to both educate and to lay the foundations for improving your overall fitness level.

Traditional Chinese Medicine (TCM) Consultation

30 mins | MYR250

A private consultation with the TCM doctor involves a comprehensive diagnosis which includes pulse and tongue reading.



SPA ETIQUETTE

AGE LIMIT

The Spa & Wellness Centre provides treatments and therapies for adults 18 years of age and above with minimal treatments available for those below the required age. Please speak to our consultants for further information.

RESERVATIONS

Make reservations for a truly rejuvenating experience either via **+605-210 7839** or email us at **tbhr.wellness@thebanjaran.com**

HEALTH CONSIDERATIONS

For your benefit, please complete the wellness consultation form and notify us should you have any health concerns. If you are wearing contact lenses, please inform the therapist before your facial treatment.

PUNCTUALITY

To ensure that you have sufficient time to relax and change your clothing, please arrive at the Spa and Wellness Centre at least 15 to 20 minutes prior to your scheduled appointment.

Please keep in mind that pre-scheduled treatments will run according to time and any delay will result in reduced treatment time regardless, with full charges still applying.

Upon completion you will be invited to the Relaxation Pavilion where you can unwind and relax.

ELECTRONIC DEVICES

For the safety of your belongings, kindly leave all your electronic devices in your villa or keep them in your private locker located at the Spa and Wellness Centre (please ensure that they are switched off at all times).

JEWELLERY AND VALUABLES

To safeguard your valuables, kindly leave them in the safety box provided in your villa or keep them in the Spa's private locker.

ATTIRE

You are most welcome to enjoy spa treatments with minimal clothing; however we do provide disposable underwear, bathrobes and slippers. During all treatments, the body is fully draped except for the area being treated.

CANCELLATIONS

We understand that unexpected circumstances may result in difficulty to keep to appointments. If you must cancel, please provide us with as much advance notice as possible.

Please note that the following cancellation charges may apply:

- More than 24 hours: No charge
- On the same day: 50% will be charged
- 4 hours or less: 100% will be charged
- No show: 100% will be charged

SHAVING

For a more pleasant spa experience, kindly avoid shaving two hours prior to your scheduled appointment particularly if you are a man receiving a facial or a woman receiving any kind of body treatment.

EATING AND DRINKING

We kindly advise that you avoid eating at least an hour before a treatment and avoid any consumption of alcohol on the day of your treatment. Drink plenty of water before and after your treatment especially if you plan to exercise or enjoy heat therapy such as the hot springs or steam cave.

ECO AWARENESS

As it is our pledge to be kind to the environment, we greatly encourage you to adopt eco-friendly practices such as being considerate in the usage of towels.

THE BANJARAN HOTSPRINGS RETREAT

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