



PRESS RELEASE

**SPA VILLAGE PANGKOR LAUT, A HOLISTIC SANCTUARY
OF WELLNESS**

Pangkor Laut, Malaysia: The award-winning Spa Village Pangkor Laut is a unique retreat that extols the healing cultures of the region, offering a true respite from the rest of the world. Malaysia's diverse melting pot of people and cultures, coupled with a wealth of natural resources, provides the backdrop for some of the world's most ancient health rituals. The abundance of Malay, Chinese, Indian and Thai practices makes Spa Village Pangkor Laut an ideal setting for complete rejuvenation.

Located within a private enclave of Pangkor Laut Resort, the Spa Village was launched in September 2002 and is spread over four acres on a quiet bay surrounded by aquamarine sea and lush rainforest. Twenty-two over-water Spa Villas offer direct access to this stunning space comprised of eight treatment pavilions, a deluxe Belian Treatment Pavilion, three Healing Huts, two Bath Houses, three Thai Pavilions and a Herb Garden.

From the main reception, the space unfolds in a series of open courtyards, lotus ponds, a library, nap gazebos and a reflexology path - at the heart of which lies a 50-metre infinity pool and Jamu Bar, a restaurant serving light Japanese-inspired meals and healthy juices. The soothing sound of the waves lapping ashore and the breeze sweeping through the fragrant frangipanis combine to make every visit to Spa Village Pangkor Laut an incredibly restful one.

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Treatments

Combining physical health and spiritual health, wellness programmes are based on one of four umbrella concepts: Rejuvenation and Longevity, Relaxation and Stress Reduction, Detoxification, and Romance.

Representing various bathing traditions from around Asia, each treatment at Spa Village begins with the unique Bath House Ritual. A soothing footbath and an invigorating Chinese Foot Pounding, previously only enjoyed by the concubines of feudal China, start off this unique experience. Inspired by the invigorating streams in which villagers once bathed, guests are then escorted to respective male or female Bath Houses to enjoy the traditional Malay “circulating” bath. A Japanese-style cleansing with a goshi-goshi cloth in a quaint Japanese Bathhouse ensues, before a dip in the heated *Rotenburu* rock pool; the exfoliating Shanghai Scrub culminates this pre-treatment ritual. A pause at The Library with a calming cup of tea in hand allows guests to take in the serene ambience prior to enjoying their treatment.

The Signature Couples Spa Experience is inspired by the preparation for a Malay wedding ceremony, where the custom for each family is to holistically prepare the woman and man for their wedding day, in body, mind and spirit. For the women, a half-day experience called *Royal Secrets of Puteri Lindungan Bulan* beginning with a *Urutan Gamelan* massage and followed by a hair treatment, facial and body scrub, then a fragrant milk bath, ends with a scented body steaming and herbal tonic, ensuring that she is fit to enter wedded bliss. The men can partake in *Panglima Bukit Gantang*, a similar series of treatments employing therapeutic herbs believed to be beneficial to men.

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Conducted in private spa pavilions with highly-skilled therapists, guests can also choose basic 80-minute massages such as Malay, Balinese, Thai, Shiatsu and Aromatherapy from the extensive à la carte menu. Alternatively, they can design their own day with either the Custom Spa Experience or Ultimate Spa Experience; other highlights from spa menu include *Campur-Campur* - literally meaning 'mixture' which employs the best of Malay and Thai massages, *Javanese Lulur* – consisting of a yoghurt and spice-based scrub and Thai Herbal, which features steaming herbal pouches applied to the meridians of the body. Wraps and masques to detoxify, energise and moisturise are also on offer, as are beauty treatments including skin, nail and hair care.

Facilities

A complimentary consultation with the Malay, Chinese or Ayurvedic Specialist is recommended for those seeking to fully experience the health rituals of the region. The Ayurvedic Hut focuses on Ayurveda, an ancient Indian healing tradition meaning “science of life”. The Ayurvedic Specialist analyses the *dosha*, or physical and mental wellbeing, providing an evaluation and tailoring healing programme for each individual. Equipped with herbs, teas, extracts and other concoctions, the Chinese Herbal Hut houses the Chinese Specialist; here, individuals receive a pulse diagnosis and a recommendation of healing programmes with personalised combinations of treatments. Traditional Malay herbal treatments that have been handed down from generation to generation are featured at the Malay Hut where the long-held health and beauty secrets of various indigenous herbs and plants containing natural vitamins, minerals and curative properties are revived.

Each of the eight spa treatment pavilions has a private entrance and foyer, large treatment room, an oversized sunken tub, outdoor showers and private deck. Accommodating a maximum of two people at one time and are designed to provide the best in aesthetics, temperature, lighting, sound and aroma they establish a unique and calm environment. Perfect for couples, the luxurious Belian Treatment Pavilion is an exclusive retreat with plenty of areas to relax including a private outdoor whirlpool, yoga pavilion, nap gazebo, steam room and treatment area.

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To make the very best of the beautiful tropical surroundings, the outdoor pavilions overlooking the sea are the intensely calming stage for a traditional Thai massage or a Thai Herbal massage. Situated over the gentle waves, the open-air Spa Villa deck houses complimentary early morning activities including Yoga and Tai Chi Quan. The on-going Guest Artist Programme features skilled visiting practitioners that come from across the globe month-on-month, each specialising in an array of holistic skills such as shiatsu, aquassage, kundalini yoga or meditation.

Experiences are available at Spa Village Pangkor Laut facilities from 9.00am until 9.00 pm daily, and the last treatment commences at 8.00pm. These smoke-free facilities welcome guests above the age of 16 and are for the exclusive use of Spa Village guests. More information can be found at <http://www.spavillage.com/pangkorlaut/>.

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About YTL Hotels

[YTL Hotels](#) owns and manages a prestigious collection of award-winning resorts, hotels, boutique experiences and Spa Villages in Malaysia, Thailand, Indonesia, China, Japan, France and the UK, including Pangkor Laut Resort, voted the world's best resort in 2003 by Condé Nast Traveller UK. The group also co-owns the Eastern & Oriental Express luxury train.

2014 brought the launch of Kasara, a new brand of luxury accommodation offering bespoke, one-of-a-kind experiences in Niseko Village. The Gainsborough Bath Spa, the group's latest addition, is the only hotel in Bath to be part of the Leading Hotels of the World's collection of legendary hotels and has recently been named one of the Top 10 Hotel Spas in Europe. Set in the heart of Bath, a World Heritage Site, this unique heritage gem exclusively offers the only natural thermal spa within a hotel in the United Kingdom.

With each new experience that it presents, the company strives to embrace and highlight the natural essence of culture, character and tradition of its surroundings. YTL Hotels is the hospitality arm of YTL Corporation Berhad. Visit www.ytlhotels.com for more information.

IMAGES:

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