



**Langkawi**  
99 Magical Islands

# LANGKAWI *Spa* GUIDE

Malaysia  
*Truly Asia*



# Wellness Destination LANGKAWI

Although known mainly for breathtaking nature, Langkawi turned over the last decade into a true wellness destination, presenting you with the unique opportunity to experience during your holidays the rich healing tradition of the region.

A crossroad of ancient maritime trade routes, the island embraces spa rituals reflecting the distinctive blend of Malaysia's diverse cultures: healing and beauty practices of Orang Asli - the aboriginal rainforest tribes, indigenous Malay healing rituals, Ayurvedic treatments native to India, and traditional Chinese medicine. Following the international wellness trends, the local spas increasingly provide also popular treatments from all over the world.

Genuinely caring therapists, a dreamlike spa setting within a primordial rainforest or with a breathtaking view of the Andaman Sea, rich massage oils and exotic body wrap blends made of freshly harvested fruits, flowers, herbs and spices from the rainforest ... Langkawi Spa Experience is truly unique!

You can find tiny, hidden massage places with heartfelt personal welcome, and décor so simple that no detail distracts from the actual treatment. And there are breathtaking five star establishments with extensive hydrotherapy facilities from Jacuzzi to sauna and steam bath, providing a truly indulgent experience appealing to all of your senses. Page through to find the wellness experience that truly parallels your needs...

NOTE : All featured spas have been personally visited by the Spa Consultant, Kamila Delart. Reviews and recommendations are based on first-hand experience.

# LANGKAWI SPA GUIDE CATEGORIES



## NATURE

The Spa  
The Datai

Ulik Mayang Spa

Rebak Island Resort Langkawi

V Botanical Spa

The Andaman

Sanctuary Spa

Tanjung Sanctuary

Nawa Sari Spa

Ayer Spa

Burau Bay Beach Resort

The Spa

Sheraton Langkawi

Embun Seri Spa

Langkawi Lagoon Resort

Ayura Spa

Berjaya Resort

## HERITAGE

Ishan Malaysian  
Spa

Teratai Spa  
Meritus Pelangi Beach  
Resort & Spa

The Spa  
Casa del Mar

Furusato Spa

Taman Sari Royal  
Heritage Spa  
Awana Porto Malai  
Langkawi



## INDULGENCE

The Spa  
Four Seasons

Heavenly Spa  
The Westin Langkawi

Alun-Alun Spa

Jivarhu spa  
Tanjung Rhu Resort



## BUDGET

Yuan Spa

Sun Spa

Rumah Holistic

Sunflower Traditional  
Spa

Safa Wangi Center

Bedrock Island  
Bedrock Island Health  
& Beauty Spa



## SPECIALITY

Amaya Spa

Teratai Reflexology

Bellis Spa

LGK Ashi  
Spa & Massage



# NATURE

## The Spa

### THE DATAI

The four open-air villas of The Spa at The Datai are set along a silver stream that winds its way through the mangroves, creating an intimate rainforest sanctuary. A truly magical scenery that will entice all of your senses, from the distant symphony of the ocean accompanying the purling creek, to the birds singing their jungle melodies, and the refreshing breeze that gently caresses your skin, carrying the aroma of enchanting botanical fragrances. All treatment villas are designed to accommodate couples, and have private changing facilities, indoor and outdoor shower and a spacious soak tub. The Spa menu features indulgent rituals embracing the tradition of exotic Bali, spiritual India and the sacred land of Tibet, while the signature Datai ceremony includes the unique four-hand massage with the legendary Jade stone. Facials incorporate the Ayurvedic skincare line Sundari, and bathing ceremonies utilize exquisite aromatic Abahna products. Massage oil blends follow signature recipes, and are infused with pure essential oils just prior to your treatment. The Balinese Therapists are highly knowledgeable, ready to describe in detail the upcoming treatment and its benefits. Immersed in a meditative state, and fully in tune with your needs, they truly celebrate the art of loving touch.

## Highlights

The Datai Jade massage performed by two therapists, Ayurvedic treatments from Shirodhara to Abhyanga, authentic Balinese massage, Indulgent Oriental Rituals



Datai Bay

Operating Hours: daily 9am - 9pm Tel: +604 959 2500  
Email: [spadatai@thedatai.com](mailto:spadatai@thedatai.com) [www.thedatai.com](http://www.thedatai.com)





# NATURE

## *Ulik Mayang Spa*

REBAK ISLAND RESORT LANGKAWI – A TAJ HOTEL

Located in a rustic timber villa surrounded by tamarind trees, and featuring two couples treatment rooms, a cozy manicure and pedicure lounge, and an outdoor Sala with a breathtaking sea view, the Ulik Mayang Spa is a perfect hideaway for couples. Treatments incorporate indigenous local herbs and spices. Whether you come with the frequently scheduled speed boat provided by the Rebak Island Resort or arrive on your own yacht, your visit to the only private island resort in Langkawi is sure to be a memorable one. Reserve enough time to enjoy one of the Spa's signature packages, a delicious meal in the fine dining restaurant, and a romantic walk along the pristine beach with stunning rock formations.

Spa experience for outside guests by appointment only! Please make reservations minimum 24 hours prior to your visit.

### Highlights

Naturopathy Facial, Signature Steam Bath experience in a herbal steam cabinet allowing you to enjoy during your treatment the view of the natural surroundings, Massage of your choice in a tropical Sala

Rebak Island

Located 5 minutes via ground transfer  
from Langkawi Airport to Port Langkasuka

& 15 minutes boat ride, Port Langkasuka – Rebak Island.

