

**Won**

- 2016 World Luxury Spa Awards
- 2015 CLEO Beauty Star Awards
- 2015 Harper's BAZAAR Beauty Awards
- 2015 World Travel Awards: Malaysia's Leading Spa Resort
- 2015 Trip Advisor Certificate of Excellence
- 2015 Harper's BAZAAR Malaysia SPA Awards: Best Seaside Getaway for Two
- 2015 Harper's BAZAAR Malaysia SPA Awards: Best Wellness Retreat for Couples
- Harpers Bazaar (Malaysia) Best Stress Management Retreat 2014, Harpers Bazaar (Singapore) Best Detoxifying Therapies Category (5D4N).
- AsiaSpa Awards, Eco-Spa of the Year
- Asia Pacific Hotel Awards in Association with HSBC 2013 - Best Spa Hotel
- Harper Bazaar Spa Awards 2012 - V Signature "Song of The Rainforest" Treatment & V Signature Ocean Ritual by Red Flower
- International Hotel Awards in Association with Bloomberg Television 2012 - Most Sustainable Hotel & Best Spa Hotel
- Trip Advisor 2012 Traveler's Choice Award - Best Spa Hotel
- Harper's Bazaar Spa Awards 2011 - Chi Nei Tsang Holistic Massage & Holistic Gemstone Facial
- World Travel Awards 2010 - Asia's Leading Spa Resort
- Condé Nast Traveller's Readers' Travel Awards 2010 - Top 6 Overseas Spas

**Listed**

- Condé Nast Traveller's Readers' Awards 2010 - Top 6 Overseas Spas
- CNNgo.com listed V Fitness as Top 10 Gym around the world with the most amazing views

**Nominated**

- Crystal Awards 2011 - Most Sustainable Spa
- AsiaSpa Awards 2011 - Best Spa Retreat of the Year
- Crystal Awards 2011 - Best Spa Resort
- Travel + Leisure World's Best 2012 - Nominated as Best Spa Hotel



INTEGRATED WELLNESS

*conscious living*

## 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 offers open-air spa villas with a breathtaking views
- V Salon provides natural, organic treatments
- V Fitness featuring state-of-the-art equipment offers a wide variety of body-mind classes
- Stars Platform for Sunrise Yoga and Sunset Meditation
- Ocean and Sky Cabanas for private seaside spa experiences
- 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.



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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## assessment

### Holistic Lifestyle Assessment

An initial Holistic Lifestyle Assessment will enable our program advisors to determine a realistic measure of your health and wellbeing. We will then create or recommend the most suitable program, and customize it to truly meet your individual needs to help you achieve body balance and improve your well-being.

RM55

### Blood Pressure Test

Blood pressure is a measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. Blood pressure is continually changing depending on activity, temperature, diet, emotional state, posture, physical state, and medication use.

RM 15

### pH Testing

Our body has an acid-alkaline ratio called the pH (potential of hydrogen) which is a measure of the acidity or alkalinity. It is measured on a scale of 0 to 14—the lower the pH the more acidic, the higher the pH the more alkaline (or base). Testing your pH is important because if you are overly acidic, you may feel low energy, find it difficult to lose weight, experience poor digestion, suffer from aches and pains as well as many other health problems.

RM15



### Biological Impedance Analysis (BIA)

Most people grow up thinking about their weight, without taking into account their body fat percentage. Realizing your weight alone doesn't distinguish whether the pounds come from fat or muscle. In order to assess your fitness level, you need to regularly monitor your body fat. BIA is a valuable tool for measuring the percentage of your body fat, fat-free mass, water retention, dehydration, body fat percentage to lean muscle mass percentage, your vitality at a cellular level, metabolism and toxicity activity, and your biological age. The results obtained provides us an insight to your overall cellular health and you will benefit from our V Core Vitality and Anti-Ageing program.

RM50

### Stress Management Score emWave®

Introducing the latest technological advancement in transforming stress and anxiety. The emWave® uses a combination of non-invasive advanced technology that that reflects heart-brain interaction and autonomic nervous system dynamics, which are particularly sensitive to changes in your emotional state. The measurement is known as heart rate variability analysis or HRV to improve experience positive emotions such as appreciation, care, joy and love, your heart-rhythm pattern is more ordered and coherent.

RM55

## seaside cabana experience

### Ocean & Sky Cabana Massage

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.

	Single	Couple
<b>Traditional Thai Massage</b>	50min RM350	50min RM680
<b>Chi Foot Reflexology</b>	50min RM350	50min RM680

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**.

