



THE ANDAMAN
RESORT
LANGKAWI

THE
LUXURY
COLLECTION



INTEGRATED WELLNESS

conscious living

The Andaman, a Luxury Collection Resort, Langkawi.
Jalan Teluk Datai,
07000, Langkawi, Kedah.
04 959 1088

MASSAGES

Urut Melayu (Traditional Malay Massage)

This is a deep tissue massage with lemongrass and coconut oil using long kneading strokes with thumb and palm pressure that 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 RM350

90min RM450

Chakra Balancing Massage

There is energy centres 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 touches 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 RM350

90min 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 RM350

90min RM450

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 creating a marvellous sensation of head-to-toe relaxation.

60min RM350

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, this massage helps relieve muscle spasms and cramps while promoting blood circulation that will also help relieve puffy ankles and varicose veins.

60min RM350

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HOLISTIC THERAPIES

Chi Nei Tsang

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 to stimulate your intestines to abolish toxins, improve digestion and metabolism to revitalize 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 RM350

Abhyanga Snanam

Abhyanga Snanam is an ancient oleation therapy for many ailments. A deep relaxing full body massage is given with a small amount of heated sesame oil to the skin using gentle strokes by skilled therapists, giving you a healthy body and mind. This practice results in a series of benefits such as healthy appetite, alertness, peaceful sleep, reduced stress, anti aging and detoxification of the blood which solves immune system problems

60min RM350

Shirodhara

The word "shiro" means head and the word "dhara" means stream. Shirodhara involves pouring of warm stream of herbal oil on the head or over your third-eye chakra. This beautiful deeply relaxing treatment is thought to work by relaxing the hypothalamus in the brain. It can also normalize the functions of hormones that regulate sleep, emotions and migraines. Shirodhara is also effective in treating mental conditions such as anxiety and mental stress.

30min RM200

60min RM350

Shiro Abhyanga - Indian Head, Neck & Shoulder Massage

Shiro Abhyanga is a procedure of applying prescribed coconut oil with a gentle massage on the head which helps you unwind.

This treatment nourishes the scalp, relaxes, relieves tension and headache, improves blood circulation to the head, strengthens the hair follicles and helps to treat thinning hair. Enjoy the panoramic views of the Datai Bay while getting a traditional Indian massage on your head, neck and shoulder

30min RM200

60min RM350

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TIMELESS SPA RITUALS

V Signature "Song of The Malay Rainforest" Ritual

Evoke the rainforest spirits with this unique ritual that focuses on a sensory journey that puts every man and woman drifting into a deep meditative space.

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)

3 Hours RM800

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
Chi Foot Reflexology
Chocolate Truffle Body Wrap
Love Bathing Ritual
Sparkling wine or Sparkling Juice

2.5 hrs RM1195 Per Couple

Journey Through Wellness

Experience 1.5 hours of utter bliss with 3 award winning signature treatments in 1 package! Built around 3 types of healing philosophies in Asia deeply rooted in ancient Ayurvedic, Taoist and Malay practices.

Shiro Abhyanga - (Ayurvedic head, neck and shoulder massage) 15 minutes
Chi Nei Tsang Massage 25 minutes
Traditional Malay "Urut" Massage 50 minutes

1.5 hours RM 600

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FACIAL

Holistic Gemstone Facial

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 dry dull skin cells and lighten pigmentation spots, while a stimulating massage followed by an intensely hydrating stone crop masque will 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 RM360

90min RM515

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

Cultivated in the purest lab conditions without soil, this toxin-free product releases the most pure, unadulterated form of anti-aging that brings a new level of nutrition. The plant cells are derived from Edelweiss, Coneflower and Pennywort stem cells that 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

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 tomato and cucumber into our delicious experience.

