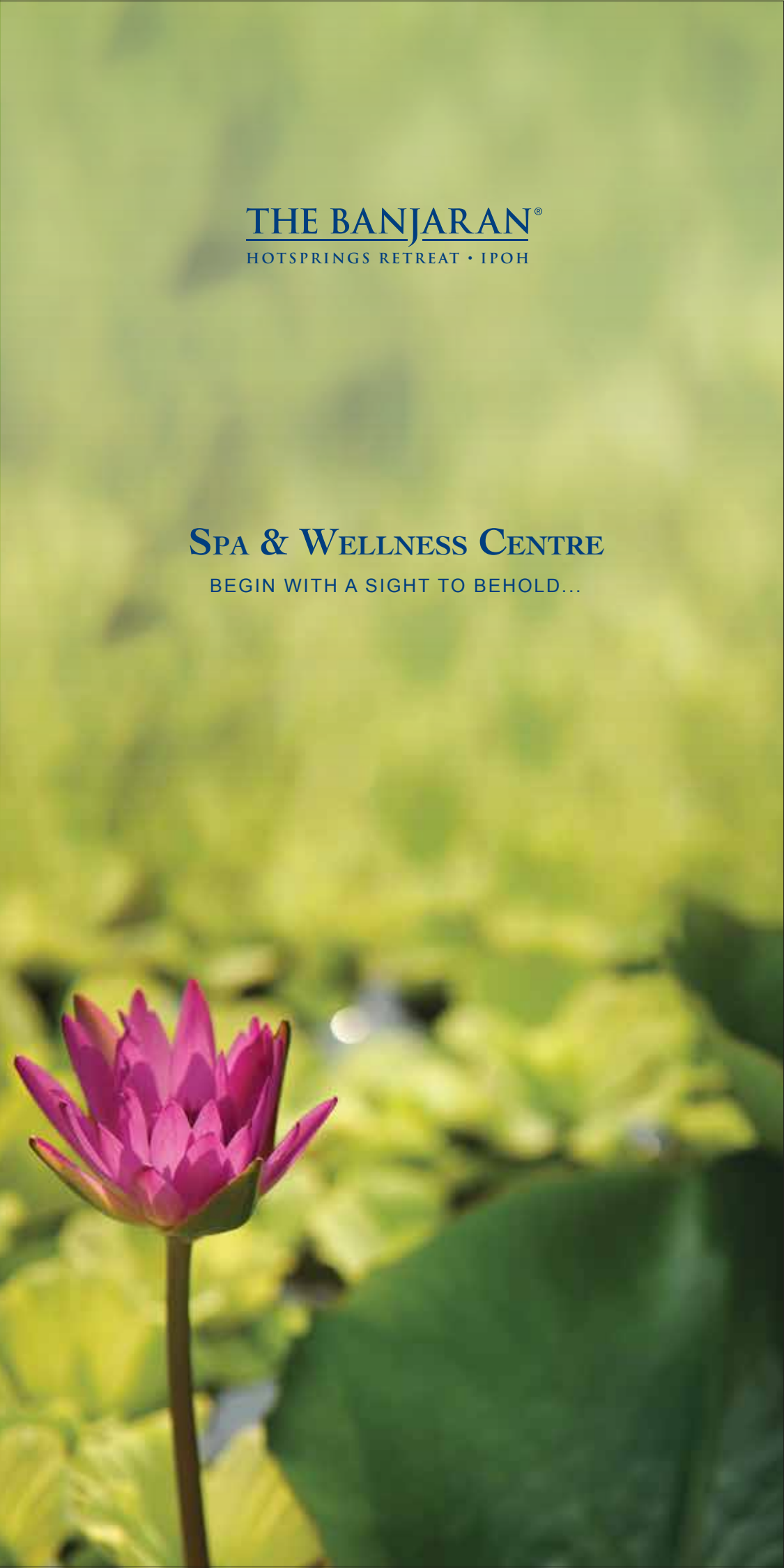


THE BANJARAN®
HOTSPRINGS RETREAT • IPOH

SPA & WELLNESS CENTRE
BEGIN WITH A SIGHT TO BEHOLD...