All prices are in Ringgit Malaysia and subject to change without notice. All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.

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

A stack of three smooth, light-colored stones is the central focus of the image. The stones are stacked vertically, with the top stone being the smallest and the bottom one the largest. They are resting on a surface of fine, golden-brown sand. The background is a soft-focus field of similar stones, creating a sense of depth and tranquility. The lighting is warm and even, highlighting the textures of the stones and the sand.

Where there is love  
there is life.

~ Gandhi



## V malay rainforest

Drawing inspiration of Malay healing practices and ingredients from the rainforest... to the spa

Inspired by the wisdom of the Malay traditional healing culture that captures the healing powers of plants and medicinal herbs, the Malay Rainforest Ritual uses village remedies, blended with traditional home-made treatments and herbal remedies potent for purification, balancing and regeneration.



### **V Signature "Song Of The Malay Rainforest" Ritual** \*Harper's BAZAAR Spa Awards 2012

Evoke the rainforest spirits with this unique ritual that focuses on a sensory journey for every man and woman. Revive your body, mind and spirit into a deep meditative state.

Rendam-Rendam (Spicy Foot Bath)

Barut Gamat Awet Muda (Regenerating Gamat Body Envelopment)

Mandi Bunga Mambang Sari (Cleansing Lime & Floral Bath)

Urut Melayu (Traditional Malay Massage)

Rawatan Seri Mahsuri (Mahsuri's glow facial)

Rainforest Tonic

3hrs RM750

### **Urut Melayu (Traditional Malay Massage)**

This is a deep tissue massage with lemongrass and coconut oil uses long kneading strokes with thumb and palm pressure focuses on the flow of blood in the urat (veins and arteries). Strokes are directed towards the heart (buka urat) aim to invigorate, while strokes going away from the heart (tutup urat) are calming. It also releases wind and discomfort from the body.

60min RM320

100min RM430

### **Barut Gamat Awet Muda (Regenerating Gamat Body Envelopment)**

Surrender yourself to the blend of lemongrass, rice and kaffir lime scrub. Followed by a wrap blend composed of powerful healing ingredients: gamat (sea cucumber), kencur, galangal and ground rice excellent for lymphatic drainage, detoxification and absorption of potent ingredients. Sea cucumber accelerates the regeneration of cells, bone, collagen and skin. To top off this treatment is a pampering hair & scalp massage with coconut oil and aloe vera. You will feel yourself drifting into your own time and space.

60min RM395

### **Mandi Bunga Mambang Sari (Cleansing Lime & Floral Bath)**

In Malay tradition, lime is the tangible link to the forces of the spiritual world, so bathing in lime represents a symbolic relief of unwanted negative elements. Indulge in an inspiring bath combined with kaffir limes, pandanus, and betel leaves. This bath is believed to purge out illness and impurities.

30min RM195

### **Rawatan Seri Mahsuri (Mahsuri's Glow Facial)**

Discover the bounty of the Earth's remedies with a natural facial that uses fresh tropical ingredients selected from our local gardens, blended to create this traditionally inspired beauty ritual. Begin with cleanser using yogurt blend, lime and cucumber juice toner, followed by an almond and oatmeal scrub, a luxurious massage with raw organic coconut oil and a mask infused with avocado and cucumber into our delicious experience.

60min RM330

### **Tangas (V-Intimate Steam Bath)**

30min RM100

A steam of sacred herbs to detoxify the uterus and help women with menstrual cramps, pain from inflammatory conditions, bladder infections, kidney and fertility issues. It's a do-it-yourself steam with open-seated stool, boiler and herbs.

### **Guided Visit to the home of an indigenous healer (for LADIES only)**

RM310 / visit include transport

### **Sacred Sites Tour (Minimum for 2 person booking)**

6hrs RM680 / Person

\* Book 24 hrs in advance

Subject to availability

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## Rainforest weddings



### **Pre wedding cleansing ceremony**

Shared with close family and friends, this traditional ceremony aims to cleanse the bride and groom – shedding the past and renewing the spirit as they enter into a new life together. Commonly performed one day before the wedding, the ritual is often followed by a party and dancing – especially for the women folk.

Decked in traditional sarong, the bride and groom kneel down humbly as a sign of respect. Seven selected members of the family from each side take turns to bathe the couple with water that is taken from seven different sources such as the waterfalls, sea, river, well, lake etc. In Langkawi, the water is sourced from sacred sites such as the “Seven Wells”. The water is also infused with seven different flowers, such as roses, orchids, frangipanis etc., each representing peace, love, harmony, fertility, leaving the past behind as they embark on a new journey together.

