



## INTEGRATED WELLNESS

BOTANICAL SPA • RETREAT • HEALTHY CUISINE • FITNESS • BEACH CLUB

*conscious living*



### The Andaman, A Luxury Collection Resort, Langkawi

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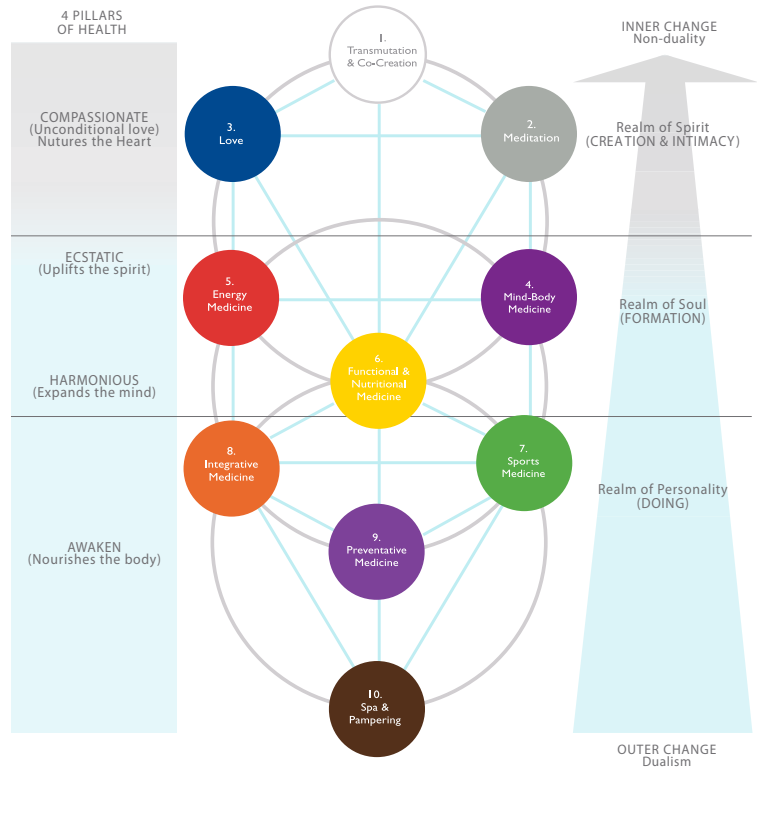
### AWARDS

The Asia Pacific Hotel Awards 2011 in Association with Bloomberg Television - Best Sustainable Hotel  
The Asia Pacific Hotel Awards 2011 in Association with Bloomberg Television - Best Spa Hotel  
Harper's BAZAAR Spa Awards 2011 - Best Healing Hands: Chi Nei Tsang  
Harper's BAZAAR Spa Awards 2011 - Most Indulgent Facial Treatment: Holistic Gemstone Treatment  
World Travel Awards 2010 - Asia's Leading Spa Resort  
Conde Nast Traveller's Readers' Travel Awards 2010 - Top 10 Best Hotel, Asia & Indian Subcontinent  
Conde Nast Traveller's Readers' Travel Awards 2010 - Top 6 Overseas Spas  
ASEAN Green Hotel Award 2010



### V Integrated Wellness Concept®

presents the 'Tree of Life'. A symbol in providing a larger integrated vision and a practical approach to individual spiritual awakening and self-realization.



### A Journey to Wholeness

V Integrated Wellness (VIW) is inspired by the 'Tree of Life', an ancient metaphor for interconnectedness of all life, a sacred symbol of awakening to harmonious, ecstatic and compassionate journey towards conscious living. A visual road map, the 'Tree of Life' will inspire you to explore all aspects of your inner and outer self as you follow the spiritual path to wholeness.

VIW aspires to encourage you to live a life with a sense of purpose, in tune with your spirit, nature and community. Promoting healing, rejuvenation and learning for lifelong health and well-being, we will provide you with innovative and integrative tools, helping you to cultivate your life force 'Chi', and attain peak levels of physical, intellectual, emotional and spiritual wellness.

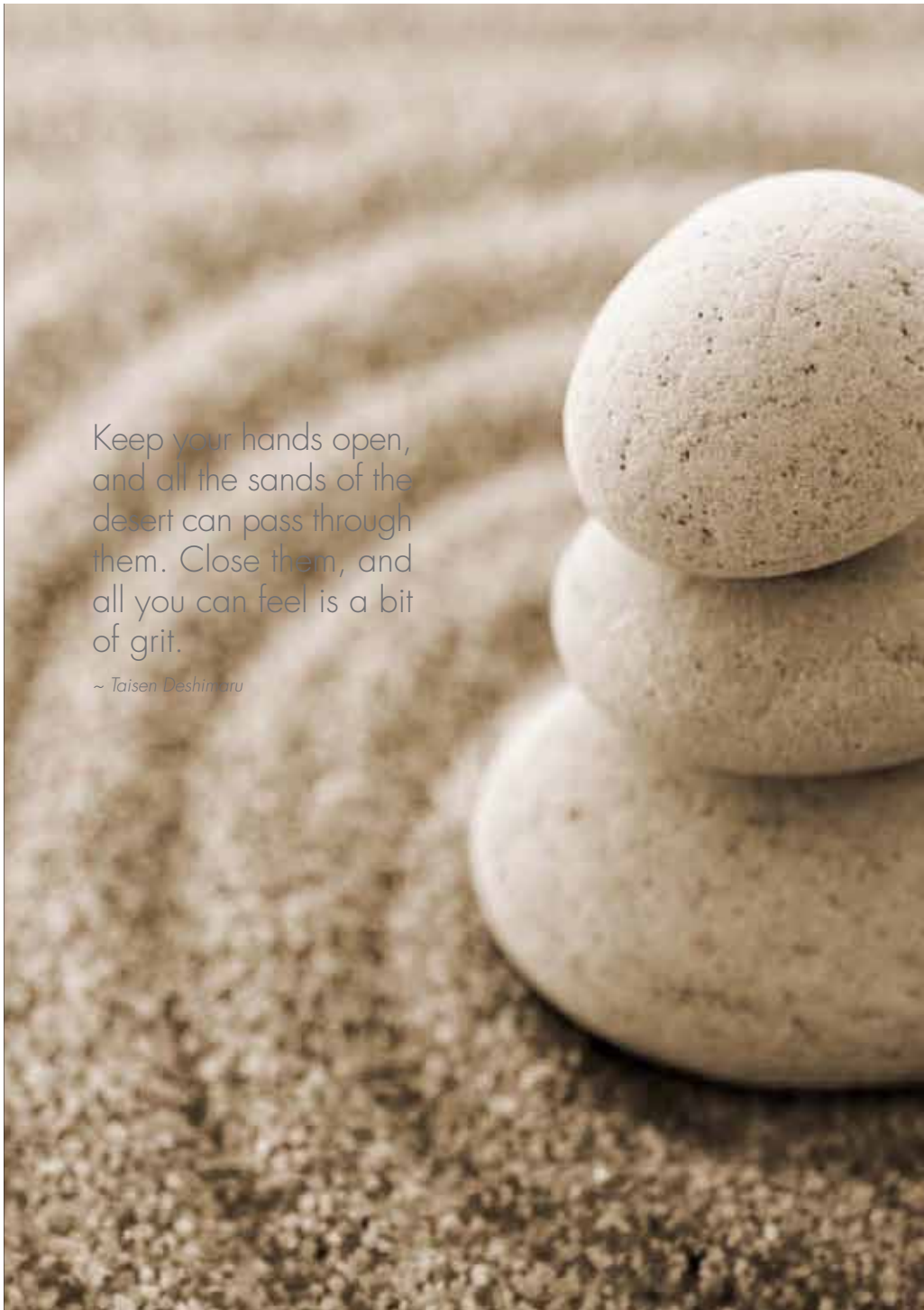
Embracing a whole-person approach, V Integrated Wellness is dedicated to providing spa treatments, holistic therapies, beauty services, fitness and body-mind classes, healthy cuisine, educational and lifestyle workshops, and retreats for body, mind and soul.