Operating Hours: daily 9am - 9pm

Tel: +604 9665566 Ext. 213 | Email: [rmresv.malaysia@tajhotels.com](mailto:rmresv.malaysia@tajhotels.com)

[www.photowebasia.com/taj/rebak-island-resort-langkawi](http://www.photowebasia.com/taj/rebak-island-resort-langkawi)



Rebak Island



# NATURE

## *V Botanical Spa*

THE ANDAMAN

Nurturing sanctuary nestled in the serenity of an ancient rainforest, V Botanical Spa features five open-air villas with a breathtaking view of the Andaman Sea! The extensive spa menu comprises unique massage treatments from all over the world, exceptional beauty services, and holistic therapies to balance your body, mind and spirit. The Ocean & Sky Cabanas located directly on the beach are the perfect setting to experience selected treatments while listening to the symphony of the ocean, and enjoying a refreshing sea breeze. The 'V Signature Couples Romance' lures with half-day Spa & Dine experience, while one-day Wellness Program samples provide the opportunity to get a taste of holistic packages designed to boost your vitality, detoxify your body, or celebrate the bond with your loved one. Intelligent Nutrients, an exclusive organic product line with food-grade ingredients, is available for retail.

### Highlights

Time Traveller's Massage, Holistic Gemstone Facial, Kahuna Wave Massage

The Andaman, Luxury Collection Resort  
Operating Hours: daily 9am – 9pm | Tel: +604 959 1088  
Email: [info@vintegratedwellness.com](mailto:info@vintegratedwellness.com)



# NATURE

## *Sanctuary Spa* TANJUNG SANCTUARY

An intimate resort spa with a spiritual touch, featuring two treatment rooms with antique wooden bath tubs. The relaxation lounge enchants with a stunning sea view, and the soothing sound of waves breaking against primordial rocks. Walls are painted in distinctive hues, harnessing the healing power of colour therapy. Massage and body treatments are inspired by the Malaysian healing tradition, facials utilize active marine ingredients of the professional product line Thalgo.

### Highlights

Ancient Malay Massage, Reiki, Signature Package including a spa lunch



Tanjung Sanctuary

Operating Hours: daily 12am - 9pm Free Pick-up  
Tel: +604 952 0222 | Email: [peipei@wusenses.com](mailto:peipei@wusenses.com)



# NATURE

## Ayer Spa

### BURAU BAY BEACH RESORT

Celebrating healing and beauty rituals of the region, the Ayer Spa provides a variety of indigenous Malay treatments. Performed by local therapists who were raised learning the traditional skills from their mothers, and accompanied by the time-honored Malay Gamelan music from Kuala Terengganu, you will be treated to a truly authentic experience. The spa encompasses four tiny cottages with a simple interior, and the Rumbia roofs made of palm leaves. While one of the treatment huts offers a complete privacy, the remaining three are designed in an open-air style, allowing you to enjoy a refreshing breeze and the view of the Andaman Sea. The reception area features comfortable chairs for foot reflexology. Body scrubs are blended from rice and freshly harvested fruits, massage treatments incorporate the spa's signature 'Ayer Aromatherapy' brand, while facials utilize the exclusively organic skincare products.

One-day courses imparting basic skills in Malay Back Massage, Foot Reflexology, or traditional Malay Body Scrubs and Body Wraps are available at the Ayer Spa Academy. For detailed info, please refer to [www.lisa.com.my](http://www.lisa.com.my).

## Highlights

Royal Malay Massage, Rice Aroma Scrub, Ayer Sutra Package



Burau Bay

Operating Hours: daily 10am - 8pm

Tel: +604 959 1061 ext ayerspa | Email: [ayerspa@gmail.com](mailto:ayerspa@gmail.com)

[www.ayerspa.com.my](http://www.ayerspa.com.my)







## *Nawa Sari Spa*

Situated in Laman Padi, the Rice Garden Museum compound, the Nawa Sari Spa provides an unique opportunity to experience the healing power of nature. Three of the six treatment cabins offer a direct view of the serene paddy fields with grazing water buffalos and twirling birds making you feel instantly relaxed. Couples enjoy the privacy of a small cozy garden house. The spa utilizes freshly harvested rice, and herbs, spices and flowers from the neighboring herbal garden. The menu includes unique Malay treatments such as ritual hair smoking, which are hard to find anywhere else.

### Highlights

Body scrub utilizing rice from the surrounding paddy fields, traditional herbal hair treatment, Sari Murni Package

Pantai Cenang Laman Padi  
Operating Hours: daily 11am - 8pm  
Tel: + 604 9554168 | Cell:+6012 4296476 / +6014 2534489  
Email: nawa\_sari\_spa@yahoo.com | www.nawasarispa.com





## *The Spa*

SHERATON LANGKAWI

Hidden among lush rainforest foliage in traditional 'teratak huts' with private tropical gardens, the four spacious spa suites with dark wooden paneling have a rustic calming feel. Two of them feature an outdoor bath and a garden shower. The menu encompasses Asian inspired massages and body treatments incorporating indigenous plants, and facials utilizing organic 'Elements' products and the exquisite marine skincare line Thalgo. Manicure and pedicure services are provided in the Tranquility Centre that houses also a Spa Boutique. The service is truly personalized, with treatments tailored to suit your individual needs.

### Highlights

Signature Spa journey consisting of a Healing Massage with warm aromatherapy oil, Gift of Nature body scrub, and a culinary seafood experience at the 'Captain's Grill'.

Pantai Kok

Operating Hours: daily 10am - 9pm

Tel: +60 4 952 8000 ext. 8276 |

Email: [choesnoel.chotimah@sheraton.com](mailto:choesnoel.chotimah@sheraton.com)

[www.starwoodhotels.com](http://www.starwoodhotels.com)



# NATURE

## *Embun Seri Spa*

LANGKAWI LAGOON RESORT

Built in a traditional Malay architectural design, the intimate Embun Seri Spa rises on stilts above the turquoise water of a dreamlike lagoon. Both couples suites feature a steam bath, bath tub, and two traditional wooden sitz baths. A spacious veranda with comfortable loungers provides a tranquil post-treatment venue. The menu offers a selection of massages, body treatments, hydrotherapy and mani-pe-di services. Facials incorporate Martha Tilaar products while utilizing modern skin-care equipment. The spa experience is accompanied by music with the sounds of nature, creating along with the burning incense calming sensory atmosphere. The team of local therapist is well trained and welcoming.

