



Nº.1

HONOURING HEALING CULTURES

JUNE '23



HEALING WITH HEARTS & HANDS

Honouring the healing traditions of the Balian at
Spa Village Resort Tembok, Bali.

A WELCOME MESSAGE

FROM CHIK LAI PING



Dear guests,

When YTL Hotels mooted the idea of a spa for Pangkor Laut Resort, we wanted its concept and realisation to reflect the locale and community. In the case of the very first Spa Village at Pangkor Laut Resort, the inspiration was simply Malaysia; with her diversity of people and their age-old healing cultures and traditions.

Two decades and many more Spa Villages later, this philosophy of mooring a Spa Village to its immediate living heritage has defined our ethos and identity. The Spa Village brand has stayed true to its core purpose even as it expands into new cities and lands. The unique offerings of each Spa Village promise to invigorate your senses in ways which are both wonderful and exotic.

Discover this and more on your next visit to the genesis Spa Village at Pangkor Laut Resort, officiated in September 2002 by the late Luciano Pavarotti, to the later additions of Spa Village Kuala Lumpur, Tanjong Jara, Cameron Highlands, Gaya Island and The Majestic Malacca, as well as the destination Spa Villages in Tembok, Bali, at The Ritz-Carlton, Koh Samui, and the Floating Spa of Monkey Island Estate.

We invite you to a world of wellness, where the practiced hands of our therapists heal with heart.

Yours sincerely,

A handwritten signature in black ink, consisting of a stylized 'C' followed by a flourish.

Chik Lai Ping
Senior Vice President,
Spa Division, YTL Hotels



A WEALTH OF HOLISTIC HEALING TRADITIONS FROM ALL OVER ASIA



The story of Malaysia is not the tale of a single culture, but rather an interwoven tapestry of traditions, beliefs and ethnicities created over the course of centuries. At Spa Village Pangkor Laut, a sprawling temple of wellness at the core of Pangkor Laut Resort, highly skilled therapists tap into a wellspring of different Asian healing traditions from Indonesia, Japan, China, India, Thailand and the indigenous people of Malaysia.

The Spa Village offers a curated selection of the best and most exclusive treatments from each tradition. For instance, Chinese Foot Pounding, a reflexology technique designed to restore alignment, was once only available to the highest concubines in feudal China, while the exfoliating Shanghai Scrub historically was a privilege reserved for noblemen. In between, a visit to a miniature Japanese-style bathhouse with a warming soak in a Rotenburo pool boosts circulation much like a classic onsen. Meanwhile, a cool dip in a Malay fountain followed by deep inhalations of four kinds of incense awakens the mind.

The programmes at Spa Village Pangkor Laut 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. For the full spa experience, many guests select one of several combination packages designed to work in tandem to aid different areas of the body.

An Ayurvedic Day, for example, begins with an invigorating yoga session and includes a facial, hair treatment and massage, all of which use a customised selection of aromatic, purifying oils concocted to help restore the prakruthi, or body's constitution. Meanwhile, a Chinese Day seeks to rebalance the body's qi, or life-giving energy, and restore harmony to

disparate elements through treatments such as gu fang xun shen, in which smouldering medicinal herbs release a pungent smoke with potent curative properties. Finally, Malay Day turns to thousand-year-old wisdom from the time of the Malacca sultanate.

Here, an integrated approach to wellness, one that embraces the best of Asian healing traditions, offers guests all the restorative benefits of centuries of learning. Those who enter Spa Village Pangkor Laut exit with both a natural glow and a deeper understanding of this multicultural land.





AN ANCIENT RESTORATIVE JOURNEY ONCE RESERVED FOR ROYALTY

The fusion of cultures woven into the rich tapestry of Malaysia's history can be seen in the country's distinctive architecture, fashion, food, and, as a visit to Spa Village Tanjong Jara will prove, its healing rituals as well. Collected within the intimate complex of structures, gardens and pools that make up the award-winning Spa Village Tanjong Jara are treasured traditional Malay healing methods selected for their authenticity and therapeutic potency.

The half-day Couples Spa Experience provides an illuminating taste of the pre-wedding treatments typically lavished on a Malay bride and bridegroom. The dual series of special body treatments are rooted in ancient Malay customs, reflecting the pomp and pageantry of the traditional wedding ceremony as the couple is transformed into the King and Queen of the day - or Raja Sehari in Malay.



A holistic approach towards the couple's mind, body and spirit runs through the entirety of the experience. Ladies begin the Dandan Puteri Tujuh programme with a detoxifying full body Urutan Gamelan massage, using oil scented with soothing jasmine and tropical magnolia. A hair cream bath, known as Ikal Mayang, may have its origins from Malay princesses who kept their crowning glories silky and glossy with a concoction of coconut oil, rice paddy stalks and pandanus leaves. An herbal body scrub of turmeric and galangal is applied to the face and body, gently removing dead surface cells and encouraging the radiance beneath to shine through, after which a fragrant Bersiram milk bath awaits. Exotic flower buds and petals are cast into the pearlescent water as the milk nourishes and smooths the skin, just before the lady is guided into a sauna scented with jasmine and rosewater, emerging later glowing and utterly uplifted from the steam. Gentlemen embark on their Panji Alam journey with Urutan Panglima - a warrior's massage which restores their body's structural alignment and flexibility by using deep tissue strokes to manipulate the fascia and increase blood circulation.