### **Feeding ceremony**

As a token of appreciation, the bride and groom then feed their guest with yellow glutinous rice (pulut kuning) which symbolises a gift of gold. The sticky rice also represents the bond between the couple.

Finally, Henna is placed on the hand of the couple and single bridesmaids and groomsmen which symbolises their honour. A silat (martial arts) performance and traditional Gamelan music is also an option to add to the occasion.

For more information on corporate group bookings or events, please email [info@vintegratedwellness.com](mailto:info@vintegratedwellness.com)

This package offers couples a truly remarkable way to make their wedding a unique and memorable one. The “Rainforest pre-wedding cleansing ceremony” offers an unforgettable indigenous bonding experience for the couple embarking on a new journey with their close family and friends.



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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.



### **V Signature Ocean Ritual** \*Harper's BAZAAR Spa Awards 2012

Capture the essence of nature with the most potent healing beets of the earth and sea. Retreat into a ritual of intense, therapeutic transformation. The journey begins by opening the senses and lungs with eucalyptus and the scent of the ocean. Finally, coat your skin with Coconut Firming Body Lotion to protect, heal and restore.

Ocean Foot Bath

Kahuna Wave Massage

Revitalizing Sea Salt Scrub

After Sun & Aloe Wrap

Tropical Organic Mineral Bathing

2.5 hrs RM750

### **Bliss**

Awaken your senses and rejuvenate with Potent Plant - Derived ingredients filled with antioxidant Power that will leave you Glowing and your transformation will not go unnoticed.

Jasmine Foot Bath

Eminence Coconut Sugar Scrub

Lomi Ke Ala Hoku Massage

Holistic Gemstone Facial

Chi Foot Reflexology

3 hrs RM960



### **Romance**

Drift into an emotional inspiring journey where you will discover yourself. The journey begins by balancing your chakras, aligning your senses and energy.

Sensual Foot Bath

Chakra Balancing Massage

Chocolate Truffle Body Wrap

Chi Foot Reflexology

Love Bathing Ritual

Sparkling Juice and Exotic Fruit Skewers

2.5 hrs RM 1150

Per Couple

## body polish



### **Eminence Coconut Sugar Scrub**

Buff the skin to perfection with raw sugar cane granules and infuse potent virgin coconut oil to give deep hydration and nutrition. Coconut contains high levels of antioxidants and hydrators to restore the skin, leaving it soft and supple. The skin's hydration replenished for a firmer, smoother and more youthful appearance

50min RM250

### **Buah Keras / Candle Nut**

This ancient village remedy treatment is specifically designed to deep cleanse and restore moisture with a total skin exfoliation using freshly crushed kemiri or candle nut. Traditionally used to improve circulation, nourish and hydrate for a healthy and beautiful skin. Lemongrass body cream will be applied at the end of the treatment to enhance the glow of the skin leaving you with a purified and brighter skin.

50min RM250

### **Lemongrass, Kaffir Lime Scrub**

Remedy from generation to generation with special blend of Lemongrass, Kaffir lime and rice; a deliciously bright blend of nourishing, exfoliating and anti oxidizing ingredients for a superbly softening body buff and helps remove all the dead skin cells from your body and to make you feel refreshed and your skin beautifully smooth.

50min RM250

### **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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## massages

Be pampered with a foot bath blend of juniper berries salt where your therapist will scrub and wash your feet as you enjoy a sprawling view of the andaman ocean. The ritual is set to relax you for your next treatment.

### **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. 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.

60min RM555

100min 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!

60min RM340

100min RM450



### **Chakra Balancing Massage**

The concept of Chakras comes from Ayurveda, the ancient healing art of India. These 7 energy centres are located along the spine and can be thought of as personal growth centres that connect your sub conscious with your physical body. The Chakra Balancing seeks to create harmony in the Chakra System. 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 chakra elixir that truly resonates with your needs: Focus, Restore, Calm, Nurture, Attune, Seduce, Awaken.

60min RM340

100min RM450

### **Time Travellers' Massage**

Traveling across the time zones confuses the body's internal clock and impairs the production of the hormone Melatonin, which is in charge of sleep patterns. Depending on the length of your journey, it can take several days before your body is able to adjust. Now, there is no need to lose precious vacation time trying to overcome jetlag. The unique "Time Travellers' Massage" is intended to help you enjoy your stay at the Andaman from the very first minute you arrive. Created by our expert team of therapists, the massage utilises the healing power of pure essential oils and the ancient art of acupressure to help you overcome exhaustion, insomnia and mood swings. Depending on the time of your treatment, you will be either stimulated or decompressed by a beautifully choreographed massage that will help your biological clock to align with the rhythm of the present location.

