



INTEGRATED WELLNESS

conscious living

The Andaman, A Luxury Collection Resort, Langkawi

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SALON

original & mineral organic "original detox" treatment

Take step No.1 in coming clean the O&M way. The root cause of bad hair days is stress so we've called time on the chemical overload. Our mission is to challenge the artificial norms of professional haircare with the message that healthy hair begins when it's stress free. Begin with our Original Detox treatment ... with the WINNER Best New Product Seven Day Miracle Moisture Masque!

60mins from RM200

uspa organic supernatural hair ritual

The China Bark Hair Reconstructor is an intensive reconstructing masque that instantly repairs the damaged hair from harsh treatments. Wheat protein and shea butter work to improve the hair shaft and condition the scalp, while coconut oil softens and helps lubricate the hair. Massage of the scalp is an integral part of the Uspa approach to inner and outer beauty and is seen by us as not only a form of relaxation, but a tool for healing.

60mins from RM180

amazon beauty rahua organic omega 9 treatment

Experience a hair transforming experience from the depths of the Amazon rainforest, resulting in healthy, lustrous hair. Consists on an invigorating scalp massage, an intensive hair repairing treatment with Rahua Elixir, followed with a hot/cold shaman rinse and a fabulous blowout. The Ultimate synergy in restoration!

60mins from RM285

women

trim	RM100
haircut and style	from RM120
blow dry	from RM70
shampoo and style	from RM90
shampoo, haircut and style	from RM130
hair colour touchup	from RM160
colouring	from RM220
highlight	from RM250
hair braiding	from RM120

men

shave beard	RM40
trim	RM65
shampoo and style	RM75
haircut and style	RM90
shampoo, haircut and style	RM140
permanent colouring	RM220
semi-permanent colouring	RM260
highlight	RM250

special occasion

shampoo & setting roller	from RM110
bridal styling	from RM180
bridal makeup	from RM350
groom hairstyle	RM160

NAILS

manicure services

express manicure	25mins	RM85
gentleman's manicure	30mins	RM120
ultimate manicure	60mins	RM150

pedicure services

express pedicure	35mins	RM95
gentleman's pedicure	40mins	RM160
ultimate pedicure	60mins	RM180

manicure & pedicure

polish change	90mins	RM300
		RM65

GROOMING

waxing

half leg	30mins	RM120
full leg	60mins	RM240
bikini	30mins	RM120
underarm	15mins	RM80

eyebrows

eyebrow shaping	15mins	RM65
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SPA ETIQUETTE

Guests of The Spa must be at least 16 years of age for the use fitness facilities, and spa treatments. Spa services are available for guests under 16 with parental supervision.

nurturing hours

Daily 9:00am until 9:00pm.

We recommend making spa reservations in advance to assure preferred times, although we are happy to accommodate early birds and night owls.

arriving at the spa

For the optimal spa experience, we recommend that you arrive at least 15 minutes prior to your scheduled appointment time so that you may relax and allow yourself ample time to check-in, and change into the provided spa robe and slippers. We recommend showering prior to your appointment in order to receive full treatment benefit.

cancellations

If you need to cancel your spa appointment, please call at least 12hours prior to the appointment time, otherwise full charges will apply. If you are running late, a phone call is always appreciated. We will reschedule your appointment if possible. If we are not able to reschedule another appointment time, your services will begin as previously scheduled. Your arrival time will determine the length of your treatment time, which will end as scheduled, so the next guest may begin promptly.

special events and spa groups

The magnificent facility at The Spa provides a delightful and unique setting for your corporate group, bridal party, or private gathering. Allow us to arrange all your beauty and wellness needs by contacting our spa manager at extension number 591 for a customized program and group pricing for spa treatments, private fitness services, or for the spa boutique.

Prices are in Malaysian Ringgit and subject to change without notice.



INTEGRATED WELLNESS

BOTANICAL SPA

SPRING 2010

WELCOME

V Integrated Wellness presents the **Botanical Spa**, an intimate and nurturing sanctuary nestled in the serenity of the Andaman rainforest. The unique outdoor spa is designed according to the principles of balance and harmony, complete with the gentle sounds of the waves, soothing breezes, and views of the setting sun.

Every detail has been fine-tuned to evoke a state of health, vitality and total well being. Every treatment is transformed into a unique and personal occasion, a moment created especially for you.

On, or prior to your arrival, please discuss your needs with one of our specialist wellness program advisors who will happily assist you in selecting the treatments that best match your needs. Then relax, unwind and let us take care of you.



For reservations and enquiries, we invite you to contact the Spa at ext. 591 (between the hours of 9am and 9pm), or through the Concierge at ext. 3 (available 24 hours).

TIMELESS SPA RITUALS

the andaman

aromatherapy foot polish
ancient balinese massage
traditions d'orient organic facial
thai style foot massage
himalayan crystal body polish
arabian bathing ceremony

200mins RM1150

harmonizing siam

aromatherapy foot polish
traditional thai massage
warm herbal compress
thai style foot reflexology

140mins RM720

RITUALS OF ROMANCE

tranquility

aromatherapy foot polish
kahuna wave massage
arabian rhassoul envelopment
manual lymphatic drainage massage
lu'lur mandi susu bathing ceremony

240mins RM2395 per couple

bliss

aromatherapy foot polish
balinese massage
organic coffee and sea kelp contour scrub

120mins RM995 per couple

BATHING CEREMONIES

The intention of this traditional bathing ritual is to completely cleanse yourself both physically and symbolically.

lu'lur mandi susu bathing ceremony

restore in a restorative mandi susu milk bath to balance and soften the skin.