Our goal is to inspire you to live in a more conscious way, developing a deeper awareness of your body, nurturing your mind and soul, and living in tune with nature and community. V Integrated Wellness provides innovative and integrative tools to encourage healing, rejuvenation and learning for lifelong health and well-being.

Our Signature offerings:

- V Botanical Spa with open-air spa villas offering a breathtaking view
- V Salon providing natural, organic treatments
- V Fitness featuring state-of-the-art equipment and offering a wide variety of body-mind classes
- Stars Platform for Sunrise Yoga and Sunset Meditation
- Ocean & Sky Cabanas for private seaside spa experience
- V Retreats hosting visiting gurus and masters on yoga, meditation, energy meditation, holistic healing, spirituality and other subjects
- V Healthy Cuisine created by the resort's executive chef.

Every detail has been fine-tuned to evoke a state of health, vitality and total well-being. On, or prior to your arrival, please discuss your needs with one of our Wellness Program Advisors who will be delighted to assist you in selecting holistic treatments, services and activities that truly meet your needs. Then relax, unwind and let us take care of you.



Keep your hands open,  
and all the sands of the  
desert can pass through  
them. Close them, and  
all you can feel is a bit  
of grit.

~ Taisen Deshimaru

## V core wellness programs

More than a tranquil escape, we are a destination devoted to conscious living and personal renewal. Our Core Wellness Programs go far beyond pampering and indulgence. An initial Holistic Lifestyle Assessment will enable our Wellness Program Advisor to recommend the most suitable program, and customize it to truly meet your individual needs. Designed to deliver results, each program contains an array of carefully selected treatments and services that complement each other. Working in synergy, they maximize the ultimate outcome of your transformational journey, allowing you to achieve your personal goals, and reach a state of complete well-being.

All Core Wellness Programs are designed for the duration of five days / four nights. Accommodation and breakfast are available at a special rate, and will be charged separately.

We encourage you to extend your sojourn after the completion of your Core Wellness Program to enjoy our unique rainforest location, the Andaman Sea and the Malaysian culture and hospitality. Preferential room rates will apply.

### Detox

Unhealthy lifestyle choices, processed fast-food, and constant exposure to environmental pollutants cause our bodies to accumulate over the years incredible amounts of toxins, compromising the vital functions of our organs, and restricting a healthy energy flow. Utilizing a variety of specialized treatment techniques, and incorporating potent herbal products with purifying properties, our Detox Program will cleanse your body from inside-out. A targeted stimulation of the intestines will enhance your digestion and boost your metabolism. The flow of the lymph will be optimized, and toxins flushed out from soft tissue layers, facilitating deep pore cleansing. With your entire body liberated from waste material, your organs will work more efficiently, allowing you to experience a boost in energy and radiant health.

- Holistic Lifestyle Assessment
- Detoxifying Coffee & Sea Kelp Polish
- Dry Skin Brushing
- Purifying Mud Wrap
- Purity Bathing Ceremony
- Manual Lymphatic Drainage
- Chi Nei Tsang
- Holistic Gemstone Facial
- Hair Detox Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Intellimune Oil or Intellimune Tablet -super anti-oxidant complex for daily intake
- Certified Organic Total Body Cleanser by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights)
- Daily Fruit Basket in your room
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness & Pool
- 10% discount on additional spa treatments and salon services
- 10% discount on additional products from the Intelligent Nutrients range
- 20% discount on selected spa & hair retail products

RM 2,999

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.



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### Anti-Aging

While traveling back in time may remain an unattainable dream, there is no need to passively watch the years pass by, trying to make peace with the unwelcome changes. Our Anti-Aging Program will assist you in taking control of the transitions in your body, and provide you with the knowledge and tools to prevent premature aging. Potent plant-derived ingredients with maximum antioxidant power will actively fight free radicals, promoting cell regeneration, and revitalizing the functions of your body. Supplying essential nutrients and vitamins, the incorporated facial, scalp and body treatments will deeply moisturize and nourish your skin, reducing the appearance of fine lines, restoring the vitality and suppleness of your tissues, and giving your hair a brilliant shine. Glowing with new radiance, your visible transformation will not go unnoticed.

- Holistic Lifestyle Assessment
- Moisturizing Almond & Honey Polish
- Nourishing Coco Cream Wrap
- Abundance Bathing Ceremony
- Gemstone Massage
- Kahuna Wave Massage
- Anti-Aging Organic Facial
- Organic Eye & Lip Treatment
- Nurturing Hair & Scalp Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Intellimune Oil or Intellimune Tablet -super anti-oxidant complex for daily intake
- Nurture - certified organic body Elixir by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights)
- Daily Fruit Basket in your room
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
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### Deep Relaxation

Facing the occasional overwhelming demands of the everyday life, we are constantly on the run. Taking care of our families, while trying to meet deadlines at work, we end up neglecting our own needs, feeling tense, emotionally drained, and disconnected from ourselves. The Deep Relaxation Program will allow you to escape your day-to-day routine to a tranquil, serene space where you can stand still, gather your thoughts, and re-connect with your inner self. For once, allow yourself to be the very focus of attention, spoiled and pampered from head to toe, enjoying treatments that will restore harmony within your body, bring peace to your mind and soul, allowing you to experience a state of deep relaxation.

- Holistic Lifestyle Assessment
- Soothing Hibiscus Polish
- Holistic Elixir Infusion
- Sensory Aromatic Massage
- Hot Rock Massage
- Chi Foot Reflexology
- Contemplation Bathing Ceremony
- Holistic Gemstone Facial
- Nurturing Hair and Scalp Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Innercalm infused chocolate with antioxidant properties for daily intake
- Innercalm - certified organic body Elixir by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights)
- Daily fruit basket in your room
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 10% discount on additional spa treatments and salon services
- 10% discount on additional products from the Intelligent Nutrients range
- 20% discount on selected spa and hair retail products

**RM 2,999**

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### Vitality

Whether forced by external circumstances, or led by intrinsic motives, passionate about reaching the goals we set for ourselves, we constantly attempt to maximize our efficiency. Forgetting how essential it is to remain balanced, we tend to deprive ourselves of sleep, compromise on our diet, and neglect our emotional needs. Too busy to notice the warning signs, we gradually exhaust our reserves, to find ourselves depleted, lacking energy and motivation, vulnerable to a Burnout Syndrome. Our Vitality Program will replenish your body and nurture your mind and soul. Stimulating the function of your internal organs, abolishing any blockages to encourage a powerful flow of energy, and awakening your spirit, you will feel refreshed, rejuvenated and full of life again.

- Holistic Lifestyle Assessment
- Invigorating Bamboo and Ginseng Body Polish
- Vitality Bathing Ceremony
- Lomi Ke Ala Hoku Massage (4 hands)
- Traditional Thai Massage
- Chi Foot Reflexology
- Vitalizing Pure C Facial
- Rejuvenating Hair Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Restore - certified organic body Elixir by Intelligent Nutrients for daily application
- Innercalm infused chocolate with antioxidant properties for daily intake
- V Healthy Cuisine (Lunch and Dinner for 4 nights)
- Daily fruit basket in your room
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 10% discount on additional spa treatments and salon services
- 10% discount on additional products from the Intelligent Nutrients range
- 20% discount on selected spa and hair retail products

**RM 2,999**

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### Soul Connection

Resembling the ocean, every relationship is in a constant motion, experiencing high and low tides, with warm streams bringing us together, and powerful waves letting us drift apart from time to time. Leaving us longing, filled with the desire to reunite, and revive the passion of yesterday. Our Soul Connection Program will take you on an emotional, inspiring journey, encouraging you to reach out to one another, and playfully explore the inner world of your Loved One, making space for true understanding and intimacy. With your heart-chakras open, all of your senses heightened, and your energies aligned, you will encounter one another on a deeply spiritual level, and renew the eternal bond between the two of you.