60min RM340

100min 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.

60min RM340

100min RM450



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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 by removing unprocessed emotions that manifest themselves in the form of energy blockages impairing the body's vital functions, and constricting the flow of the life-force Chi. Upon "reading your navel", the therapist will carefully work on the knots and tangles in your abdomen, 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.

30min RM200

60min RM340



### **Manual Lymphatic Drainage**

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

60min RM340

### **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.

60min RM320

### **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.

100min RM450

### **Pregnancy Massage**

Other than physical and emotional changes, mothers-to-be often suffer from nausea, stress and strain on muscles and joints during pregnancy. Focused on helping the mother-to-be relax and reduce her stress mentally and physically, The Pregnancy Massage helps relieve muscle spasms and cramps while promoting blood circulation that will help relieve muscle spasms and cramps preventing puffy ankles and varicose veins.

60min RM340



A man may esteem  
himself happy when  
that which is his food  
is also his medicine.

~ Henry David Thoreau



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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, and enjoy the peace.



### **Spice Bath**

Infused from Galangal, ginger, clove, cinnamon, and spices essential oils, these spices contain an impressive list of plant-derived chemical compounds that are known to have disease preventing and health promoting properties. They have been in use since ancient times for their anti-inflammatory, carminative and anti-flatulent properties that increases the flow of blood to make the skin feel warmer. This is also a home remedy for arthritis and sore muscles. The 'hottest' treatment in town anyone could ask for!

20min RM195

### **Love Bathing Ceremony**

Love Potion and Rose Petals with complimentary Sparkling Juice or Sparkling Wine and Exotic Fruit Skewers

30min RM375

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

## body envelopment rituals



### **Eminence Chocolate Truffle Body Wrap**

Drench the skin in a calorie free chocolate truffle that fights the signs of aging. Cocoa is a highly nutritious source of antioxidants, and provides hydration for skin that is incredibly smooth. Pamper and treat the skin to help keep the skin vibrant and refreshed.