For enquiries or reservations, call The Banjaran Hotsprings Retreat
T +60 5 210 7777 | **F** +60 5 210 7778 **E** reservation@thebanjaran.com
To book your wellness journey, log on to **WWW.THEBANJARAN.COM**

THE BANJARAN HOTSPRINGS RETREAT (359940-K)
Managed by Sunway International Hotels & Resorts
A member of Sunway Group
1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia
Tel: +60 5 210 7777 Fax: +60 5 210 7778 www.thebanjaran.com

BMC_TBHR12/17



SPA & WELLNESS CENTRE

Here we find the heart and soul of The Banjaran experience - where the road to wellness truly begins.

Experience the true inherent Asian philosophy of wellness and Malay Ramuan with treatments from the ancient ethnic traditions of indigenous Malay, Chinese and Indian cultures.

Our comprehensive menu includes Traditional Chinese Medicine, Ayurvedic therapy, Malay healing rituals to contemporary spa treatments, using both pure and natural ingredients, as well as the purest extracts and essential oils from Aromatherapy Associates, an award-winning British product.

Opening Hours

Daily: 10.00am - 10.00pm

Last appointment is at 9.00pm

Book your experience now at **+605 210 7777**
or email **tbhr.wellness@sunwayhotels.com**



WELLNESS PROGRAMMES

The Banjaran’s Wellness Programme takes a holistic approach to wellness with the incorporation of healthy meals, exercise and treatments. The programmes are designed by our wellness practitioner to maximise the benefits of your stay which may vary from between 2 to 21 days. Embark on a personal restorative journey with the wellness programme of your choice.

DETOXIFICATION

For the love of purity, engage in this programme that is designed to cleanse your body, mind and soul. Embrace specific wellness therapies that are complemented by pure, nourishing and detoxifying food to rekindle your natural health.

LONGEVITY

Turn back the clock with a programme designed to decelerate the signs of ageing and restore health. Indulge in antioxidant body therapies, natural spa and wellness activities as well as diets rich in antioxidants to help you get the best out of life.

REJUVENATION

Let this programme help you rest your entire self from the inside out, emphasising on relaxing spa therapies and nourishing spa cuisines to sustain the body in times of stress and recovery. Breathe new life into your whole self and feel ready for new challenges.

WEIGHT MANAGEMENT

Develop your sense of fitness and well-being. Emphasising on healthy cuisine with fresh and energy-rich food, this programme is designed to be balanced and supportive, and includes nutritional and spa therapies. Find out if this is the right programme for you.

FITNESS

Cherish your body by focusing on your health. Adopt a fitness schedule that is aimed at managing your health through a variety of group and one-on-one aerobic and holistic exercise sessions. Designed to be energising and reinvigorating, this programme includes a rainforest jungle trail and a series of targeted spa and wellness therapies.

TAILOR-MADE EXPERIENCE

Glorify your individuality and uniqueness with personalised therapies and programmes. Meet our experienced consultants and with support and guidance, you can co-create a wellness programme that is perfect for you and only you.

Contact our consultant to find out suitable programmes for you.



HOLISTIC EXERCISES

PRIVATE ONE-ON-ONE SESSIONS

60 min
Private one-on-one fitness and holistic exercise sessions are available for the following:

PERSONAL TRAINING

60 min • RM250 nett
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 min • RM250 nett
An internal Chinese meditative practice characterised by slow graceful movements and controlled breathing techniques to enhance one’s overall well-being.

TAI CHI

60 min • RM250 nett
Chinese martial arts and meditative exercise designed to promote relaxation, overall balance and health.

YOGA

60 min • RM280 nett
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 min • RM250 nett
Meditation is a technique designed for enhancing physical health and to develop mindfulness, concentration, tranquility and spiritual insight.

PRANAYAMA BREATHING

60 min • RM250 nett
Yoga breathing, or Pranayama, is the art of breath control and teaches the proper way to breathe. It consists of a series of exercises especially intended to meet the body’s needs and keep it in vibrant health.

STRETCHING

60 min • RM250 nett
Enjoy a comprehensive, full-body stretching routine to help improve elasticity, muscle tone and flexibility.