- Holistic Lifestyle Assessment
- Sensual Yin and Yang Body Polish
- Sensory Aromatic Massage
- Kahuna Wave Massage
- Love Bathing Ceremony (Comes with Champagne and exotic fruit skewers)
- Two Partner Massage Course Sessions for Him and Her
- Couples Yoga Session
- Tantric Meditation in the Ocean & Sky Cabana
- Soul Gazing Meditation in the Ocean & Sky Cabana
- Nurture – Certified Organic Aromatics for the heart chakra by Intelligent Nutrients
- Seductive – Certified Organic Body Elixir by Intelligent Nutrients
- V Healthy Cuisine (Lunch and Dinner for 4 nights)
- Daily fruit basket in your room
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 10% discount on additional spa treatments and salon services
- 10% discount on additional products from the Intelligent Nutrients range
- 20% discount on selected spa and hair retail products

Price per couple **RM 4,220**

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## timeless spa rituals

Escape the everyday life and embark on a journey to well-being. Tucked away in the lush rainforest-covered hills overlooking the glistening Andaman Sea, our blissful sanctuary invites you to experience bespoke spa rituals.

### Bliss

Jasmine Foot Bath  
Moisturizing Almond and Honey Polish  
Lomi Ke Ala Hoku Massage  
Holistic Gemstone Facial  
Chi Foot Reflexology

3 hrs RM950

### Purity

Detoxifying Foot Bath  
Detoxifying Coffee and Sea Kelp Polish  
Purifying Mud Wrap  
Chi Foot Reflexology  
Chi Nei Tsang

3 hrs RM920

### Brilliance

Uplifting Foot Bath  
Nourishing Coco Cream Wrap  
Holistic Gemstone Facial  
Express Manicure  
Express Pedicure

3 hrs RM870

### Romance

Floral Foot Bath  
Yin & Yang Body Polish  
Sensory Aromatic Massage  
Love Bathing Ritual  
Champagne and exotic fruit skewers

2.5 hrs RM1050  
Per Couple

### Energy

Stimulating Foot Bath  
Invigorating Bamboo and Ginseng Body Polish  
Kahuna Wave Massage  
Vitalizing Pure C Facial

2.5 hrs RM790

### Strength

Energizing Foot Bath  
Energizing Gentleman's Facial  
Traditional Thai Massage  
Chi Foot Reflexology

2.5 hrs RM790

### Tranquility

Calming Foot Bath  
Soothing Aloe and Green Tea Linen Wrap  
Hot Rock Massage  
Ocean Bathing Ceremony

2 hrs RM690

### Balance

Harmonizing Foot Bath  
Soothing Hibiscus Polish  
Lomi Ke Ala Hoku Massage  
Abundance Bathing Ceremony

2 hrs RM670

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## massages

### Lomi Ke Ala Hoku Massage (4 hands)

Performed for thousands of years by Hawaiian Shamans, the Lomi Ke Ala Hoku Massage is designed to awaken the spirit within the physical body. Carried by a powerful music, two therapists will sweep the length of your body in a dance-like motion, enveloping you in rich fragrant oil, with their forearms cascading waves of energy. Unable to follow the flow of four hands wandering all over your body, your mind will surrender. You will experience a deep state of meditation allowing you to re-connect with your very soul.

50min RM485  
80min RM745

### Kahuna Wave Massage

An ancient Polynesian art, the Kahuna Wave Massage will change the way you move, breath, think and feel. Resembling the waves of the ocean, the gentle rhythmical strokes following a perpetual flowing motion will reach your very core. Releasing hidden memories, unweaving out-dated patterns, and healing old wounds, they will make space for a new beginning, bringing the joy of life to your body, a feeling of peace to your mind, and a sense of wonder to your soul!

50min RM315  
80min RM445

### 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 Jasmine 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.

50min RM300  
80min RM420

### Hot Rock Massage

Used for thousands of years by Native Americans during sweat lodge ceremonies, the Hot Rock Massage will free your body and mind of physical and spiritual impurities. The smooth volcanic stones radiating soothing heat become an extension of your therapist's hands, melting the tension in each and every muscle, promoting deep relaxation, and restoring inner balance.

80min RM450

### Traditional Thai Massage

Following a sacred healing tradition, the Thai massage is a unique blend of passive yoga, acupressure and reflexology. Utilizing fingers, palms, elbows, knees and feet, our therapists will bring you in yoga-like positions, stretching your muscles, releasing tight joints and increasing your flexibility. Following the energy pathways "sen" in a meditative gentle rocking motion they will release any blockage allowing your energy to freely flow, and rejuvenate your entire body and mind.

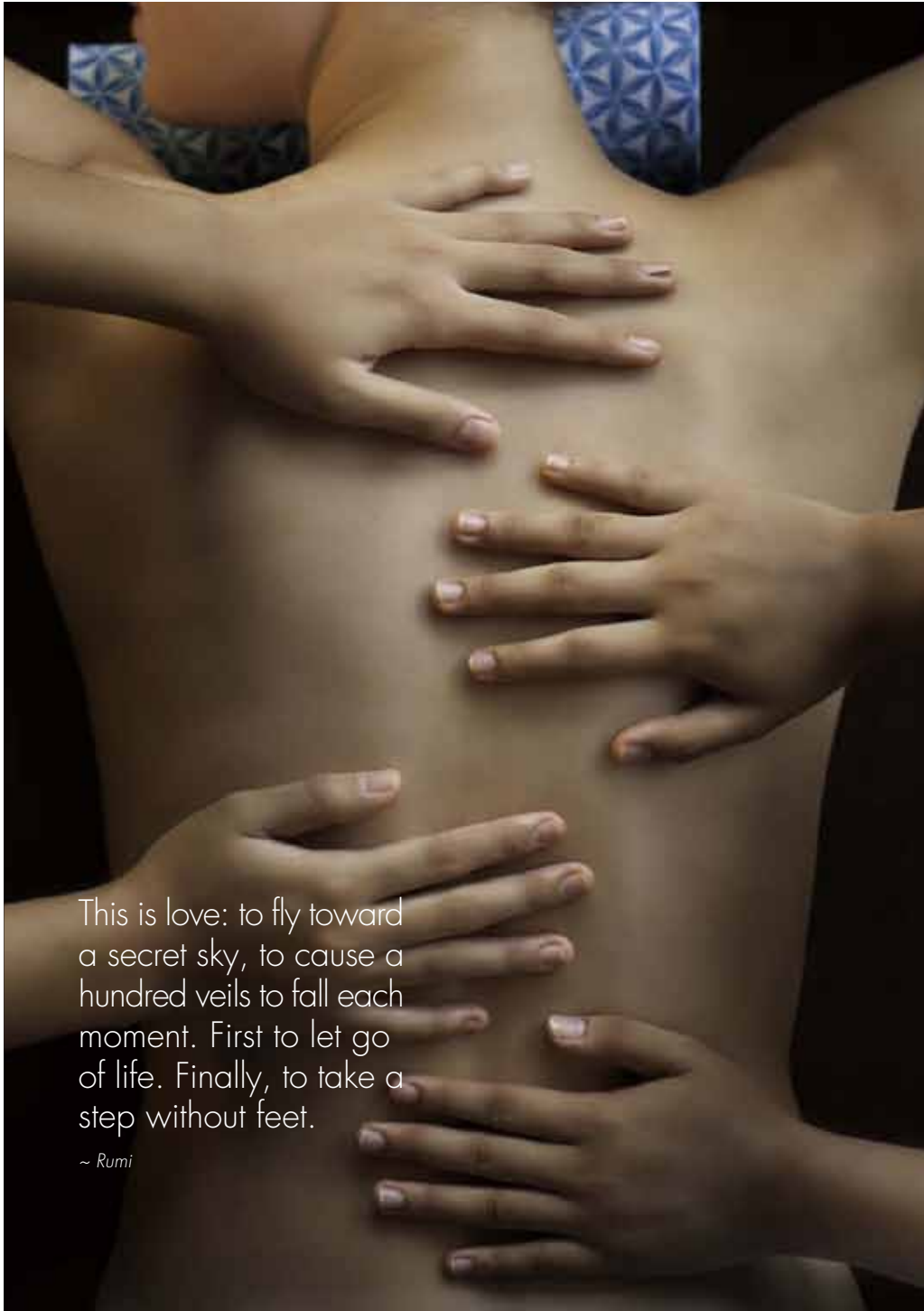
50min RM320  
80min RM420

### Sensory Aromatic Massage

A sensory symphony that seamlessly blends gentle touch with the delicious aroma of pure essential oils. Long soothing strokes will relax your body, allowing the powerful substances of carefully selected flowers, seeds and roots to unfold their healing properties. For a truly personalized experience, select an organic aromatic elixir that truly resonates with your needs: Focus, Restore, Calm, Nurture, Attune, Seduce, Awaken.