### Highlights

Balinese Golden Lulur Package, Embun Seri Spa Treatment, Body Contouring Spa



Langkawi Lagoon Resort  
5 min drive from the Airport  
Operating Hours: daily 9am - 11pm

Tel: +604 955 8181 | Email: [rsvp@langkawilagoonresort.com](mailto:rsvp@langkawilagoonresort.com)  
[www.langkawilagoonresort.com](http://www.langkawilagoonresort.com)





## Ayura Spa

BERJAYA RESORT

Resort Spa with 10 treatment rooms, relaxation room, and Spa Café serving exotic fruit juices. The extensive wet-facilities include sauna, steam bath and whirlpool. While the treatment rooms are kept rather simple, the excellent skills of the therapists guarantee a relaxing spa experience. Massage and body treatments revolve around maritime and tropical theme. Facials, manicure and pedicure services are available.

### Highlights

Large outdoor Jacuzzi surrounded by tropical landscaping, Herbal Stamp Massage, signature blends of essential oils utilized in the treatments available also for retail.

Berjaya Resort Buray Bay

Operating Hours: daily 10am – 9pm

Tel: +60 (4) 959 1888 | Email: [langkawi.ayuraspa@berjayahotel.com](mailto:langkawi.ayuraspa@berjayahotel.com)

[www.berjayahotel.com/langkawi/spa.asp](http://www.berjayahotel.com/langkawi/spa.asp)



## *Ishan Malaysian Spa*

Six Malay style huts in a rainforest setting, with each treatment room featuring individual design. The menu encompasses a wide variety of treatments and packages based on indigenous Malaysian healing tradition, with oils and body treatment mixtures blended from fresh ingredients harvested in the rainforest and the Spa's herbal garden. With treatments performed exclusively by local therapists, you will enjoy a truly authentic Malaysian Spa Experience.

### Highlights

Bamboo Massage, Traditional Herbal Heat Massage, Bird of Paradise Package, Home-made organic products based on ancient Malaysian recipes available for retail.

Pantai Tengah

Operating Hours: daily 11am – 8pm, Tuesday closed  
*Upon availability free transfer around Pantai Tengah,  
Pantai Cenang and Pantai Kok*

Tel: +604 955 5585 / +604 955 6677 | Cell:+6012 499 9906  
Email: [relax@ishanspa.com](mailto:relax@ishanspa.com) | [www.ishan-spa-langkawi.com](http://www.ishan-spa-langkawi.com)



# HERITAGE

## *Teratai Spa*

MERITUS PELANGI BEACH RESORT & SPA

Hidden in a lush tropical garden in a traditional wooden kampong house, the Teratai Spa has a magical feel. Muslin drapes moving in the breeze, the flickering light of antique gas lamps, the monotonous motion of the ceiling fans inviting you to embark on a journey back in time... Each of the six spacious treatment rooms features either a long bath or a Jacuzzi. The menu encompasses ancient Asian Spa rituals, a variety of massages and body treatments, facials with the organic tropical skin care line Pevonia Botanica, as well as manicure and pedicure services.

### Highlights

Fresh Coconut Scrub, Heritage Experience Package. Tanamera - a product line based on ancient Malay beauty recipes available for retail.



Meritus Pelangi Beach Resort & Spa  
Operating Hours: daily 10am -10pm  
Tel: +604 9528888 | Email: [spa.pelangi@meritushotels.com](mailto:spa.pelangi@meritushotels.com)



## *The Spa*

CASA DEL MAR

Boutique Spa featuring three treatment rooms with a soothing sensory ambiance and lovely personal touches. Treatments come from the very heart of the therapists, the individual needs of the guests are the mantra of the spa journey, every detail is fine-tuned to perfection... The menu celebrates the Malaysian healing and beauty tradition, with treatments incorporating delicious oils and body treatment blends prepared from fresh tropical ingredients, with recipes considered the spa's treasure.

### Highlights

Soul of Casa Del Mar, Indian Polish, signature retail line of body oils allowing you to re-create your Spa experience at home.

Casa del Mar Pantai Cenang  
Operating Hours: daily 10am – 7pm  
Tel: +604 9552388, Extension #130  
Email: [spa@casadelmar-langkawi.com](mailto:spa@casadelmar-langkawi.com)  
[www.casadelmar-langkawi.com/features\\_spa.php](http://www.casadelmar-langkawi.com/features_spa.php)



# HERITAGE



## *Furusato Spa*

Unique ambiance! The walls of the four treatment rooms and the generously sized bath chambers are covered with artistic stone carvings, with waterfalls bouncing off the rocks, creating a cave-like, spiritual atmosphere. The menu features Aromatherapy and Urut Melayu massage, sensual bath rituals, and a variety of body treatments. Potent and delicious scrub and body envelopment blends incorporate exotic spices and herbs, ensuring a brilliant spa experience.

### Highlights

Nerita' and 'Mitra Paradise' packages, warming herbal body scrub.

Pantai Tengah

Operating Hours: daily 12am – 10pm

*Free transfer around Pantai Tengah and Pantai Cenang. Other areas (excluding Datai Bay), free transportation with purchase of couples or group packages.*

Tel: +604 955 6482 / +60-12-4227500 (English)

Cell: +60-12 4207500 (Japanese, Chinese)

Email: [furusatospa.langkawi@gmail.com](mailto:furusatospa.langkawi@gmail.com) [www.langkawispa.blogspot.com](http://www.langkawispa.blogspot.com)





# HERITAGE

## *Taman Sari*

ROYAL HERITAGE SPA AWANA PORTO MALAI

Inspired by a legendary sanctuary built for a Sultan, a sensory retreat where he could unwind, and restore his energy, the Taman Sari Spa provides an authentic Javanese Spa experience: dreamy patio, relaxation lounge with fish ponds, four treatment rooms featuring Javanese antiques, traditional Gamelan music... The spa menu celebrates Javanese Royal Beauty Rituals, with the treatments performed by therapists who proudly share the secrets of their heritage.

### Highlights

Royal Javanese Pampering package, Diamond Peel Facial, Mustika Ratu - traditional herbal Jamu medicine and skin care brand based on ancient Javanese recipes.