60min RM330

Eminence Eye & Lip Treatment

Gentle exfoliation with the tropical enzyme of naseberry followed by a naseberry 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 RM200

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BODY ENVELOPMENT RITUALS

Eminence Chocolate Truffle Body Wrap

Cocoa is a highly nutritious source of antioxidants. The ultimate luxury scent leaves you feeling pampered as you treat your body with a calorie free chocolate truffle that fights the signs of aging, leaving it vibrant, refreshed and smooth.

50min RM300

After Sun & Aloe Wrap

A gentle massage with a special blend of fresh Aloe Vera is gently rubbed to the entire body, face & scalp. The wrap helps to heal, penetrate and soothe the skin leaving you with a pearly glow.

50min RM340

Barut Gamat Awet Muda (Regenerating Gamat Body Envelopment)

Surrender yourself to the blend of lemongrass, rice and kaffir lime 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.

60min RM395

BATHING CEREMONIES

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.

20min RM195

Spice Bath

Infused from galangal, ginger, clove, cinnamon and spiced essential oils that contain an impressive list of plant derived chemical compounds known to have disease preventing and properties that have been in use since ancient times for their anti-inflammatory, carminative and anti-flatulent properties. The bath increases blood flow 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

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HANDS & FEET

Ultimate Ocean Manicure & Pedicure Treatment

This ocean spirulina and chlorophyll luxe hand and foot treatment promote a healthy immune system by deeply delighting the senses, invigorating circulatory, lymph and blood flow, while detoxifying the limbs and returning balance to the hands, feet and heart.

Performed by two therapists simultaneously.

60min **RM340** 90min **RM500** Cuccio Gel Color

Ultimate Manicure

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, polish application

60min **RM180** 90min **RM270** Cuccio Gel Color

Gentleman's Manicure

Cleansing, gentle exfoliation, cuticle care, nail care, moisturizing massage, buffing

45min **RM180**

Express Manicure

Cleansing, nail care, polish application

25min **RM110** 60min **RM200** Cuccio Gel Color

Extention Nail Gel

2 hours **RM390**

Nail Art with Accesories

RM30 and above for each Finger

Ultimate Pedicure

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

60min **RM200** 90min **RM300** Cuccio Gel Color

Gentleman's Pedicure

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

45min **RM200**

Express Pedicure

Cleansing, nail care, polish application

35min **RM130** 60min **RM220** Cuccio Gel Color

Polish change

RM65 **RM100** Cuccio Gel Color

Add - on French

RM45 **RM 90** Cuccio Gel Color

Gel Polish Remover

RM70

GROOMING

Waxing

Half Leg 30min **RM180**

Full Leg 60min **RM300**

Bikini Line 30min **RM180**

Brazilian Bikini 30min **RM220**

Underarm 15min **RM160**

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HAIR

Detox Hair Treatment

Gorgeous shiny hair comes from within. Pioneering an innovative approach to hair care, this unique organic treatments designed by "Original & Mineral" will deeply purify your hair, liberating it from artificial product build-up while releasing environmental toxins. Completely stress-free and deeply moisturized with the Awards winning Seven Day Miracle Moisture Masque, your hair will glow the "O&M" way. (Blow dry is 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 build up to open the follicle for a healthy hair cycle and movement while a body building plant bioactive supports density and volume, creating a thicker and shinier appearance. (Blow dry is not included)

RM280

Women

trim	RM100
blow dry only	RM60 And Above
shampoo and blow dry	RM80 And Above
shampoo, haircut and blow dry	RM200
water colour (special organic)	RM200 And Above
colouring*	RM250 And Above
highlights*	RM200 And Above
eyebrow shaping	RM50

Men

facial shave	RM60
trim	RM70
shampoo and style	RM75 And Above
shampoo, haircut and style	RM130
colouring*	RM140 And Above
highlights*	RM120 And Above

Special Occasion

shampoo and setting roller's	RM120 And Above
bridal hairstyle	RM500
groom hairstyle	RM160
bridal makeup	RM500
hair braid's with beads	RM8 And Above (Perline)
crochet hair braid's	RM16 And Above (Perline)
styling/chignon	RM250 And Above
make up function/dinner	RM400
nurturing scalp treatment	RM245

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 the elevator at the north wing.

