



INTEGRATED WELLNESS

conscious living

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 5 days / 4 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.

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
- Isla Das Rocas - Ocean Scrub
- Tangerine Fig Butter Wrap
- Chakra Balancing Massage
- Chi Foot Reflexology
- Soothing Hinoki Mint Mineral Bathing
- Holistic Gemstone 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
- Innercalm - certified organic body Elixir by Intelligent Nutrients for daily application
- V Healthy Cuisine (Lunch and Dinner for 4 nights) includes 1 juice per meal
- Fruit Basket upon arrival
- Daily fitness and body & mind activities
- Morning and/or evening Nature Walks
- Use of V Fitness and Pool

RM3199 per person (not including accommodation and meals)

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.