50min RM320  
80min RM430

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This is love: to fly toward  
a secret sky, to cause a  
hundred veils to fall each  
moment. First to let go  
of life. Finally, to take a  
step without feet.

~ Rumi

## body polish

### **Soothing Hibiscus Polish**

This traditional scrub will enliven the body and provide the beautiful youthful flow promised to Javanese Princesses on their wedding day for thousands of years. A luxurious tradition given to soften and sweeten the skin. With hibiscus to cleanse and moisturize.

60 min RM250

### **Moisturizing Almond & Honey Polish**

A rich creamy blend of crushed almonds and wild honey will gently slough away the outer skin layer, nourish and deeply moisturize your skin. Supplying vitamins and powerful antioxidants, this delicious full-body scrub will leave your complexion supple and radiant.

60 min RM250

### **Sensual Yin & Yang Body Polish**

An exquisite blend of pure sea salt crystals and rich nurturing almond oil will free your skin from lifeless cells, making it smooth and velvety. Essentials oils of the delicate feminine rose and the spicy masculine cedar wood will balance your yin and yang and enchant your senses.

60 min RM300

### **Invigorating Bamboo & Ginseng Body Polish**

Utilizing exfoliating bamboo fibers rich in mineral salts and silica, this full-body polish will gently remove dead surface cells, restoring the skin's radiance. An extract from ginseng will boost metabolism, enhance the tone of your skin, making your complexion vibrant and glowing.

60min RM300

### **Detoxifying Coffee & Sea Kelp Polish**

Infused with the uplifting essence of grapefruit, finely ground volcanic pumice will gently exfoliate and rejuvenate a dull skin surface. The purifying properties of caffeine and sea kelp will flush out accumulated toxins, boost cellular metabolism, and facilitate deep pore cleansing. Rich in vitamins, minerals and antioxidants, this exquisite blend will make your skin smooth and refined.

60min RM300

### **Dry Skin Brushing**

Dry skin brushing will remove dead skin cells, improve the surface circulation and boost cell renewal. This special technique will stimulate your lymphatic system, encouraging your body to discharge accumulated toxins. Opening up the pores, it is an ideal pre-treatment for a body envelopment or massage, allowing the potent ingredients utilized in these treatments to penetrate and truly nourish your skin.

30min RM90



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## bathing ceremonies

Escape to a serene haven, reuniting with the primordial element of water. Immerse your entire body to cleanse yourself physically and spiritually. Let the exquisite aromatic extracts enchant your senses. Allow yourself to stand still, enjoying the peace.

### **Purity Bathing Ceremony**

White Grapefruit and May Chang  
30min RM250

### **Vitality Bathing Ceremony**

Frangipani and Orange Blossom  
30min RM250

### **Contemplation Bathing Ceremony**

Frankincense and Sweet Orange  
30min RM250

### **Abundance Bathing Ceremony**

Damask Rose and Milk  
30min RM250

### **Love Bathing Ceremony**

with complimentary Champagne and exotic fruit skewers  
Cedar Wood and Rose  
30min RM375

Bathing ceremonies may also be enjoyed in your hotel room or suite.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.



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## body envelopment rituals

### **Soothing Aloe and Green Tea Linen Wrap**

Infused with the cooling aloe vera, layers of soft linen will be gently wrapped around your body, soothing and moisturizing your skin after a prolonged sun bath. Green tea containing a cocktail of potent antioxidants will alleviate any potential damage caused by the exposure to UV rays, preventing pre-mature aging, and restoring the silky smoothness of your skin. This calming ritual will be completed by a tranquil facial massage.

90 min RM495

### **Nourishing Coco Cream Wrap**

Infused with the sensual fragrance of vanilla and bergamot, the exquisite blend of organic coconut oil, kukui nut oil and rich coco cream will deeply moisturize and nourish your skin, supplying essential nutrients that will make your skin supple and radiant. Unwind in a warm cocoon wrap, while enjoying a meditative face and scalp massage with the sacred Tamanu anointing oil.

60min RM315

### **Purifying Mud Wrap**

Capitalizing on the purifying properties from the depth of the earth, natural clay will draw out toxins from soft tissue layers while toning and tightening your skin. Rich in minerals, and infused with a potent herbal complex, this body envelopment will revitalize your entire body. A stimulating face massage and full-body hydration with the uplifting essence of tangerine will complete this reviving experience.

60min RM315

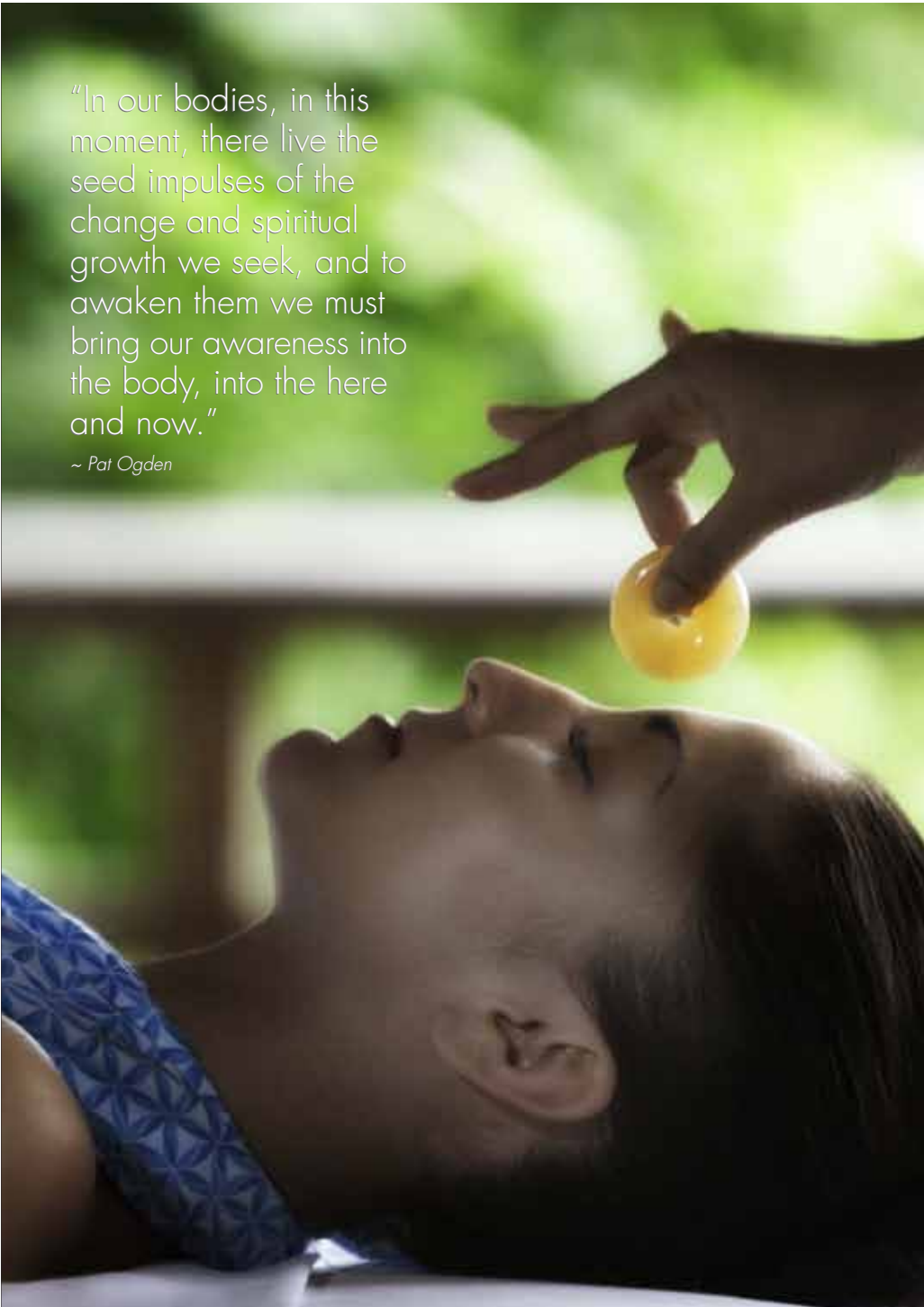
### **Holistic Elixir Infusion**

Utilizing the power of pure essential oils, this holistic anointing ritual will balance you from inside-out. Enjoying a grounding foot bath, you will intuitively select an elixir infusion that truly resonates with your needs. Following a therapeutic dry brushing that will open your pores to allow for maximum absorption, the warm customized oil blend will be rhythmically smoothed into your skin. Cocooned in natural linen, the nurturing ingredients will restore the suppleness of your tissues, and soothe your skin, while a meditative face and scalp massage induce deep relaxation.