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CLEANSING TECHNIQUES

Nasal Rinse

Warm saline water is poured through the nostrils one-by-one followed by cleansing breathing to completely open the respiratory tract for a free flowing breath. Jala Neti removes many types of problems of the eyes, nose, ears, head and throat. Recommended for those with sinuses. After the lesson you will receive the Neti pot to continue practicing 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* followed by Ghee Rice

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. This is followed by consumption of warm ghee and rice after the cleanse.

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

90min **RM350**

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 & Spinning Studio.

* A detailed schedule of the daily classes is available in your room and at all V Integrated Wellness outlets.

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Chakra Meditation

Tuning with inner awareness by using specific sound called "Bija Mantra". Keeping the chakras in balance has been linked to maintaining mental and physical wellbeing. Through chakra meditation, you can improve the balance of your key chakras and bring your health and mental attitude into a more peaceful state releasing the pranic and physiological blockage to activate "Kundalini Energy". It is considered as one of the best healing meditation.

OM Meditation

Meditation that involves the chanting of 'Om' or 'Aum' is called Om meditation. Om is the first sound that emerged from the vibrations of the cosmic energy that created the universe. Chanting Om will give you a sense of the source of the universe and when chanted right, Om's sound reverberates through your body, filling it with energy and tranquillity.

Trataka

Trataka involves a series of eye exercise and gazing on candle light or one object. This form of meditation allows the person gazing to go through their higher consciousness state of mind. This practice enhances the memory and sharpens mental focus. Direct gaze of neutrality can heal and give you the instant ability to contact your own higher guidance.

1 hour

Cyclic Meditation

Developed to alternate stimulation and relaxation to go into deep silence through a combination of yoga postures, breathing, chanting and deep relaxation techniques. Cyclic Meditation relaxes the body through total body awareness and bestows a deep silence of mind. In the end one should feel much calmer and are ready to face the everyday grind.

Therapeutic Yoga

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 Nidra

Yoga Nidra or yogic sleep is a state of consciousness between waking and sleeping. 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.

Pranayama

Yoga Breathing or Pranayama, is the foundation of yoga practice. It begins with deepening breathing then moves into more advanced breathing exercises. Pranayama is considered as one of the highest form of purification and self-discipline, covering both mind and body. Right ways of breathing enhances quality of life, conscious living and mind-body-soul discipline. Pranayama has significant benefit on several daily health issues like stress and psychological well-being. It works by removing of blockages in Nadi (Internal Energy Channel) and Chakra.

Mindful Meditation

Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training. It significantly enhances the sensory perception, releases the past memory and self-corrects extended awareness.

Detoxify Meditation

Meditation to cleanse the mind and body that help release pranic and physiological blockages by using breathing techniques and meditation. It is been shown to ease depression, improve mental function, reduce stress and anxiety. It also reduces thought patterns, or attachments to negative feelings that actually influences physical chemistry

60min: [RM200](#) (Single), [RM300](#) (Couple)

90min: [RM250](#) (Single), [RM350](#) (Couple)

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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 creates a balanced musculature, tight abdominal muscle 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 engage 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, reduce lower back pain and prevent injuries.

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.

EMS

EMS (Electric Muscle Stimulation) is a functional workout system that delivers an intense full-body workout by sending electrical impulses to over and activating 90% of the muscles. It targets specific areas requiring only 20 minutes of workout instead of long high intensity, gentle on your joints workouts yet is able to increase muscle mass growth in just a few months. Apart from being used by elite athletes to enhance performance, the system is also used for medical professionals for physiotherapy and rehabilitation.

Vibrational Therapy

The vibration training goes well beyond toning and firming muscle, it also offers whole body massage and relaxation. Experience immediate improvements such as 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)

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