Awana Porto Malai Langkawianjung malai (close to Pantai Tengah)

Operating Hours: daily 12am - 11pm

Tel: +604 955 5111 Ext. 6702 / 6701 | Email: [apml@genting.com](mailto:apml@genting.com)





# INDULGENCE

## The Spa

### FOUR SEASONS RESORT LANGKAWI

Pure indulgence!!! The Spa features six breathtaking treatment pavilions, each with a private changing room, aroma-steam bath and luxurious multi-shower facilities. The floor-to-ceiling windows provide a panoramic view of the surrounding pond, and tropical limestone cliffs garden. A spacious soak tub in dark green invites guests to enjoy sensual bathing rituals. The extensive spa menu features indigenous Malay treatments, holistic therapies embracing ancient eastern traditions and occidental healing rituals, and a variety of body scrubs and wraps. Facials incorporate the exquisite natural So-dashi skin care line, and Sundari - a product line inspired by the wisdom of Ayurveda. Internationally trained therapists of Malaysian, Indonesian and Thai origins will personalize your spa experience, making the world truly revolve around your individual needs. Refreshing health elixirs and herbal tisanes enjoyed in one of the dreamlike bales that 'float' over the Reflecting Pond will make your sensory journey complete. Signature custom blend oils and CD with calming melodies composed exclusively for the Spa available in the spa boutique will help you re-live the tranquil atmosphere upon your return home.

## Highlights

Urut Melayu massage, Sea Secrets Ritual, Malaysian Mist package, Prenatal Massage.



Tanjung Rhu

Operating Hours: daily 10am - 10pm

Tel: +6 04 950 8888 | Email: [spa.langkawi@fourseasons.com](mailto:spa.langkawi@fourseasons.com)

[www.fourseasons.com/langkawi](http://www.fourseasons.com/langkawi)





# INDULGENCE



## Heavenly Spa

THE WESTIN LANGKAWI RESORT & SPA

Dreamlike view of the Andaman Sea, airy ambiance of pristine white accentuated with dark tropical woods, imaginative décor with unique cocoon chairs and Thai massage beds 'floating' on the turquoise surface of a pool... The Heavenly Spa by Westin is a tranquil sensory sanctuary! The facilities encompass 16 treatment suites, and the Heavenly Spa Villa with a Jacuzzi and a heated marble stone platform for an outdoor Turkish Hamam experience. From plush robes and slippers to exquisite amenities, you will be spoiled by luxury. Following a wellness concept, the spa provides an exciting variety of holistic treatments not available anywhere else on the island, while the signature SuperFoods menu offers nutrient-rich delicious culinary options to complete your personalized wellness journey. A truly heavenly experience.

### Highlights

Luxury Kese - bathing ritual inspired by the ancient tradition of Turkish Hamam, Rollerssage - signature massage incorporating semi-precious stones, variety of authentic Ayurvedic treatments, exclusive 'Heavenly Spa' product line available for retail.

Operating Hours: daily 9am - midnight!  
Tel: +60 4 960 8888 | Toll Free: 1800 80 1853  
Email: [heavenlyspa.langkawi@westin.com](mailto:heavenlyspa.langkawi@westin.com)  
[www.westin.com/langkawi](http://www.westin.com/langkawi)





INDULGENCE

## *Alun-Alun Spa*

Tranquil tropical oasis with a spiritual feel, and stunning interior design featuring beautiful sculptures and antique furniture. Each of the eleven treatment suites has a private open-air hydrotherapy garden with a rainforest shower and a generously sized bath tub. To help you select among the wide variety of massage and body treatments, facials, nail and hair services, the knowledgeable therapists will be delighted to provide you with a personalized consultation. Treatment products blended freshly in-house, utilizing exclusively natural ingredients.

### Highlights

Alun-Alun Rainforest Bath, Reborn to nature - half day program, specially formulated exotic aromatherapy blends available for retail.

#### **Pantai Cenang**

Operating Hours: daily 11am -11pm | Tel : 04-953 3838

#### **Pantai Tengah (Tropical Resort)**

Operating Hours: daily 11am -11pm | Tel : 04-955 5570

#### **Kuah (Bay View Hotel, Level 3)**

Operating Hours: daily 10am -11pm | Tel : 04-966 9366

Email: [info@alunalunspa.com](mailto:info@alunalunspa.com)



# INDULGENCE



## Jivarhu Spa

### TANJUNG RHU RESORT

Beautifully designed, the JivaRhu Spa naturally blends into the serene surroundings. The legendary Rhu (Casuarina) trees provide with their weeping branches a natural canopy over the outdoor consultation area. The softly gurgling ponds reflecting the sky create a tranquil atmosphere. The Spa is divided into a male and female section with each being the exact mirror image of the other. Both areas contain a spacious open-air Jacuzzi, sauna and steam bath, and accommodate four single treatment rooms with outdoor showers, and two couples suites equipped with a private whirlpool. The menu features a wide selection of packages, hand and foot services, body treatments, and massages. The Spa specializes in authentic Ayurvedic treatments performed by Indian Therapists. Embracing the sea element, facials incorporate the professional marine skin care product line Thalgo.

## Highlights

Variety of Ayurvedic treatments, Urut- traditional Malay massage, Thai Massage, JivaRhu Signature Packages



Tanjung Rhu

Operating Hours: daily 9am - 9pm

Tel: +604 9591033 | Email: [resort@tanjungrhu.com.my](mailto:resort@tanjungrhu.com.my)

[www.tanjungrhu.com.my](http://www.tanjungrhu.com.my)





# BUDGET

## Yuan Spa

A patio with a small cabana and a stone bench underneath a bamboo tree allure to escape the tropical heat, catch a breath, and enjoy for a moment the soothing shade. Artfully blending antique Chinese furniture with contemporary art, the Yuan Spa has a Zen-like atmosphere. The four spacious treatment rooms with en suite baths are all designed to accommodate couples, and provide a seamless spa experience when enjoying a multi-treatment packages. Foot bath rituals along with a foot massage and manicure & pedicure services are provided in comfortable chairs facing floor-to-ceiling windows opening to a small garden. The menu features a variety of signature treatments such as slimming massage or body scrub and bath ritual incorporating red wine.