90 min RM495

To maximize the benefits of the potent ingredients utilized in our envelopment treatments, prepare your body with Dry Skin Brushing.

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.



"In our bodies, in this moment, there live the seed impulses of the change and spiritual growth we seek, and to awaken them we must bring our awareness into the body, into the here and now."

~ Pat Ogden



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## holistic therapies

### **Chi Nei Tsang** \*Harper's BAZAAR Spa Awards 2011 – Best Healing Hands

Rooted in the ancient Taoist tradition, Chi Nei Tsang aspires to heal your body from within. Unprocessed emotions manifest themselves in the form of energy blockages within the internal organs, impairing the body's vital functions, and constricting the flow of the life-force Chi. Upon "reading your navel" to reveal the nature of your suppressed feelings, your therapist will carefully work on the knots and tangles in your abdomen, providing you with a safe and caring space as you get in touch with deeply seated sadness, find an outlet for your anger or let go of your worries. Reaching deep into your abdomen, this holistic technique will stimulate your intestines, abolishing toxins, improving digestion and metabolism, and revitalizing your entire body.

Please avoid prior to the treatment the consumption of food (3-5 hrs) and liquids (1 hr). A course of 3 to 6 treatments is highly recommended for maximum results.

25min RM175

50min RM330

### **Chi Foot Reflexology**

Originated in Taoist China 5000 years ago, this unique holistic art is based on the principle that our feet mirror the entire body, with each pressure point being linked to a specific organ or gland. A gentle pressure will stimulate their functions, promoting a natural healing process and harmony within your body, and creating a marvellous sensation of head-to-toe relaxation.

50min RM300

### **Manual Lymphatic Drainage**

Utilizing only a very light pressure, the Manual Lymphatic Drainage focuses on a subtle stimulation of lymph nodes. Precise circular movements redirect fluid away from congested areas, eliminate potential edemas, and encourage a natural flow of the lymph throughout the body. Promoting detoxification and strengthening the immune system, you will experience a boost in vitality.

50min RM330

### **Gemstone Massage**

Transmitting subtle yet powerful vibrations, an attuned selection of gemstones will balance your body, mind and spirit. Gently gliding over your body, each precious stone will radiate its very own energy. Jasper will ground you, turning your attention to the present. Unakite will bring to the surface any negative memories from the past, relying on Obsidian to help you detach from them. Jade will fill you with serenity and promote harmony, allowing Aventurine to complete this transformational journey by bringing into your life joy and clarity, encouraging you to be who you really are.

50min RM330

80min RM450

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## facials

### **Holistic Gemstone Facial** \*Harper's BAZAAR Spa Awards 2011 – Most Indulgent Facial Treatment

Employing a set of carefully selected gems, this unique facial treatment will deliver unparalleled results. Capitalizing on their inherent properties, Jade will drain toxins from the facial tissues, Jasper improves microcirculation, Aventurine calms down potential breakouts, Obsidian balances out an uneven skin tone, and Unakite regenerates skin affected by free radicals, encouraging the growth of new skin cells. When heated, the precious stones will relax the tense jaw area, and open the pores, allowing powerful antioxidants and organic essential oils to deeply penetrate and nourish the underlying tissue. The contrast of chilled gems will increase the tone and vitality of your skin. A stimulation of key pressure points will promote the flow of energy. This remarkable holistic experience will transform the way you look and feel.

60min RM380  
90min RM515

### **Vitalizing Pure C Facial**

Ideal for all skin types, the potent Pure C Complex will boost the natural self-defence mechanism of your skin, protecting it against environmental damage and stimulating the skin's natural capacity to eliminate impurities & retain moisture. Infused with a refreshing citrus note, the blend of therapeutic botanicals will promote cell-renewal, and refine the texture of your skin, providing instant radiance.

60min RM350  
90min RM495

### **Anti-Aging Organic Facial**

Utilizing Intelligent Nutrients®, a truly ground-breaking organic skin care range, this highly restorative facial treatment will turn the clock back. The incorporated Intellimune® Seed Oil Complex rich in omega fatty acids and with as much antioxidant power as pounds of berries, will actively fight free radicals responsible for aging. Reducing the appearance of fine lines, combating age-spots, and promoting cell regeneration, your face will glow, feeling smooth, firm, and supple.

60min RM340  
90min RM465

### **Energizing Gentleman's Facial**

Designed to address the specific needs of the male skin, this organic high-performance treatment utilizes the active ingredients of sandalwood extract and purifying clays to ensure deep pore cleansing and toning. Licorice root, and horse chestnut will amplify the skin's resilience, preventing razor bumps and ingrown hair, and alleviating shaving irritation. The application of hydrating organ oil will translate in an immediate boost in vitality. Combating stress and helping you focus, an accompanying head and shoulder massage will make this experience complete.

60min RM375

Finishing Touches:

### **Organic Eye and Lip Treatment**

Utilizing carefully selected botanicals and organic antioxidants, this exquisite add-on will complement any facial treatment. Promoting circulation and reducing puffiness and dark circles, the soothing ingredients will regenerate and firm up the delicate area of the eyes. The anti-aging lip treatment will alleviate the appearance of fine lines while defining the lip contour, and deeply moisturizing the lips.

30min RM150

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## hands & feet

Utilizing exquisite botanical extracts, our manicure and pedicure treatments are designed to cleanse, soften, nourish and revitalize. Make a great impression with well-groomed and youthful hands, and have your stressed feet restored to optimum appearance and health.

### **Express Manicure**

Cleansing, nail care, polish application  
25min RM85

### **Ultimate Manicure**

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, polish application  
60min RM150

### **Gentleman's Manicure**

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, buffing  
45min RM120

### **Express Pedicure**

Cleansing, nail care, polish application  
35min RM95

### **Ultimate Pedicure**

Cleansing, callus removal, exfoliation, cuticle care, nail care, moisturizing massage, polish application  
60min RM180

### **Gentleman's Pedicure**

Cleansing, callus removal, exfoliation, cuticle care, nail care, buffing and moisturizing massage  
45min RM150