60min RM295

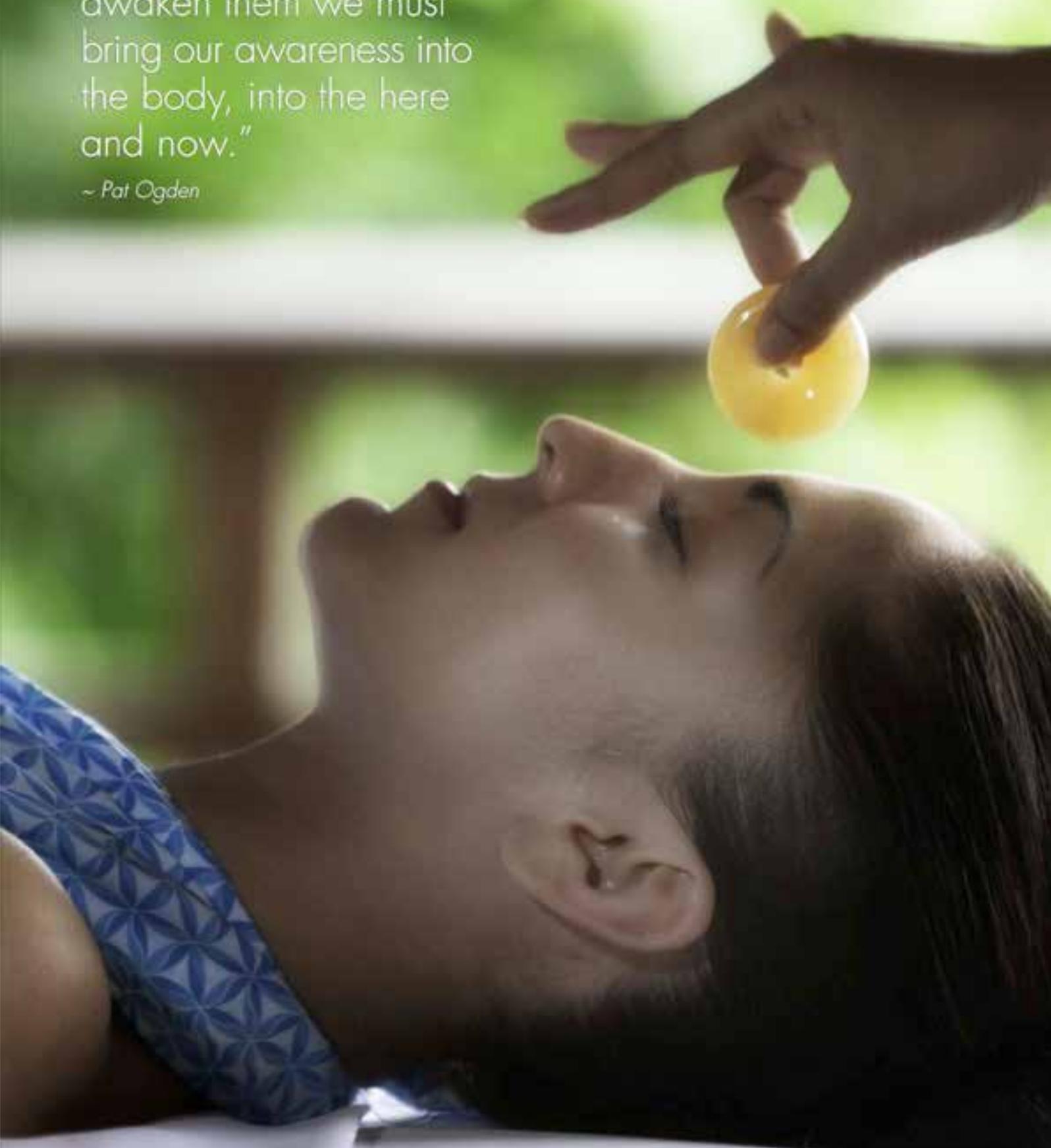
### **After sun & Aloe Wrap**

Gentle massage with a special blend of fresh Aloe Vera gently rubbed and entire body enjoy face & scalp massage. While wrap heal, penetrates and soothes the skin.

60min RM340

"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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## 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. 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.

60min RM380

90min RM525



### **Rejuvenating Eminence Facial**

Integrating stone crop, a prehistoric succulent with water-storing leaves, this organic facial rejuvenates your skin with an extra portion of moisture for a supple and radiant look. Pear & poppy seed exfoliate will wash away dry dull skin cells and lighten pigmentation spots, while a stimulating massage followed by an intensely hydrating stone crop masque plump your skin from inside-out, smoothing away fine lines and wrinkles. Exotic vanilla sunscreen with SPF 32 will preserve your fresh look as you head to the beach to enjoy the tropics.

For a complete make-over, opt for the longer version with a unique gauze-pulling technique that lifts and gently sculpts the contours of your face into the youthful V-shape.

60min RM350

90min RM515



### **Organic Plant Stem Cell Science Skin-renewing Signature Facial – Anti-aging Solution**

Using state-of-the-art advanced skin health science Plant Stem Cells, at last we can release the life force of the plant in its most pure, unadulterated form. Cultivated in the purest lab conditions without soil, they are toxin-free and this totally new evolutionary-revolutionary process brings a new level of nutrition. The plant cells derived from stem cells from Edelweiss, Coneflower and Pennywort are blended for potency. Clinically proven to lift and firm the skin, reduce fine lines and wrinkles, improve skin's smoothness, tone and clarity, significantly improving the skin's barrier strength while reducing the appearance of age spots.

60min RM380

90min RM525

### **Eminence Eye & Lip Treatment**

Gentle exfoliation with the tropical enzyme of naseberry followed by a raspberry masque and a cooling cucumber gel will alleviate puffiness and dark circles. A rejuvenating wild plum cream will boost elasticity and smooth away fine lines, nourishing the delicate skin and lifting the contours of your eyes. The enzymatic pulp of a pineapple gently dissolves the dry skin flakes on the surface of your lips while a rich shea butter and avocado masque will nourish and stimulate a natural collagen production. Aiding in moisture and shine, the citrus balm will lend your lips a voluptuous, youthful look - perfect for passionate kisses under the tropical sky. An excellent add-on would be the Rejuvenating Eminence Facial or a massage of your choice.

30min RM190

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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.



### **Ultimate Ocean Manicure & Pedicure Treatment**

This ocean spirulina and chlorophyll luxe hand and foot treatment; promote a healthy immune system, deeply delight the senses, invigorate circulatory, lymph and blood flow, detoxify the limbs and return balance to the hands, feet and heart.