### Highlights

Yuan relaxing massage with warm signature aromatherapy oil, romantic Yuan Honeymoon, lovely package for children



Pantai Tengah  
Operating Hours: daily 1pm - 10pm  
*Transport can be arranged*  
Tel: +604 955 2828 | Email: [yuanspa@hotmail.com](mailto:yuanspa@hotmail.com)





# BUDGET

## *Sun Spa*

Surrounded by a tropical garden, the Sun Spa consists of four wet rooms and eight treatment cabins. While the interior design is kept simple, you will certainly leave with your skin glowing, and every single muscle in your body relaxed. Offering a variety of packages, body treatments, and massages, the spa specializes in cosmetology, utilizing modern apparatus and the professional skin care line Biodermie. The therapists are well trained, and truly in tune with your individual needs!

### Highlights

Facials administered accordingly to your skin type, herbal compress massage, affordable Spa packages,

Pantai Tengah Sun Village  
Operating Hours: daily 1pm – 10pm  
Free transfer around Pantai Tengah and Pantai Cenang  
Tel: +604 955 9287 | Email: sunspalangkawi@hotmail.com





# BUDGET

## *Rumah Holistic*

Authentic Malay home spa hidden in a rainforest valley. Shielded in a half-circle by foliage covered mountains, the place housing Rumah Holistic has a very special energy. Equally unique is the concept: A personal one-on-one encounter with Eric who is known on the island for his giving heart and healing hands, and ready to listen to your worries over a cup of herbal tea prior to performing one of the many available treatments.

No 'walk-in' appointments! Due to the location in a rainforest, taxi service available only with specifically instructed drivers. With personal transportation, pick-up at a particular meeting point.

### Highlights

Malay Manja Ritual, Energy Healing, half and full day holistic packages including outdoor-tent spa experience by waterfalls, or on one of the many islands of the Langkawi Archipelago

Kuala Teriang  
Operating Hours: daily 8am - 8pm  
Tel: +6 019 339 1831 | Email: [ericgohctmy@yahoo.com](mailto:ericgohctmy@yahoo.com)





# BUDGET

## *Sunflower Traditional Spa*

The Spa's idyllic patio with comfortable sofas lures to enjoy prior to a treatment a relaxing outdoor break watching geese leisurely swimming on the surrounding pond. The interior utilizes natural materials from bamboo to pebbles hand-picked on a nearby beach. All treatment suites are designed to accommodate couples, and feature a spacious bath tub shielded with a muslin curtains for a romantic experience. Embracing a tropical theme, treatments incorporate local herbs, spices and fruits. Well trained and caring therapists will customize your treatment to meet your individual needs!

### Highlights

Intimate Nature Package, Wine Romance Package, Signature Sunflower Hot Oil Massage



Intersection: Kuala Teriang, Padang Matsirat, Pantai  
Cenang, access through the 7 RoofSeafood Restaurant!  
Operating Hours: daily 11am - 10pm  
Tel: +604 9555688 / +60 12 4951449





# BUDGET

## *Safa Wangi Center*

Conveniently located, open late into the night, and welcoming walk-ins, the Safa Wangi Center is a great choice for those who look for a no-frills spa experience at affordable costs. The four cabins are clean and neat, and the staff friendly. A spontaneously booked facial will make you look fresh after a night of partying. And proper muscle kneading performed by preference by male therapists will get you back in shape once you return from an island hike.

### Highlights

Open until midnight, Classical Massage, Traditional Malay Massage



Pantai Cenang

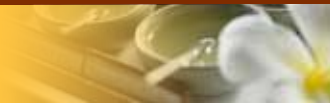
Operating Hours: daily 2pm - 12am

Tel: +6 013 - 426 7405 / +6 012 - 532 4240

Email: [info@safawangispa.com](mailto:info@safawangispa.com) | [www.safawangispa.com](http://www.safawangispa.com)



BUDGET



# Bedrock Island

HEALTH & BEAUTY SPA

Conveniently located in the Bank District of Kuah, the Bedrock Island Spa features a foot reflexology lounge, treatment room dedicated to facial treatments, couples room, and one treatment room designed to accommodate groups up to three guests, with heavy curtains assuring privacy for single treatments. The Spa offers a variety of affordable massages, facials and packages, with their specialty being the Slimming Treatment: Combining body scrub and deep tissue massage with ginger powder and cactus essence formulated to break down fat cells, and flush out toxins, the treatment is completed with a session in a horizontal infra-red sauna that alleviates water retention. For best results, book series of 10 treatments and enjoy 2 complimentary visits.

## Highlights

Reflexology, Lemongrass Package, Sliming Treatment, Thai-style herbal steam bath & Infrared vertical sauna

Operating Hours: daily 12.30pm - 9.30pm

*Free Pick-up within Kuah*

Tel: +604 966 6268 | Email: shirley2121@hotmail.com





# SPECIALITY



## *Amaya Spa*

Based on the Taoist philosophy that views illness as the result of any energy imbalance, the Amaya Spa is devoted to restoring the original equilibrium, and to stimulating the self-healing forces within our bodies. The design of the Spa follows Feng-Shui principles, and the background music utilizes Alchemy Sound Therapy known for attuning the brain-waves to a healthy vibration. Strategically placed charcoal crystals and a special paint on the walls absorb any negativity, while all therapists practice on a daily basis Qi-Gong to raise their energy levels. Although single treatments from massage therapy, to foot reflexology and ear candling are available, especially popular are holistic packages that include a variety of complimentary add-ons such as herbal packs, eye pillow treatment, Garra Rufa Fish Therapy, and seasonal fruit platter.

## Highlights

Balancing Therapy Package, complimentary Dr. Fish experience, private Qi-Gong sessions on the beach

Pantai Kok

Operating Hours: daily 1pm - 10pm

Tel: +604 959 3959 | Email: amayaspa@gmail.com

[www.amayaparadisespa.com](http://www.amayaparadisespa.com)



# SPECIALITY



## *Teratai Reflexology*

Claiming on the signboard to offer 'Best Reflexology in Langkawi' - Teratai lives up to its promise! The therapists are highly qualified - able not only to provide a stimulating foot massage but also to communicate health concerns detected based on the sensitivity of specific pressure points. The spa offers also excellent manicures and pedicures utilizing OPI brand, waxing services, and affordable massage therapy treatments. With six foot massage chairs, two mani & pedi stations and five massage cabins, the spa welcomes 'walk-ins'.