### **Ultimate Manicure & Pedicure**

In sequence  
120min RM290

Performed by two therapists simultaneously  
60min RM310

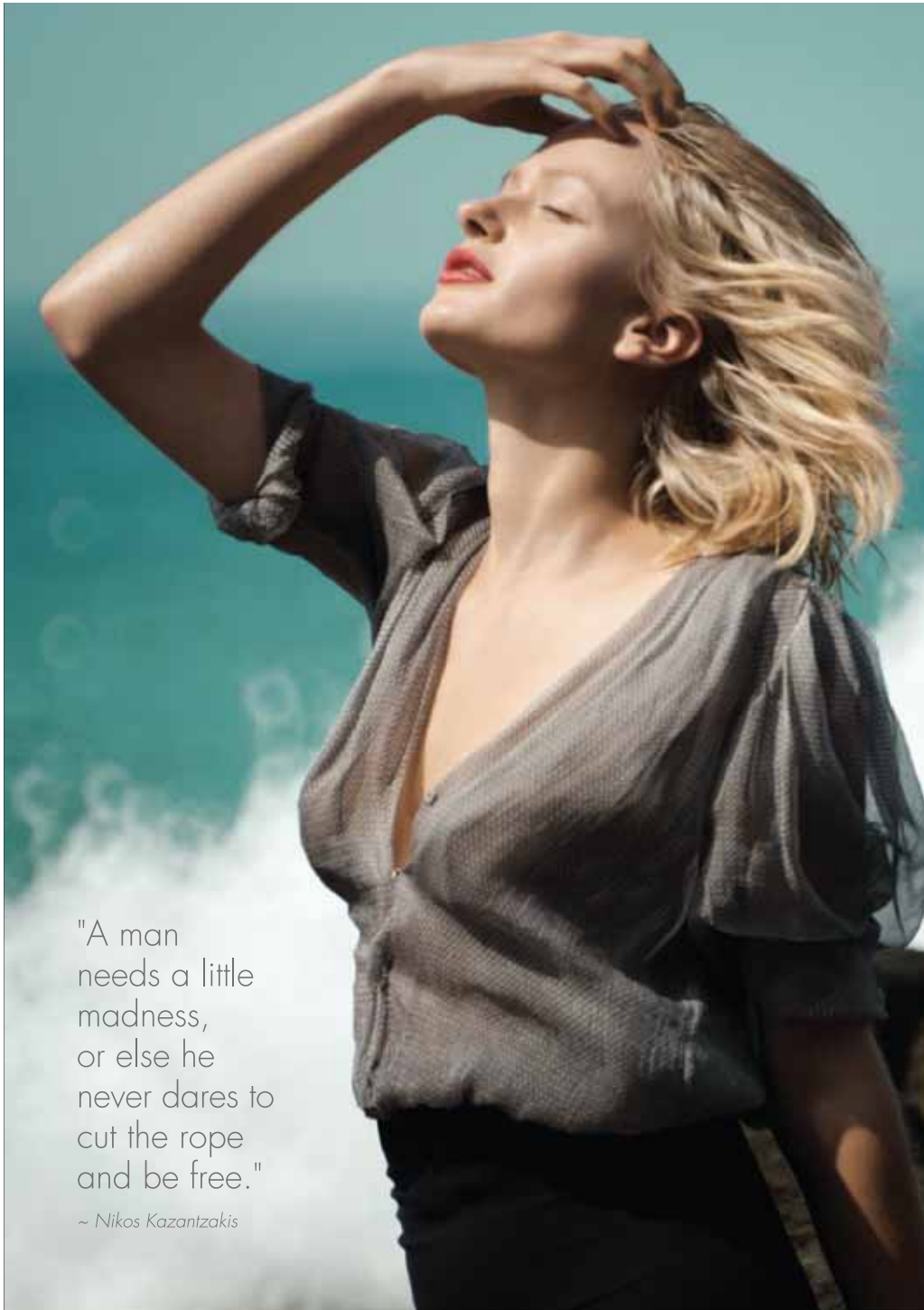
Polish change  
RM65

## grooming

### **Waxing**

Half Leg	30min	RM120
Full Leg	60min	RM240
Bikini	30min	RM120
Underarm	15min	RM80

Please contact V Botanical Spa at Ext 591, or V Wellness Desk at Ext 556 for enquiries and arrangements.



"A man  
needs a little  
madness,  
or else he  
never dares to  
cut the rope  
and be free."

~ Nikos Kazantzakis



INTEGRATED WELLNESS  
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## hair

### Hair Detox Treatment

Gorgeous shiny hair comes from within. Pioneering an innovative approach to hair care, this unique organic treatment designed by "Original & Mineral" will deeply purify your hair, liberating it from artificial product build-up, and releasing environmental toxins. Completely stress-free, and deeply moisturized with the winning Seven Day Miracle Moisture Masque, your hair will glow the "O&M" way.

60min RM245

### Nurturing Hair and Scalp Treatment

Nourish your hair with "Intelligent Nutrients". Utilizing exclusively certified organic ingredients, this unique hair and scalp treatment sets the tone for a truly special salon experience. The ground-breaking antioxidant Intellimune™ Seed Oil Complex, an anti-aging synergistic blend of black cumin, pumpkin, red grape, red raspberry and cranberry seed oils, will nourish your scalp, supply your hair with protein based hair fortifier, and give it a silky, healthy looking shine.

60min RM245

#### women

trim	RM100
haircut and style	RM180
blow dry	RM70
shampoo and style	RM90
shampoo, haircut and style	RM130
hair colour* touchup	RM160
colouring*	RM220
highlights*	RM250
hair braiding	RM120

#### men

facial shave	RM40
trim	RM65
shampoo and style	RM75
haircut and style	RM100
shampoo, haircut and style	RM140
permanent colouring	RM220
semi-permanent colouring	RM260
highlights	RM250

#### special occasion

shampoo and setting roller	RM110
bridal styling	RM450
groom hairstyle	RM160
bridal makeup	RM430

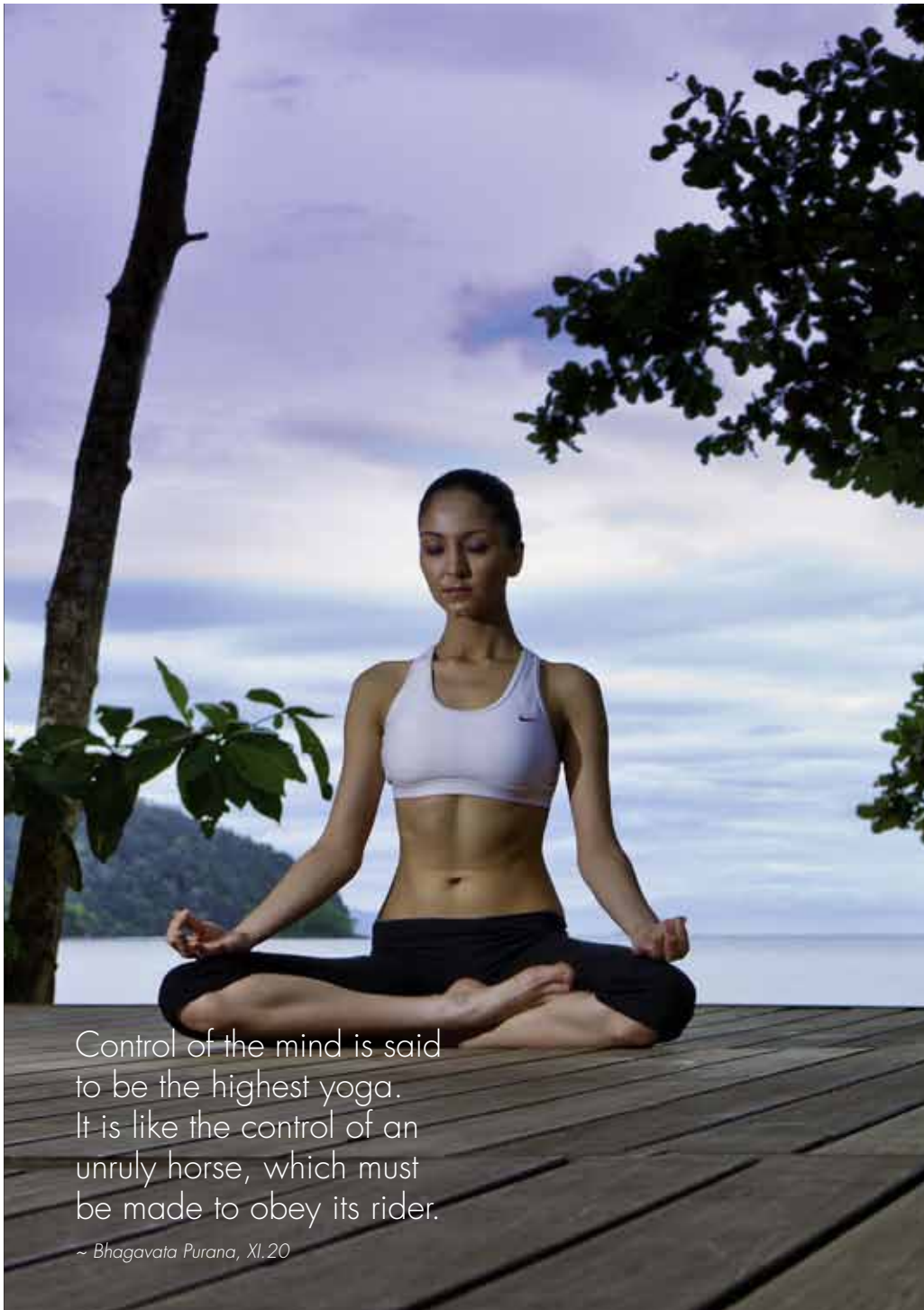
#### children

haircut	RM60
shampoo and style	RM45
shampoo, haircut and style	RM80
hair braiding	RM100

The outlined prices apply to short hair. Services for medium and long hair will be priced slightly higher.