Performed by two therapists simultaneously  
60min RM330

### **Ultimate Manicure**

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, polish application  
60min RM160

### **Gentleman's Manicure**

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, buffing  
45min RM160

### **Express Manicure**

Cleansing, nail care, polish application  
25min 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 RM180

### **Express Pedicure**

Cleansing, nail care, polish application  
35min RM110

### **Polish change**

RM65

### **Add - on French**

RM45

## grooming

### **Waxing**

Half Leg	30min	RM160
Full Leg	60min	RM300
Bikini Line	30min	RM160
Brazilian Bikini	30min	RM200
Underarm	15min	RM160

Let the rain kiss you. Let the  
rain beat upon you head  
with silver liquid drops. Let  
the rain sing you a lullaby.

-Langston Hughes





## hair



### **Detox Hair Treatment** \*Harper's BAZAAR Spa Awards 2012 – Most Detoxing Hair Relaxation 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. ( Blow dry are not included )

RM245

### **Intensive Hair & Scalp Treatment for Fine and Thin Hair**

Nourish your hair and grow healthy with "Intelligent Nutrients" PUREPLENTY for fine and thinning hair.

Utilizing exclusively organic ingredient, this unique hair and scalp treatment set the tone for a truly

Special salon experience .

Gentle yet active sulfate-free formula sweeps away buildup to open follicle for healthy hair cycle and hair movement, a body building plant bioactives help restore from within to supports density and volume, creating a thicker and shinier appearance. ( Blow dry are not included )

RM280

#### **women**

trim	RM100	
haircut and style	RM150	
blow dry only	RM60	And Above
shampoo and style	RM80	And Above
shampoo, haircut and style	RM180	
water colour (special organic)	RM200	And Above
colouring*	RM220	And Above
highlights*	RM200	And Above
eyebrow shaping	RM50	

#### **men**

facial shave	RM50	
trim	RM65	
shampoo and style	RM75	
haircut and style	RM100	
shampoo, haircut and style	RM140	
colouring*	RM140	And Above
highlights*	RM120	And Above

#### **special occasion**

shampoo and setting roller's	RM120	And Above
bridal hairstyle	RM450	
groom hairstyle	RM160	
bridal makeup	RM450	
hair beads	RM8-16	(Perline)
hair braiding	RM16-30	(Perline)
styling/chignon	RM250	And Above
make up function/dinner	RM350	

#### **children**

haircut	RM60	
shampoo and style	RM45	And Above
shampoo, haircut and style	RM140	

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.

Our hair salon is located on the ground floor in - front of elevator at north wing.



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## body, mind & consciousness

### **Yoga is a way to move your body access your mind and connect with your heart.**

V Integrated Wellness offers a wide range of holistic and integrated yoga practices to suit individual needs. Our yoga master will discuss your needs with you and create an individually tailored lesson according to your constitution and requirements. These classes will not only assist you to develop strength, flexibility, and balance, but also reduce stress by enhancing your mental awareness and help you to find inner peace.

60min: RM200 (Single), RM300 (Couple)

90min: RM250 (Single), RM350 (Couple)



### **Gentle Yoga For Therapy**

This involves a specially designed set of yoga postures, pranayamas (breathing exercises) and relaxation techniques, after a brief health assessment. These sessions are designed to promote general well-being and relieve the body & mind from responses caused by physical, emotional or physiological trauma and modern life stress.

### **Yoga Sleep**

Often described as Yoga Nidra, this is a guided spiritual method of inducing complete physical, mental and emotional relaxation until you reach a state of deep sleep with your consciousness remaining awake. Functioning at a deeper level of awareness, your mind will open up to deep spiritual insight.

### **Yogic Art Of Breathing**

In ancient Sanskrit this is called Pranayama, means 'extension of the life force'. The Pranayama technique unfolds around mastering the art of conscious breathing. We often take breathing for granted, without realizing how many levels it affects us on. Each time we inhale we bring life-bearing oxygen into our body, and spark the transformation of nutrients into fuel. Breathing affects our state of mind, making us excited or calm, anxious or relaxed. Breathing is the path that takes a person's body to the soul.

### **Vedic Meditation**

The mind is said to be like a still lake until a thought enters it like a drop of rain. This spiritual meditation technique involves focusing your mind on the present and observing the thoughts, emotions, sensations, and images that arise in the mind, without judging and reacting, the way you watch the passing clouds in the sky. Eventually one experiences a thoughtless state that is the ultimate aim of yoga.

## cleansing techniques

\*Practiced only on an empty stomach. Participants need a brief consultation prior to booking.



### **Nasal Rinse**

Warm saline water is poured through both nostrils one-by-one followed by cleansing breathes to completely open the respiratory tract and make free flowing breathing. Jala neti removes many types of problems of the eyes, nose, ears, head and throat. After the lesson you will have a Jala neti pot and can practice at home.