CONSULTATIONS

WELLNESS CONSULTATION

30 min • RM200 nett
Our initial Wellness Consultation includes a lifestyle assessment and planning session designed to optimise your stay at The Banjaran.

FITNESS CONSULTATION

60 min • RM350 nett
Our one-on-one Fitness Consultation 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)

DOCTOR CONSULTATION

20 min • RM250 nett
A private consultation with the TCM doctor involves a comprehensive diagnosis which includes pulse and tongue reading.

AYURVEDIC DOCTOR CONSULTATION

(included complimentary with any Ayurvedic treatment booked)
A private consultation with the Ayurvedic doctor involves a comprehensive diagnosis which includes, pulse reading, and analysis to determine your Dosha - Vata, Kapha and Pitta.



TRADITIONAL CHINESE MEDICINE

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.

ACUPUNCTURE

45 min • RM450 nett

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 well-being. The treatment commences with a personalized consultation by a qualified Chinese medicine consultant. Price quoted is inclusive of consultation fee.

MOXIBUSTION BY CUPPING

45 min • RM450 nett

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". The treatment commences with a personalized consultation by a qualified chinese medicine consultant. Price quoted is inclusive of consultation fee.

GUA-SHA (CHINESE SCRAPING)

45 min • RM450 nett

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. The treatment commences with a personalized consultation by a qualified Chinese medicine consultant. Price quoted is inclusive of consultation fee.

ACUPRESSURE

45 min • RM450 nett

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. The treatment commences with a personalized consultation by a qualified Chinese medicine consultant. Price quoted is inclusive of consultation fee.

AYURVEDIC TREATMENTS

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

AYURVEDIC MESSAGES

Warm medicinal herbal oils combined with long flowing strokes are used to release tension, soothe nerves, rejuvenate and detoxify the body. All Ayurvedic massages include Sweda (herbal steam bath).

ABHYANGA REJUVANATION MASSAGE

75 min • RM525 nett

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.

UDVARTANA FAT REDUCTION MASSAGE

75 min • RM600 nett

Reduce fat and alleviate water retention in the body with the Udvartana 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 min • RM650 nett

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



MALAY RAMUAN SPA JOURNEY

The Malay approach to wellness is a holistic one and these rituals accentuate both inner health and outer beauty.

HAWA TRADITIONAL MALAY JOURNEY FOR WOMEN

180 min • RM1200 nett

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 the 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

180 min • RM1200 nett

Designed specifically for men, 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.

WELL-BEING TREATMENTS

Each treatment includes a ritual which suites and aims to the maximum enhancement of the procedure.

THE BANJARAN SIGNATURE MASSAGE

90 min • RM650 nett

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 concludes with Chinese pressure point foot therapy. Base oil mixed with Banjaran Signature Essential oil is used for this treatment.

TRADITIONAL MALAY URUT

75 min • RM525 nett

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.

THE ULTIMATE AROMATHERAPY EXPERIENCE

60 min • RM450 nett | 90 min • RM600 nett

Relieve tension throughout the body with this hero treatment. This massage treatment applies careful pressure to stimulate the nervous system, Swedish and neuromuscular techniques to help relieve muscular tension and lymphatic drainage to encourage a healthy circulation to release the body of stress and strains. *The treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.*

INNER STRENGTH

90 min • RM600 nett

The Inner Strength treatment is ideal for those who need a nurturing treatment to help draw upon their inner strength. The treatment begins with frankincense inhalation and foot cleanse, followed by a deeply nurturing massage application of paraffin wax, renowned for its comforting properties. The treatment goes on to work the face and scalp, including the incorporation of hot stone placement, designed to deeply comfort, nurture and support. *A deeply comforting treatment that will help deliver a deep sense of peace when it's needed most.*

INTENSIVE MUSCLE RELEASE

60 min • RM500 nett

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects of circulation. *An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.*



BODY TREATMENTS

BODY REFINER

60 min • RM500 nett

This toning and slimming treatment starts with body brushing to wake-up your skin. Then relax with a specially designed deep tissue detox massage targeting stubborn areas of cellulite, followed by a freshwater mud wrap to firm and tone the skin, while foot reflex pressure massage encourages the release and elimination of toxins. *A toning and slimming treatment to refine the body contours and eliminate excess fluids, leaving a slimmer silhouette and smoother skin.*