\* V Salon utilizes the innovative Clean Color Technology developed by "Original & Mineral". Free of ammonia and any harsh chemicals, the soya-based tints come in a variety of 90 shades and guarantee 100% grey coverage.

Please contact V Salon at Ext 581, or V Wellness Desk at Ext 556 for enquiries and arrangements.



Control of the mind is said to be the highest yoga. It is like the control of an unruly horse, which must be made to obey its rider.

~ Bhagavata Purana, XI.20



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## body & mind

In the fast-paced world, becoming mindful of the relationship between our physical, emotional and spiritual health is essential for overall well-being. Our Body & Mind classes will not only assist you with developing strength, flexibility, and balance, but also reduce your level of stress, enhance your mental awareness, and help you find inner peace.

### Private Yoga Session

Enjoying the undivided attention of our Yoga Master, you have the great opportunity to experience a yoga session truly tailored to meet your individual needs. Guiding each of your movement, your teacher will optimize and correct your posture, ease you into challenging asanas, support you in unsteady moments, and help you overcome potential fears. Elements of pranayama or meditation may be included to help you move deeper into your practice, allowing for a true union of body, mind and spirit.

60min RM195    90min RM295 (Single)  
60min RM295    90min RM395 (Couple)

### Therapeutic Yoga

Whether you are new to yoga or an experienced practitioner, you will equally benefit from Therapeutic Yoga on one-to-one basis. Incorporating meditation, pranayama breathing, mudras, bandhas and specific asanas, our Yoga Master will tailor the session to address your individual health concerns. You will practice postures relieving the symptoms of common physical ailments such as headache, insomnia, constipation, gas/indigestion or sciatica, and learn how to incorporate these techniques into your daily routine to enhance the quality of your life.

60min RM195  
90min RM295

### Yoga Nidra

Often described as dynamic sleep, Yoga Nidra is a spiritual method of inducing complete physical, mental and emotional relaxation. Following the guidance of the Yoga Master, you will leave the waking meditative state behind, continue past dreaming, until you reach a state of deep sleep with your consciousness remaining widely awake. Functioning at a deeper level of awareness, your mind will open up to a deep spiritual insight.

60min RM195

### Pranayama

Named by the ancient Sanskrit word that translates as 'extension of the life force', the Pranayama technique unfolds around mastering the art of conscious breathing. Seemingly simple and natural, we often take breathing for granted, not realizing on how many levels it affects us. Each time we inhale we bring the life-bearing oxygen into our body, and spark the transformation of nutrients into fuel. When we exhale, we purge the body of toxic waste. Breathing affects our state of mind, making us excited or calm, anxious or relaxed. Learn powerful Pranayama techniques you can use anywhere and anytime to calm your mind by detaching from distressing thoughts and emotions. Breaking the stress cycle, your heart rate will slow down, the blood pressure diminishes, and any tension fades away.

30min RM85

### Mindfulness Meditation

Playing a central role in Eastern spiritual teachings, mindfulness is the prerequisite to liberation and the subsequent enlightenment. This spiritual meditation technique involves focusing your mind on the present, and observing any thoughts, emotions, sensations, and images that may arise without labelling or judging them, without identifying with them. Just the way you watch the passing clouds on the sky. If you are truly conscious and alert, your thoughts will slow down, and the spaces between the passing images will widen until they merge in meditation, allowing you to experience the liberating state of detachment and ultimate peace.

60mins RM195

### Complimentary Fitness and Body & Mind classes

Enjoy a variety of complimentary group activities conducted on our Stars Platform or in the Movement and Spinning Studio. A detailed schedule with daily classes is available in your room and in all VIW outlets.

Please contact V Fitness at Ext 582, or V Wellness Desk at Ext 556 for enquiries and arrangements.



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## fitness

We understand that each person has different fitness goal. Whether you would like to lose weight, are determined to get in shape, or just want to feel invigorated and energized, V Integrated Wellness will provide you with customized workout solutions that truly meet your needs.

Enjoy the undivided attention of our experienced Fitness Trainer when booking any of the following one-on-one sessions.

### **Kinesis Training**

Kinesis combines all three components of fitness: cardiovascular, strength and flexibility, enabling you to achieve optimum results in less time. Combining traditional exercises such as chest press, lat pull or row with functional movements like reaching, squatting or bending, you will perform each movement in an integrated three-dimensional and multi-plane motion, while altering the degrees of resistance. In order to perform each movement, the entire kinetic chain (lower body, core, upper body) is utilized. You will achieve a greater focus and mindfulness, train your muscles to work in synergy, and burn up to 30% more calories compared to conventional training due to the complexity of the workout.

50min RM195

### **Functional Training**

Functional training involves a wide variety of exercises incorporating free weights, resistance bands, and medicine balls. Proprioceptive movements will enhance your kinesthetic awareness and body control, improve your posture and aid in movement efficiency. Elements of plyometric exercise, designed to produce fast, powerful movements, will optimize the function of the nervous system, and generally improve your performance. Engaging in this exercise regularly, you will have a more balanced musculature, tight abdominal muscles, and an overall toned physique.

60min RM195

### **Core Conditioning**

Incorporating stability ball, Bosu Pro Balance Trainer, Gliding Pro and other innovative fitness tools, core conditioning will engage you in isometric exercise, and teach you how to contract the lower deep abdominal muscles to help support the trunk in dynamic and static positions to enhance stability, balance, and movement efficiency. Strong abdominal muscles will improve your posture, provide support to the spine, reducing lower back pain, preventing injuries, and ensuring more efficient and functional movement patterns.

60min RM195

### **Personal Training**

Get the most out of your time, focus your energy, and see results! Allow our experienced personal trainer to evaluate your health and current fitness level, set ambitious yet realistic goals, and provide you with a customized fitness program to help you lose weight, get in fantastic shape, or improve your performance in any competitive sport. Providing the knowledge, direction and motivation, our personal trainer will guide you every step of the way, and challenge you to go beyond your comfort zone, so that you progress faster and achieve your objective.

60min RM195


### **Golf**

Voted as The Most Scenic Course in Malaysia, the Golf Club Datai Bay with its immense variety including tricky uphill and downhill lies, undulating fairways and fast greens offers the ultimate golf experience. Please contact our concierge for further information and arrangements.