### Highlights

Professional Reflexology, beautiful Nail Art Design, Ear Candles



Pantai Cenang

Operating Hours: daily 1pm - 10pm

Free transfer around Pantai Tengah and Pantai Cenang

Tel: +604 955 1822 / +604 955 1228

Email: [teratai\\_reflexology@hotmail.com](mailto:teratai_reflexology@hotmail.com)





# SPECIALITY

## Bellis Spa

Catering to both - health & beauty needs of their guests, the Bellis Spa is based on an unique concept: The ground floor designed in a contemporary style accommodates the island's only organic health food store, with the product assortment encompassing broad choice of supplements, a wide variety of herbal and flower teas, organic honey and cereals, pasta high in fiber, and even natural cleaning products. Walking up the narrow staircase, you will discover an intimate urban sanctuary: dim light, soothing music, lovingly assembled accessories... The spa menu features a variety of signature treatments such as Jasmine rice scrub, Full body aroma rose mask, or Scalp & facial pressure point massage reducing tension. An absolute must? Belli's Facial Treatments! Utilizing professional organic Herbal-ine products, the highly skilled therapists will attend to every single clogged pore, and stimulate the cell-renewal with an extensive facial massage. If you want to see results - you found the right place!

### Highlights

Herbal Detox Therapy package, excellent facial treatments, organic HerbaLine skincare available for retail



Langkawi Mall  
Operating Hours: daily 11am - 10pm  
*Transport can be arranged*  
Tel: +604 9660089



# SPECIALITY



## LGK Ashi Spa & Massage

A cozy spa featuring three cheerfully decorated couples rooms, foot reflexology lounge that can accommodate groups up to eight guests, private reflexology room, whirlpool, cold plunge, and a cave-like chamber with a bubble foot bath pond. While specialized in reflexology, the spa offers also a variety of body treatments, massages, mani & pedi services, cupping, ear candling and facials utilizing innovative beauty apparatus promoting cell-renewal. Run by a Korean family, many of the treatments incorporate unique herbal mixtures from their home country, and the exotic Noni fruit with powerful antioxidant properties. The father is known for his gift to accurately diagnose and cure with acupuncture a variety of conditions. To successfully treat serious ailments, plan ahead and book treatment series for the duration of your holiday stay.

### Highlights

Excellent reflexology with a complimentary Jacuzzi foot bath, 'Royal Ashi Langkawi' package, cupping & acupuncture

Kuala Teriang

Operating Hours: daily 11am -10pm

Free transfer anywhere on the island

Tel: +604 955 3113 | Email: LGKashi@gmail.com



# Treatment Glossary

## *Aromatherapy Massage*

With origins dating back more than 5000 years, Aromatherapy is one of the oldest holistic healing arts. The virtues of fragrances were celebrated in the early civilizations of Egypt, China, India and Persia, and utilized during religious ceremonies, in beauty rituals, and for the purpose of healing.

Aromatherapy massage is a sensory symphony seamlessly blending gentle touch with the delicate fragrances of pure essential oils, the highly concentrated extracts of aromatic plants. Long soothing strokes will relax your body, allowing the powerful substances of flowers, leaves, seeds, barks and roots to unfold their healing properties.

Tailored to meet your individual needs, you will be given the choice of various blends with the option of a refreshing, balancing or relaxing experience.

## *Massage Therapy*



### *CONTRAINDICATIONS*

- Allergy to specific essential oils
- During pregnancy the following essential oils: bay, basil, clary sage, comfrey, fennel, hyssop, juniper, marjoram, melissa, myrrh, rosemary, thyme, sage
- Avoid sun exposure if enjoying treatment incorporating essential oil-derived from citrus plants



### *CONTRAINDICATIONS*

- Allergy to any herbs or spices incorporated in the medicated oils
- Potential allergy to a carrier oil, especially to sesame oil if you have reaction to nuts. If in doubt, test tolerance prior to the treatment by applying a small amount of the blend on your wrist.

## *Ayurvedic Abhyanga Massage*

Ayurveda, the 'Science of Longevity', originated in the Indian province Kerala more than 5,000 years ago. In Ayurvedic philosophy, the world is comprised of five basic matters: space, air, water, fire and earth. These elements combine in pairs to form doshas (vata, pita & kapha), the three dynamic forces within our bodies. Any imbalance among them causes discomfort and potentially illness. All Ayurvedic treatments therefore aim to restore the original harmony.

Abhyanga is an Ayurvedic anointment treatment, utilizing a generous amount of oil infused with an individual blend of potent herbs. Employing a variety of gentle massage techniques, including the stimulation of the vital marma points, the elements within your body will be pacified. With the equilibrium restored, you will feel rejuvenated and full of energy



## Balinese Massage

Inscribed on ancient palm leaves, the healing art of the Balinese Massage is passed from generation to generation in a ritual blessing the Chosen with a giving heart and intuitive hands.

Enveloping your body in a rich coconut oil infused with the sacred essence of the frangipani blossom, your therapist will apply in a rhythmical motion gentle palm pressure to release any tension, and unravel with a focused thumb-slide even the most deeply seated knots. Balancing the pathways of energy in sync with your breath, you will reach a state of a complete equilibrium

### CONTRAINDICATIONS

*None Known*



## Bamboo Massage

Emerging from the earth, and growing straight and tall, as if it wants to reach the heavens, the bamboo plant symbolizes strength, suppleness, youth, and inner peace, guiding your soul to become one with these virtues as the bamboo stick touches your skin. With the walls of the bamboo being covered with silica, the tiny crystal-like matrixes get activated through the friction, creating unique tingling sensation as they release a subtle yet powerful energy. Strong and smooth, the bamboo stick adjusts perfectly to your body contours, penetrating in fluid rolling motion tight and sore muscles, and melting away even the most deeply seated tension.

### CONTRAINDICATIONS

*None Known*



## *Herbal Stamp Massage*

The herbal stamp massage originates in the ancient healing tradition of Thailand.