UPLIFT YOUR MOOD

90 min • RM650 nett | 120 min • RM850 nett

For times when you need a little emotional pampering, this indulgent treatment helps to harmonise and rejuvenate the spirits. This treatment begins with a gentle olive grain exfoliation to the legs and feet, followed by an application of vitamin rich wheat germ oil to cuticles and dry skin. A pressure point massage with uplifting encourage feelings of inner harmony, whilst a warm freshwater mud mask to the face works on your outer radiance, combined with a relaxing scalp massage. *For times when you need a little pampering, this indulgent treatment helps to harmonise and rejuvenate the spirit.*

ULTIMATE ROSE PREGNANCY MESSAGE

60 min • RM500 nett

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you. Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your expanding skin. The traditional aromatherapy uses pressure point massage for the upper back and paying particular attention to tight shoulders, followed by a leg massage and full scalp and facial massage to help relieve stress and tension. *A pampering prenatal massage.*

CHI NEI TSANG ABDOMINAL MESSAGE

45 min • RM380 nett

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.

HEAD, NECK AND SHOULDER MESSAGE

30 min • RM250 nett

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

INTENSE NOURISHMENT

90 min • RM650 nett

Nourish your body and soul with this luxurious treatment designed to rejuvenate dry skin. Begin with an intensive body exfoliation followed by application of rich vitamin E oil and freshwater mud mask to the hands and feet. Your body is then layered in hydrating and mineralising marine algae and then massaged with a blend of four highly nourishing plant oils. Skin is then protected with velvety moisturising body butter and a concluding scalp massage to dissolve tension and stress. *Your skin has never felt so amazing.*

DETOX & REVIVE

60 min • RM525 nett

Feel fresh and alive with this detoxifying treatment. Exfoliation with finely ground olive grains refines the pores and reveals fresh new skin. While you envelope in layers of gels and oils, a stimulating foot reflex pressure massage encourages the release and elimination of toxins. *Leaves you feeling invigorated and energised.*

ROSE HYDRATOR

60 min • RM525 nett

Bring back your radiance with this comforting, restorative treatment. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap before ending with an Ayurvedic scalp massage. *This treatment leaves your skin radiant, soft and smooth.*

BESPOKE SKIN POLISH

30 min • RM250 nett

A relaxing all-over exfoliation and layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth. Choose between Renewing Rose Scrub and Renewing Butter Scrub.



CLEANSING THERAPY

COLON HYDROTHERAPY

45 min • RM500 nett

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 min • RM150 nett

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.

ENERGY HEALING TREATMENTS

REIKI

60 min • RM450 nett

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.

FACIAL TREATMENT

AROMATHERAPY ASSOCIATES FACIAL

90 min • RM700 nett

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous. *Treats your individual skincare needs to restore and recondition, leaving your complexion smooth and luminous.*

AGE REPAIR FACIAL

90 min • RM725 nett

This natural highly effective skincare reduces the signs of ageing without using harsh chemicals. Starts with cleansing and exfoliating with jojoba beads or corncob granules, face is massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied to hydrate and to firm. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. *For firm, plumped and more youthful looking complexion.*

ESSENTIAL ROSE FACIAL

90 min • RM650 nett

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate dry, delicate and finely textured complexions. Begin with a scalp massage to release muscular tension, followed by cleansing of the facial skin. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Your arms and hands are massaged while a hydrating facial mask is put on and completed with a deeply moisturising facial oil and moisturiser. *For smooth, radiant complexion and a relaxed state of mind.*



BATHS & HAIR

SKIN SOLUTIONS MENS FACIAL

60 min • RM550 | 90 min • RM750 nett

Refine and freshen oily or combination skin with this balancing facial based on essential oil. Skin is cleansed, exfoliated and then a deep cleansing mask is used. A facial massage using traditional aromatherapy massage eases tension and helps tone the muscles. A scalp massage using an inhalation of frankincense and an arm and hand massage completes this relaxing facial. Especially popular with men. *This is a treatment to tone, refresh and revitalise, leaving the complexion bright and radiant.*

DEEP CLEANSE FACIAL

60 min • RM550 nett

A purifying treatment for oily and combination skin. Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A freshwater mud mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for a complete care. *Refreshes and balances, the skin for a fresh and clean complexion.*

HYDRO BATH

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

PURIFY

30 min • RM250 nett

Aids in detoxifying, refining and invigorating the body.