### **Water Sports - Windsurfing, Kayaking**

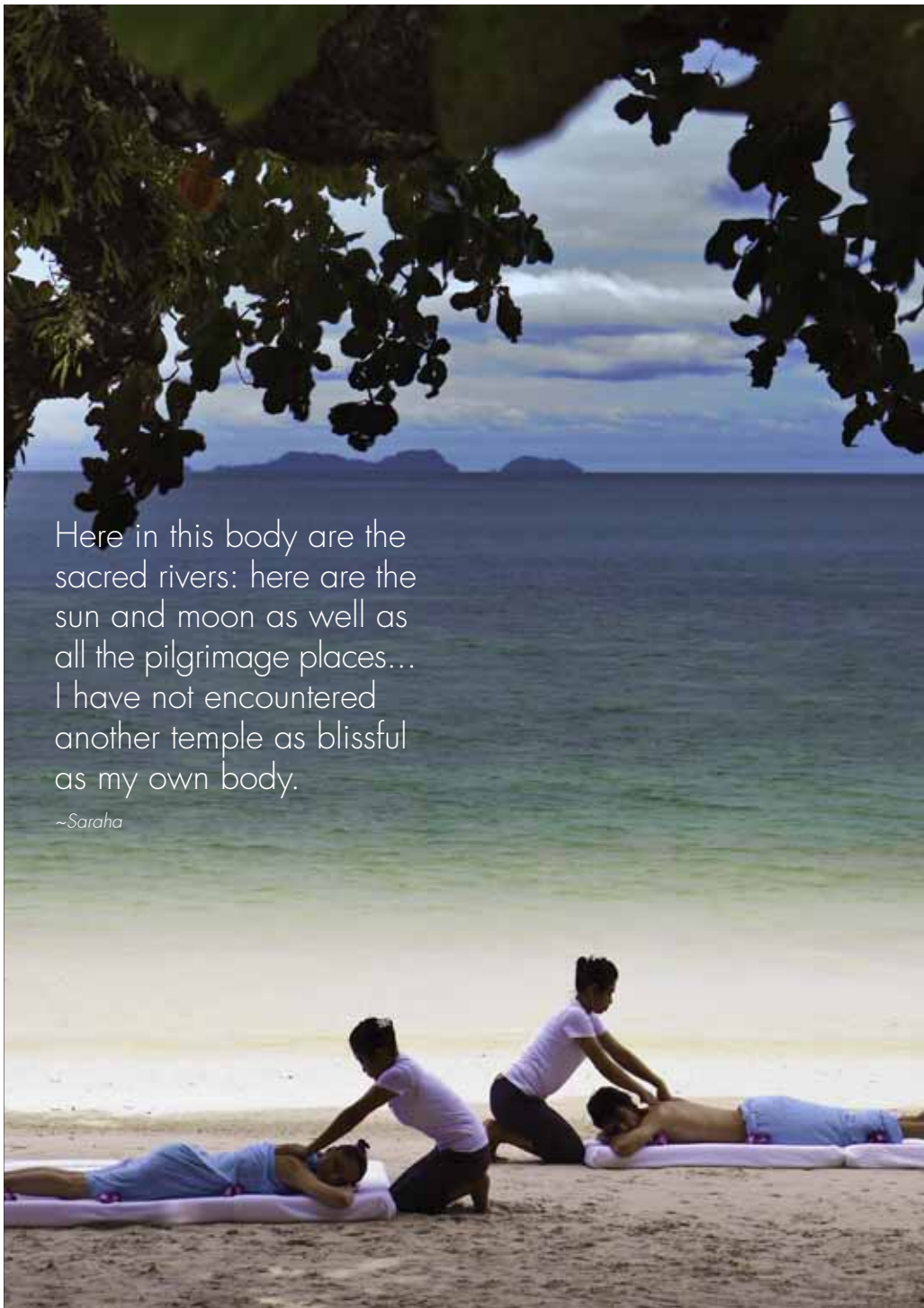
We offer a wide range of non-motorized water activities. Reservations can be made at the water sports hut by the beach, from 9am to 5pm.

Please contact V Fitness at Ext 582, or V Wellness Desk at Ext 556 for enquiries and arrangements.



Trying out new ways of using your body breaks you free from old ways of thinking and being.

~ Mirka Knaster



Here in this body are the sacred rivers: here are the sun and moon as well as all the pilgrimage places... I have not encountered another temple as blissful as my own body.

~Saraha

## seaside cabana experience

### Ocean & Sky Cabana Massage

Available from 9am to 6pm

Enjoy the refreshing breeze, and listen to the symphony of the Andaman Sea as you are pampered in the privacy of our ocean & sky cabanas. Select from the following treatments:

	Single	Couple
<b>Sensory Aromatic Massage</b>	50min RM330	50min RM530
<b>Balinese Massage</b>	50min RM310	50min RM490
<b>Traditional Thai Massage</b>	50min RM310	50min RM490
<b>Chi Foot Reflexology</b>	50min RM310	50min RM490

### Pathways to the Stars Massage

Available from 6pm to 9pm

A truly magical after sunset experience...

Listen to the waves of the ocean with the night setting slowly in, enveloping you in the soothing dark. Bathe in the light of the stars as you reconnect with your loved one. Enjoy the gentle touch of our signature massage that is certain to become the most memorable part of your visit!

Couple	50min RM530
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If you would like to enjoy our pristine ocean sanctuary also **prior to or after your treatment**, just reading a book, basking in the sun or watching the brilliant sunset above the Andaman Sea, you can reserve your very own Ocean & Sky time at the rate of **RM75 / 30 min**. To make your experience complete, exquisite refreshment will be served upon request.



## V integrated wellness etiquette

In order to make your wellness experience truly seamless, we have summarized the most important information for your convenience:

We welcome guests with a minimum age of 16. Teens from 13 to 16 years can avail of our facilities and services when accompanied by a parent or guardian. Committed to providing a healthy environment, and a pleasant atmosphere, the V Integrated Wellness is a smoke-free facility. Please help us preserve a tranquil environment by lowering your voice and turning off your cell phone on all premises of V Integrated Wellness.

### Daily Nurturing Hours

V Botanical Spa	9.00am to 9.00pm
V Salon	11.00am to 7.00pm
V Fitness	7.00am to 8.00pm
V Beach Club	9.00am to 9.00pm
V Wellness Desk	10.00am to 4.00pm

### Bookings

Demand for our services is high. To ensure that we can schedule your appointment at your preferred time, please make reservations in advance. During the operating hours, please contact:

V Botanical Spa	extension 591
V Salon	extension 581
V Fitness	extension 582
V Beach Club	extension 556
V Wellness Desk	extension 556

The Concierge will be delighted to assist you 24 hours at extension number 3. You can also communicate your appointment request via email directed to: [info@vintegratedwellness.com](mailto:info@vintegratedwellness.com)

### What to Bring

We supply a wide variety of amenities: towels, sarongs, make-up remover, body wash, shampoo, conditioner, and body lotion. Please remember to bring your hairbrush, cosmetics and any other personal toiletries you may need. A space to store your belongings is provided. However, we will not assume liability for any loss or damage to your personal belongings. Please refrain from bringing valuables to the facilities.

### Arrivals

For your optimal experience, we recommend that you arrive at least 15 minutes prior to your scheduled appointment, so that you can relax, enjoy a refreshment, and prepare for your session. First time guests are requested to arrive a half-hour before your session to allow time to fill out a New Guest Profile Form, and benefit from spending precious moments in consultation with our staff.

### New Guest Profile

You will be asked to complete a New Guest Profile Form at the time of your first visit. Please advise us ahead of time of any special medical conditions, allergies, or pregnancy as certain therapies may not be recommended. Share with us your preferences regarding massage pressure or music selection, disclose your



### Cancellations

Should you need to reschedule or cancel your appointment, please inform us at the latest 12 hours prior to the appointment. For multiple sessions, 24 hours notice is requested. Cancellations or no-shows with less than the allotted time will be charged at full value. If you are running late, a phone call is always appreciated. We will try to accommodate you. Should we be unable to do so, the time of your arrival will determine the length of your sessions, which will be completed as scheduled to ensure that following services begin promptly.

### Retail Collection

To ensure that your wellness experience continues after your return home, our boutique carries an array of spa, skincare, body care, hair care, yoga and fitness products, inspiring books, CDs and DVDs. Our knowledgeable staff will be delighted to assist you with the selection of products that truly meet your needs. Optionally, you can place an order by calling our reception at extension number 591, so that your favourite products can be delivered to your room.

### Special Events and Groups

The magnificent facility at V Integrated Wellness provides a delightful and unique setting for your corporate group, bridal party, or private gathering. Allow us to arrange truly personalized packages catering to your individual wellness, beauty and fitness needs.

### Service charge and tax

Reflecting our effort to make your wellness experience as seamless as possible, all prices include government tax and service charge. Additional gratuities are at your discretion.

*All prices are in Ringgit Malaysia and subject to change without notice.*