Herbal poultice containing a fragrant mixture of indigenous herbs such as lemongrass, clove, tamarind, pandan leave, and ginger is either steamed or immersed in warm coconut oil, with the heat activating the healing properties of the ingredients. Following a soothing rhythm, the thermal stamps are pressed against your skin, relaxing tense muscles and stiff joints, and promoting intense detoxification. The subsequent deep tissue massage will relax your body, mind and spirit.

### *CONTRAINDICATIONS*

*Potential allergy to any herbs or spices comprising the poultice.*

*Heat sensitivity*

## *Hot Stone Massage*

Used for thousands of years by Native Americans during sweat lodge ceremonies, the Hot Stone Massage will free your body and mind of physical and spiritual impurities. The lava rocks placed along your chakras will attune you to the energy of the magnetic core of the earth, restoring inner balance, and promoting a feeling of deep relaxation.

Incorporated in the massage strokes, the smooth lava stones radiating soothing heat will become an extension of your therapist's hands, melting the tension in each and every muscle, preparing it for the following deep tissue work .

### *CONTRAINDICATIONS*

*Heat sensitivity*

*High blood pressure*

*Peripheral vascular disorder*

*Loss of bodily sensations - often the result of a surgery where nerves have been cut*

*Parkinson's Disease*



## *Nuad – Traditional Thai Massage*



Thai Massage is based on the philosophy that all life is animated by the essential life-force, prana. It circulates along energy pathways called 'sen', nourishing all aspects of our being.

Refined in the course of thousands of years by the monks in Buddhist monasteries, Nuad is a unique blend of passive yoga, acupressure and reflexology. Utilizing fingers, palms, elbows, knees and feet, the therapists will bring you in yoga-like positions, stretching your muscles, releasing tight joints and increasing your flexibility. Stimulating pressure points along the energy pathways 'sen' in a meditative gentle rocking motion, the therapist will release any blockage enabling your energy to freely flow, and rejuvenate your entire body and mind.

### *CONTRAINDICATIONS*

*Osteoporosis and brittle bones*

*Spinal fusion*

*Artificial joints*



## *Reflexology*

Originated in Taoist China 5000 years ago, this unique holistic art is based on the principle that our hands and feet mirror the entire body, with each pressure point being linked to a specific organ or gland.

A gentle pressure, exercised either with the thumbs or with a wooden reflexology stick will stimulate the function of the corresponding organs, promoting a natural healing process and harmony within your body, and evoking a state of head-to-toe relaxation. Experienced practitioners are capable of effectively treating specific medical conditions.

### *CONTRAINDICATIONS*

*None Known*

## Shiatsu



Shiatsu has been recognized in Japan as a distinctive healing modality only in 1964. However, deriving from the traditional Chinese Medicine, it is based on the ancient concept that views the body as an unique energy system, with Chi, the life-force, flowing along twelve energy lines called meridians. Any blockage restraining the energy flow results in an unbalanced Chi, making the body vulnerable to illness.

The therapist employs his thumbs, hands, elbows and knees to reach the deeply seated acupressure points, while moving slowly along a particular meridian. The therapist's active hand, called 'child hand' systematically dissolves any blockages, facilitating a healthy flow of the Chi. The 'mother hand' rests on the adjoining area of the body, giving the therapist a constant feedback about changes that take place within the energy system. With the life-force freely flowing throughout your body again, you will feel rejuvenated, with your mind entirely at peace.

### CONTRAINDICATIONS

- ◆ Severe Osteoporosis
- ◆ Serious nerve damage

## Urut Melayu

Urut, the indigenous Malay Massage, is based on the ancient concept of 'moving the wind'.

Deep pressure strokes working the length of the muscles, while partially utilizing the elbows, effectively relieve muscular tension, and stimulate the flow of blood within veins and arteries. Rhythmical palm press strokes and the focused pressure of the thumbs soften tight, congested spots, recognized by the practitioner as 'angin', pockets of trapped wind. A rich coconut oil infused with the extract of indigenous rainforest plants will boost blood circulation, and invigorate your tired body and mind.

### CONTRAINDICATIONS

- ◆ Susceptibility to bruising
- ◆ Allergy to any oil ingredients



# Body Treatments

## Body Polish



Body polish, sometimes called also scrub or peeling, is an exfoliation treatment. During mechanical exfoliation, dead skin cells are physically rubbed off with an abrasive such as salt, sugar, coffee, coconut slivers or ground kernels of various plants. These are usually blended with a carrier oil, creating an easy-to-apply paste, which is then rubbed in a circular motion all over your body. The addition of essential oils or various herbs and spices determines secondary benefits such as invigorating qualities or a relaxing effect.

A slightly gentler way to liberate the skin of dull skin cells provides chemical exfoliation that utilizes enzymes derived from various tropical fruits such as pineapple or papaya. With the blend left on the skin for a while, the enzymes loosen the glue-like substance that holds the skin cells together, causing the outermost surface of the epidermis to naturally slough away.

Regardless of the technique, a body polish removes dull, lifeless skin cells, unclogs congested pores, enhancing the tone and texture, and leaving your skin smooth and radiant.

### CONTRAINDICATIONS

- ◆ Allergy to any ingredients
- ◆ Shaving or waxing less than 24 hours prior
- ◆ Over-exfoliation will dry and irritate the skin. Wait a minimum of two days prior to repeating the treatment.
- ◆ Avoid waxing for 48 hours following the treatment

## Body Envelopment



During a body envelopment treatment (sometimes also called body wrap or body mask), your entire body is covered in a mixture with a creamy texture, applied either by hand or with a brush. Upon application, you will be cocooned in a linen, thin plastic or alternatively covered with banana leaves, and left to relax for approximately 20 min. The heat developing underneath the cover opens the pores, allowing the product to deeply penetrate your skin, and unfold its properties. Many spas will provide a scalp or foot massage during the rest period.

There is a variety of body envelopments to choose from: clay, mud, seaweed, herbal wraps... The benefits differ widely. Depending on the nature of the envelopment and the ingredients utilized, a body wrap can re-mineralize, nourish or hydrate your skin, supply vitamins and anti-oxidants, flush out toxins or even promote slight inch loss.