For hair and body, the Ikal Cuci hair conditioning treatment and the Boros Akar scrub harness the power of Malaysian herbal roots, lending protection to the scalp, enlivening muscles and coaxing skin back to its former firmness with a series of thorough rubbing strokes. Sinking into a bath infused with kaffir lime and fenugreek, this herbal spice soak strengthens and sculpts the body, preparing it for the herbal oil steam bath - an unbeatable relaxing sauna session made more effective by a penetrating blend of essential oils. As the finale, the couple is served herbal tonic drinks - hers, an anti-ageing recipe of scented roots and flower buds, and his, a root tonic brewed in an earthen pot and sweetened with jungle honey - while they bask in the utter relaxation that comes only from Spa Village Tanjong Jara's royal treatment.



ON THE LESS EXPLORED SIDE OF BALI, THE SUNSHINE & SMILES ARE BRIGHTER

Spa Village Resort Tembok on Bali's north-eastern coast holds the key to the rich cultural treasures of the island and is surrounded by the bounties of Mother Nature. The ocean stretches away to the horizon in front; the mountains, mother volcano Agung and the vast crater wall of ancient Mount Batur, rise behind, circled by unspoilt countryside and traditional villages. This is Bali's heartland, a world away from the bustle of the towns in the south.

At 5.30am, the ocean is like gently undulating liquid glass. Then, the horizon starts to be streaked with yellow, red and orange as the edges of the star of the show appears, glowing bright and illuminating the surface of the ocean. Back at the

resort, it was soon time for a spa experience. The resort's spa has a menu emphasising and celebrating the healing traditions of its Tejakula location. Fresh-from-the-garden ingredients such as basil, neem, mint and lime are combined to gently exfoliate the skin as part of the Sangkarajaya therapy. This is followed by a treatment to relax scalp and facial muscles. A rhythmic full-body coconut oil massage completes this invigorating treatment. Guests also enjoy frequent opportunities to learn about Balinese home crafts as well as immerse in local customs. The good humour of the staff as they share their traditions is infectious. In a place like this, it is easy to believe that the gods have certainly blessed the land, bringing contentment and happiness as the day is long.





BATH TALES

The city of Bath offers all the ingredients for a rewarding weekend.

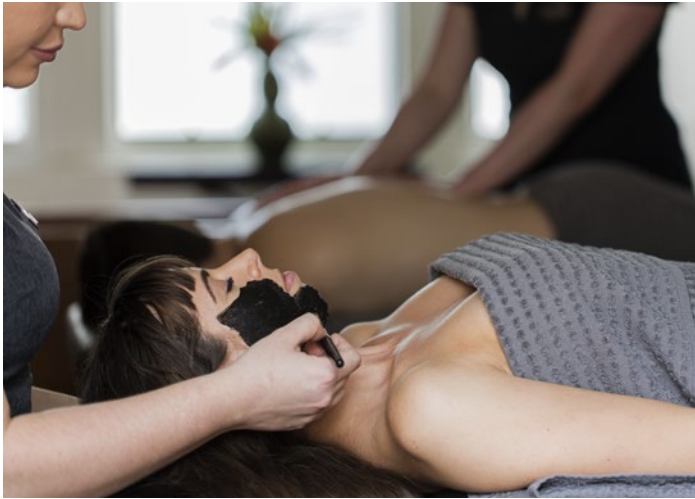


“Bath is the worst place to get any work done,” so remarked the humanist British politician William Wilberforce in the 19th century. The city, embedded in the rolling hills of Somerset, England, has a history dating to AD 60 when it was a Roman colony, regaled for its healing waters attributed to the blessings of the goddess Minerva. These famed springs containing over a million litres of mineral-empowered waters have healed both kings and commoners. Today, Wilberforce’s view holds even greater sway.

A UNESCO World Heritage Site, the city pulses with thriving culture, arts, theatre and food scenes, attracting local and international visitors to its compact, cobblestoned pathways lined with charming shops, cosy cafes and notable restaurants. Also in the area is the city’s only luxury hotel The Gainsborough Bath Spa and its Spa Village, both of which have placed Bath on the radar of travellers who expect only the best.

The Grade II-listed 99-room hotel and its spa, named after the artist Thomas Gainsborough, comprises a quartet of former hospital structures - Bellott’s and Royal Hospital Building - that offers exclusive access to the city’s famous healthful thermal waters.

All guests have access to the thermal pools at Spa Village.



Known as the Bath House experience, it involves a sequence of natural thermal pools with differing temperatures, infrared and conventional saunas, a steam room, an ornate ice cove and spaces designed for unwinding while sipping a custom-created traditional Georgian hot chocolate peppered with cloves and chilli. The treatment rooms are elegantly appointed in sophisticated shades of grey. Opt for an invigorating Ginger Renewal treatment, composed of a body exfoliation using ginger and minerals; a neck, shoulder and back massage using ginger oil and hot stones to unknot kinks; and ending with a warm body wrap to seal in all the healing and nurturing properties of ginger.

Bath is, indeed, a place where one gets little work done, though its distractions - including in wellness and therapies - are invariably more welcoming than what Wilberforce imagined two centuries ago.

YTL HOTELS

Treasured Places, Treasured Moments

Published every quarter, the Spa Village - Honouring Healing Cultures aims to share the latest Spa Village news from our collection of spa destinations worldwide. Coupling age-old practices together with modern approaches to health and well-being results in a tailored one-of-a-kind experience, delivering award-winning results to our guests. Each Spa Village offers a consistently unique and uplifting opportunity for rejuvenation.



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