45min RM250

### **Dhauti - Internal Cleansing**

A technique to remove bile, phlegm and other toxins of the body leading to rejuvenation. Participants consume warm saline water and regurgitate afterward.

45min RM200

### **L . S . P - Deep Colon Cleansing**

Also referred as the short intestinal wash. This involves drinking several glasses of warm saline water and expelling the water through stool after a series of exercises (asanas). It completely cleanses the GI tract which will lead to rejuvenation.

90min RM250

Kindly speak with our Yoga Master for Kundalini Yoga Retreat, and Juice Detox Yoga Retreat.

Enjoy a variety of complimentary group activities conducted on our Stars platform or in the Movement & Spining Studio. A detailed schedule of the daily classes is available in your room and at all V Integrated Wellness outlets.

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

There is nothing like  
returning to a place  
that remains  
unchanged to find  
the ways in which  
you yourself have  
altered.

~ Nelson Mandela





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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.



### **Vibrational Therapy**

The vibration training goes well beyond toning and firming muscle, it also offers whole body massage and relaxation. The end result is an incredible and immediate improvement in enhanced metabolism, increased bone mineral density, reduction of cellulite, reduction of the stress hormone cortisol, elevation of human growth hormone, improved muscle strength, improved lymphatic flow, improved balance and overall flexibility. Having the Vibrational Therapy for 10 minutes is considered to be equivalent to 60 minutes of resistance training. It helps optimize fitness performance and improves overall regeneration and health with only 20-30 minutes per session, three times a week. When combined with diet, can help to achieve a sustained, long-term weight loss of up to 10%. You must try it for yourself to truly believe it.

30min RM100, 20min RM75, 10min RM40 (sampler)

60min: RM200 (Single), RM300 (Couple)

### **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.

### **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.



### **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.

### **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.

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



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## Boot Camps and packages

You've been saying it for months, maybe even years, now we challenge you to do it! Bring the sexy back and claim your lean toned body. Designed to shock your body for fast results, the routines incorporate circuit, core, cardiovascular and weight training that will help you develop strength, stamina and agility.

### What to expect in the 5 step success of your boot camp experience

1. Biological Impedance Analysis (BIA) - The results will provide us an insight to your overall cellular health and help us recommend the best program for you.
2. Customised program according to your needs
3. Meal plans – get a personalised meal plan by our personal trainer that will help you boost metabolism and maintain muscle mass.
4. Customised workout plan – we will provide you with the most effective workouts that will keep you excited to continue your routines at home and continuous support on our Facebook page.
5. Lifestyle assessment and recommendation for real-life skills you'll need to carry out those plans in your everyday life once you leave the camp.

60 Min Rm 200 (Single) Rm 300 (Couple)

### Go Fatless with our cardio exercise "Treatment"

Try our version of exercise treatment for fat loss and lose up to 1kg in just 45mins

Using latest techniques of effective cardio exercises, with minimum Pain, Exhaustion or Hard Sweating. This technique is based on burning "Fasted Cardio" and best done while under the fasting state first thing in the morning after 6-8 hours of sleep. This ensures that there is no ATP (Adenosine Triphosphate) or calories available to use as energy hence the technique ensures you will use 100% of your body fat as fuel for your workouts

\*Fat loss depends on the intensity of cardio exercises done and the fitness level and weight of the person.

60 Min Rm 200

### Fabulously Fit Makeover

Learn easy fat burning exercises that can burn over 1000 calories to help you achieve the lean sexy body you've always wanted. To flaunt a flawless bikini ready body, finish with an indulgent body scrub. Package includes:

Biological Impedance Analysis (Health Assessment)

1 hour Boot Camp or Fat Burn Session

50 Minute Chi Nei Tsang Massage or Body Scrub

Rm 430

### Athlete's special

Sticking religiously to your workout routine will cause your body to reach a plateau as "muscle memory" recalls, your body will adapt to repetitive stimulus. Let our Fitness Experts

take your workout to another level! Further enhance your performance with our Athlete's Massage designed to support your workout by reducing recovery time, improving muscle flexibility and reducing injury. To flatten that bulge and see instant results, add a Chi Nei Tsang massage and experience the healing hands of the therapist working on your abdomen. Stimulate your intestines, abolishing toxins, improving digestion and metabolism, and revitalising your entire body.

Rm 430

Package includes:

50 minutes personal training by Fitness Expert

50 minute Chi Nei Tsang or 50 minute Athlete's Massage to soothe the sore muscles.

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

Look deep into nature,  
and then you will under-  
stand everything better.