30mins RM250

oriental bathing ceremony

white grapefruit & may chang

30mins RM250

arabian bathing ceremony

frankincense & sweet orange

30mins RM250

aloha

aromatherapy foot polish
floral clay envelopment
kahuna wave massage
ocean bathing ceremony

170mins RM920

awakening

aromatherapy foot polish
ancient balinese massage
bamboo and ginseng body polish
oriental bathing ceremony

110mins RM695

vitality

aromatherapy foot polish
traditional thai massage
bamboo and ginseng body polish
arabian bathing ceremony

180mins RM1395 per couple

himalayan bathing ceremony

himalayan cedarwood & rose otto

30mins RM250

ocean bathing ceremony

frangipani & orange blossom

30 mins RM250

love bathing ritual

(includes champagne and canapés)

love potion & rose petals

30 mins RM375

MASSAGES

kahuna wave massage

This bodywork has been practiced in the Polynesian islands for centuries and promises to change the way you think, feel, move and breathe. This healing systems releases hidden memories, restores balance and allows changes in your body, mind and soul. This deep and rhythmic massage is very relaxing. It works gently but deeply into the muscles with the use of continuous flowing strokes, totally nurturing the body. The Kahuna wave massage has a beautiful way of bringing the joy of life to your body, a feeling of peace to your mind and a sense of wonder to your soul!

80mins RM440

hahana hot stone massage

Hot Lava stones are gently placed on acupressure points to release healing and balancing energies, melting the tension from each and every muscle. While the trails of heat from the stones flow deep within the entire body, aromatherapy oils are used to knead and soothe the muscles using Swedish massage. You will experience wholeness and inner peace.

80mins RM450

manual lymphatic drainage massage

The subtle manual maneuvers activate lymph circulation as well as stimulate the functioning of the immune system. The practitioner works with flat hands to stimulate gentle, specific wavelike movements that result in: reduction in edemas (swelling), detoxification of the body, deep relaxation to aid insomnia, stress and loss of vitality.

50mins RM400

ancient balinese massage

A deep tissue massage using palm pressure, excellent for stimulating metabolism and circulation, boosting the lymphatic system and helping to reduce cellulite. This massage creates energy and a feeling of well being. This massage is excellent for relieving muscle pain, stress, arthritis, fatigue, headache and insomnia.

50mins RM300

80mins RM420

traditional thai massage

Traditional Thai massage is an ancient system of healing with its root in yoga. It fluidly incorporates deep stretches, rhythmic, gentle rocking movements, acupressure at specific points in the body, twists, assisted stretches and meditation to relax and revitalize body and mind. This is a holistic therapy and works on the muscles, skeleton and also the internal energy within the body which is considered important in Eastern philosophies. It is a traditional treatment for relieving stress and tension, and for the treatment of back pain, stiff neck, shoulder pain, and sports injuries including muscle and tendon strain.

80mins RM420

120mins RM600

thai style foot reflexology

An ancient foot massage that improves circulation, relieves stress, promotes relaxation and creates a marvelous feeling of head-to-toe relaxation through the stimulation of pressure points on the feet. It helps to rebalance physical & mental well being through reflex areas of the feet that are linked to other areas of the body & organs.

50mins RM300

BODY THERAPIES

arabian rhassoul envelopment

Exfoliation with black soap and a kessa glove is followed by a body envelopment with purifying Moroccan rhassoul mud. While you are wrapped enjoy a rhassoul and argan oil hair masque, facial cleanse, exfoliation and face massage with organic argan oil based products.

80mins RM565

floral clay body envelopment

The treatment begins with a steam bath and continues with a silk body polish. Next, relax in a soothing cocoon of warm floral clay rich in minerals to improve skin tone while you enjoy a scalp, neck and face massage.

80mins RM455

himalayan crystal body polish

100% pure Himalayan Cedarwood and Rose Otto essential oils are combined with Himalayan salts to produce a luxuriant nourishing blend to deeply moisturize and improve the texture of your skin.

50mins RM300

bamboo and ginseng body polish

Revitalising exfoliation for the whole body with ginseng, ginko and bamboo beads, followed by therapeutic lavender and olive leaf extract hydration.

50mins RM300

organic coffee and sea kelp contour scrub

Full body exfoliation utilizing the detoxifying properties of caffeine and sea kelp, infused into fine group pumice with uplifting grapefruit. Rich in vitamins, minerals and antioxidants, coffee and sea kelp increase cellular metabolism.

50mins RM300

FACIALS

ren bio active bespoke facial

A comprehensive customized result focused facial with deep acting botanical based products free of chemicals and harsh preservatives. Effective Japanese lymphatic drainage and hydration massage techniques are used to enhance toning and moisture.

60mins RM 375

75mins RM460

traditions d'orient organic facial

The treatment uses organic Moroccan rhassoul masque which increases detoxification while the Organic Argan Oil, rich in omega 3 and 9 fatty acids, enhances anti-aging and cell renewal.

60mins RM340

ren facial for men

Vitamin C is the most potent anti-oxidant for the skin and assists in the production of collagen. This facial removes impurities and refines the skin as it hydrates and promotes cell regeneration.

60mins RM340

ren bio active eye care

A deluxe hydration to promote a satin-like skin on the delicate eye area.

30mins RM175

Bathing ceremonies may also be enjoyed in your hotel room or suite. Please dial extension number 591 for enquiries and arrangements.