



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.

### **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
- Bioactive Berry Scrub
- Invigorating Organic Birch Mineral Bathing
- Kahuna Wave Massage
- Traditional Thai Massage
- Chi Foot Reflexology
- Nature Omega Lymphatic Facial
- Detox Hair Treatment
- Personalized Private Yoga Session
- Personalized Private Training Session
- 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
- 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
- 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.