### CONTRAINDICATIONS

- ◆ Claustrophobia
- ◆ Allergy to any ingredients

# Hydrotherapy

## Bath Ritual

Bathing Ceremonies provide a wonderful opportunity to reunite with the primordial element of water, and cleanse yourself physically and spiritually.

Whether you bathe in a sea of exotic flowers, or enjoy a bath infused with the delicate aroma of essential oils, or exquisite herbal essences, a bath ritual will enchant your senses, allow you to stand still, and re-connect with your inner self. It is also a beautiful ceremony to share with your partner.

*CONTRAINDICATIONS*  
*None Known*



## Fish Pedicure

The Garra Rufa fish was first discovered in the early 1800s in the pools of a hot spring near Kangal, a small town in Turkey. Due to the scarcity of food in their original habitat, caused by the water's elevated temperatures and high mineral contents, they developed an unusual behavior of nibbling dead skin cells from people bathing in the springs, which has proven beneficial in battling skin disorders such as eczema or psoriasis.

Although from the Piranhas family, the Garra Rufa fish has no teeth but uses a suction-shaped mouth to nibble away keratinized skin cells, effectively removing calluses and destroying bacteria while leaving the exposed healthy skin intact. Taking advantage of this unique feeding behavior, the Garra Rufa is being utilized in pedicure services. Having hundreds of fish running their little suction cup mouths along your feet and toes is certainly unusual. But the initial anxiety and the slightly ticklish feeling quickly dissipate to be replaced by a tingling sensation of a stimulating micro-massage.

### *CONTRAINDICATIONS*

- ◆ Any open wounds or infections on feet or the parts of legs to be immersed in water
- ◆ Warts or any contagious skin diseases
- ◆ Pay attention to the hygiene procedures of the chosen establishment!
- ◆ Every guest should wash his feet prior to entering the fish pool



# Other Spas on the Island

## **AMOARAS RELAXATION SPA PANTAI TENGAH HOLIDAY VILLA BEACH RESORT & SPA LANGKAWI**

Tel: +604 955 1701  
Email: reservation@lgkhvl.com  
Website: www.holidayvillahotels.com

## **ANJUNG SPA ORIENTAL VILLAGE**

Tel: +604 9592929  
Email: anjungspa@gmail.com

## **CACI'S BEAUTY & WELLNESS KUAH**

Tel : +06 966 7276  
Email : cacisbeautyspa@gmail.com

## **FRANGIPANI SPA PANTAI TENGAH THE FRANGIPANI LANGKAWI RESORT & SPA**

Tel: +604 9520000  
Email: rsvn@frangipanilangkawi.com  
Website: www.frangipanilangkawi.com

## **GOD FINGERS PANTAI CENANG**

Tel: +604 955 9078  
Tel: +6(0) 12 416 1716

## **MALAY HOME SPA**

1 - Pantai Tengah  
2 & 3 - Pantai Cenang  
Tel: +6(0) 12 459 1454  
Tel: +6(0) 12 405 1454  
Tel: +6(0) 12 402 1454

## **NITHI AYURVEDIC MASSAGE PANTAI CENANG**

Tel: +604 955 9078  
Tel: +6(0) 12 405 2564  
Tel: +6(0) 12 405 8166  
Email: ayurvedic\_langkawi@yahoo.com  
Website: www.langkawi-ayurvedic-massage.com

## **PEARL BEACH CENTRE SPA PANTAI CENANG**

Langkapuri Inn Beach Resort  
Tel: +6(0) 17 4760007  
Email: JuitaJohari@vmail.com

## **SKY EAGLE MESSAGE**

1. Pantai Cenang  
2. Nagoya Kelibang  
3. Kuah  
Tel. +604 9665955  
+6 (0) 12 5364174

## **SARI ALAMI SPA & AROMATHERAPY PANTAI CENANG**

1 - In front of Underwater World  
2 - Malibest Resort  
Tel: +604 955 7109  
Tel: +6(0) 12 4186244  
Email: fairy.alami@yahoo.com  
frangipanilangkawi.com

## **THE DANNA SPA THE DANNA LANGKAWI TELAGA HARBOUR PARK PANTAI KOK**

Tel: +604 959 3288  
Email: sales@thedanna.com  
Website: www.thedanna.com

## **THAI SPA PANTAI CENANG**

1 - Malibest Resort  
2 - Near Underwater world  
3 - In front of Melati Tanjung Motel  
Tel: +6 (0) 13 430 5970  
Tel: +6 (0) 19 480 5970  
Tel: +6 (0) 19 473 5970

## *International Wellness Consultant*



**KAMILA DELART**

Passionate about holistic lifestyle, Kamila Delart spent the last 17 years in the Spa & Wellness industry. Fascinated by aboriginal healing practices, she traveled the world to learn ancient holistic therapies directly at the source of their origin: Abhynga Massage from ayurvedic masters in India, Nuad from Buddhist monks in Thailand's monasteries, Lomi-Lomi Nui from shamans on the volcanic islands of Hawaii, or the Hot Rock Massage from native American elders...

She is certified in a variety of alternative therapies, massage techniques, and cosmetology, and earned honors diploma in Spa Management.

In the course of her international career, she founded the very first urban Day Spa in Munich, established a prestigious German Wellness Academy, and managed in the role of a Spa & Wellness Director award winning resort spas for leading international spa brands such as Six Senses and Hyatt Pure.

Creative and freedom loving, she finally chose the career of a Spa Consultant and Wellness Writer. Based in Malaysia, she fell in love with the indigenous Malay healing a beauty rituals, and the tradition of Ramuan - the ancient botanical remedies made of medicinal plants from the rainforest. She enthusiastically promotes the local Wellness Industry as the Ambassador of Langkawi Spas, regularly contributes to a variety of wellness publications, and provides consulting services to Spas and Wellness Centers throughout Asia.

She is currently working towards the launch of her own Holistic Retreat Brand. Developing transformational and result-oriented wellness programs from Detox through Anti-Aging to Soul Journeys for couples, she follows her vision of inspiring and empowering resort spas to further evolve, and embrace the concept of wellness.



LANGKAWI DEVELOPMENT AUTHORITY  
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L A D A

[www.lada.gov.my/portal/](http://www.lada.gov.my/portal/)   Follow us on Langkawi Tourism



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