



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.

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
- Ginger grass Bamboo Scrub and Buff
- Dry Skin Brushing
- Jasmine Rose Rhassoul Clay
- Detoxifying Neroli Cypress Bathing
- Manual Lymphatic Drainage
- Chi Nei Tsang
- Holistic Gemstone Facial
- Detox Hair 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) 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 & 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.