



Ayurveda

“Ayurveda” is a Sanskrit word that literally translates ayur (life) and veda (knowledge). It is one of the world’s oldest medical systems that originated in India more than 5,000 years ago. Its concepts about health and disease promote the use of herbal compounds, special diets and other unique health practices.

Ayurveda has thus been passed down through centuries as a complete healing system, evolving to meet the needs of the time, and yet remaining committed to its core principles. Key concepts of Ayurvedic medicine include universal interconnectedness (among people, their health, and the universe), the body’s constitution (prakriti), and life forces (dosha). Using these concepts, Ayurvedic treatments include compounds of herbs or proprietary ingredients, and diet, exercise and lifestyle recommendations.

- Abhyanga Snanam
- Shirodhara
- Shiro Abhyanga - Indian Head, Neck & Shoulder Massage
- Navarakizhi
- Podikizhi
- Udwarthanam
- Balance Ritual Package
- Restore Ritual Package
- Personalized Private Yoga Session
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- 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*

* 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.

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.