-Albert Einstein





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## 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 Consultation will enable our Wellness Consultant 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 can cause our bodies to accumulate incredible amounts of toxins that compromise the vital functions of our organs. The Detox Program will cleanse your body from inside-out, 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 Consultation
- Chakra Balancing Massage
- Dry Skin Brushing
- Eminence Chocolate Truffle Body Wrap
- Spice Bath
- Manual Lymphatic Drainage
- Chi Nei Tsang
- Holistic Gemstone Facial
- Detox Hair Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Intellimmune Oil or Intellimmune Tablet - super anti-oxidant complex for daily intake
- Certified Organic Harmonic Body Wash by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 20% discount on additional spa treatments and salon services
- 20% discount on face, body and hair retail products

RM3199

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### Deep Relaxation

Facing the occasional overwhelming demands of the everyday life, 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. Allow yourself to be the very focus of attention. Be spoiled and pampered from head to toe, enjoying treatments that will restore harmony within your body and peace to your mind.

- Holistic Lifestyle Consultation
- Revitalizing - Ocean Scrub
- Buah Keras / Candle Nut
- Chakra Balancing Massage
- Manual Lymphatic Drainage Massage
- Chi Foot Reflexology
- Rejuvenating Eminence Facial
- Nurturing Hair and Scalp Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Intellimune Oil or Intellimune Tablet - super anti-oxidant complex for daily intake
- Certified organic body Elixir by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 20% discount on additional spa treatments and salon services
- 20% discount on face, body and hair retail products

RM3199



### Soul Connection \*Harper's BAZAAR Spa Awards 2013

Resembling the ocean, every relationship experiences high and low tides, with warm streams bringing us together, and powerful waves letting us drift apart, leaving us longing with the desire to reunite and revive the passion of yesterday. The 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, senses heightened and energies aligned, you will encounter one another on a deeply spiritual level, and renew the eternal bond between the two of you.

- Holistic Lifestyle Consultation
- Chakra Balancing Massage
- Kahuna Wave Massage
- Organic Plant Steam Cell Science Skin Renewing Singature Facial
- Love Bathing Ceremony (Comes with Sparkling Juice and exotic fruit skewers)
- Couples Yoga Session
- Tantric Meditation Session
- 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) includes 1 juice per meal
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 20% discount on additional spa treatments and salon services
- 20% discount on face, body and hair retail products

RM5199 (Couple)

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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. The Anti-Aging Program utilizes potent plant-derived ingredients with maximum antioxidant power to fight free radicals, promote cell regeneration and revitalize the functions of your body. The facials 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 Consultation
- Eminence Coconut Sugar Scrub
- After Sun & Aloe Wrap
- Dry Skin Brushing
- Time Traveller Massage
- Kahuna Wave Massage
- Holistic Gemstone Facial
- Eminence 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
- Restorative Moisturising Emulsion - certified organic body Elixir by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 20% discount on additional spa treatments and salon services
- 20% discount on face, body and hair retail products

RM3199

## Vitality

Passionate about reaching the goals we set for ourselves, we constantly attempt to maximize our efficiency forgetting to remain balanced by depriving ourselves of sleep, compromising on our diet and neglecting our emotional needs. Too busy to notice the warning signs, we find ourselves depleted and vulnerable to a Burnout Syndrome. The Vitality Program replenishes your body and nurtures 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 Consultation
- Eminence Coconut Sugar Scrub
- Eminence Eye & Lip Treatment
- Kahuna Wave Massage
- Traditional Thai Massage
- Chi Foot Reflexology
- Rejuvenating Eminence Facial
- Detox Hair Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- Restore - certified organic body Elixir by Intelligent Nutrients for daily application
- Intellimune Oil or Intellimune Tablet - super anti-oxidant complex for daily intake
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool
- 20% discount on additional spa treatments and salon services
- 20% discount on face, body and hair retail products

RM3199

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

~ Mirka Knaster



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## 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	12.00pm to 8.00pm (except Monday)
V Beach Club	9.00am to 9.00pm	V Wellness Desk	10.00am to 4.00pm
V Fitness	7.00am to 8.00pm		

### 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 Beach Club	extension 556	V Wellness Desk	extension 556
V Fitness	extension 582		

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, 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 dietary concerns and communicate your fitness goals, so that we can truly customize your experience, ensuring that you enjoy to the fullest.

### 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 staff will be delighted to assist you with the selection of products that truly meet your needs.

### 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.



We do not see nature  
with our eyes, but with our  
understandings and our  
hearts.

-William Hazlitt