HARMONY

30 min • RM250 nett

Deeply relaxing and calming for the body

MANDI BUNGA (MALAY FLOWER BATH)

20 min • RM350 nett

The traditional Malay Flower Bath is only included in the Hawa and Adam packages. However, it is also available as an add-on to any facial or massage treatment.

MALAY HAIR CREAM BATH

30 min • RM300 nett

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 or massage treatment. *Note: Available for those below 18 years old.*

HAND, FEET & EYE CARE

SPA MANICURE

60 min • RM250 nett

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. *Note: Available for those below 18 years old.*

SPA PEDICURE

60 min • RM250 nett

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. *Note: Available for those below 18 years old.*



FOOT REFLEXOLOGY

60 min • RM325 nett

Foot Reflexology 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.

ROSE HYDRATING FOOT TREATMENT

30 min • RM250 nett

Soften and smooth out dry feet. A carefully selected combination of restorative oils deeply nourishes rough, dry feet to leave them feeling soft, smooth and comfortable. A scrub of ground olive pits exfoliates dead skin cells and prepares the skin for the treatment. A hydrating rose gel is applied and the feet are wrapped to allow deep penetration of the oils. Layers of oils and creams are then massaged into the skin to deeply nourish the feet, leaving the feet feeling soft, smooth and relaxed. *Hydrates dry feet.*

NOURISHING FOOT TREATMENT

30 min • RM250 nett

Transform tired, neglected feet with this soothing and rejuvenating treatment. Your treatment begins with gentle brushing to feet and lower legs before being immersed in warm aromatic water. An invigorating exfoliation smooths the skin to prepare them for a rich application of vitamin E oil, almond oil and calendula mask to soothe and condition. Special attention is given to cuticles, sore and cracked heels. Skin is then treated to enriching layers of exotic serum, oil and moisturising butter. *Moisturises and softens the skin of feet.*

NOURISHING HAND TREATMENT

30 min • RM250 nett

An indulgent yet deeply restorative treatment for dry hands. Begin with exfoliation to smoothen and prepare skin for a rich application of vitamin E oil, and a marshmallow and calendula mask to soothe and condition. Relax while your hands and lower arms are wrapped. They are then treated to enriching layers of exotic serum, oil and velvety butter to hydrate, nourish and protect. *For healthy, silky soft hands that are irresistible to touch.*

EYE REPAIR

30 min • RM325 nett

Refresh and brighten your eyes with this revitalising eye treatment, the perfect addition to any facial. This treatment uses specialised massage techniques to improve micro-circulation and drainage, helping reduce puffiness and herbal extracts to delicately firm the skin while working on dark circles and fine lines. Gentle shoulder release techniques and a scalp massage free the circulation and improve blood supply to the eyes. *Feel rejuvenated with eyes looking fresh, bright and youthful.*

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 tshr.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.



SUSTAINABLE PRACTICES AT THE BANJARAN HOTSPRINGS RETREAT

Situated in Tambun in the Malaysian state of Perak, The Banjaran Hotsprings Retreat rests within an area of remarkable natural beauty. Preserving this beauty is of the utmost importance to us; our sustainable practices include the careful management of water, waste and energy resources, and a special programme protecting and replanting the surrounding tropical jungle.

Complementing this, our Spa & Wellness Centre uses trusted, carefully selected product ranges which are Organic, Halal certified, 100% carbon-free, uses recyclable packaging, with no preservatives, chemicals, colouring and have not been tested on animals.

Within the villas and the treatment rooms at the Spa & Wellness centre, ceramic containers are used for body lotion, body wash, shampoo and conditioner rather than plastic bottles. The use of recycled papers are applied to promotional collaterals as well as room accessories like the paper weave baskets are made from recycable paper by the local communities.

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.

