

Welcome to Ipoh's Best Kept Secret

The Banjaran Hotsprings Retreat. Where a journey of holistic wellness beckons.



Malaysia's first luxury natural wellness hotsprings destination is ideal for an uplifting experience of the body, mind and soul. Immerse your senses in our award-winning treatments and haven of natural wonders.

Winner of:

Expatriate Lifestyle The Best of Malaysia Awards 2010
Excellence Award – Best Spa Resort
Excellence Award – Best Non-Beach Resort

Harper's BAZAAR Spa Awards 2010

Luxe Organic Treatment:
KuuSh Rejuvenating and Relaxing Facial and Body Treatment
Best Eastern Fusion Massage:
The Banjaran Signature Massage

Malaysia Landscape Architecture Awards 2009

Excellent Landscape Design & Planning

Voted by:

AsiaSpa
Top 10 Spiritual Retreats in Asia 2010

DestinAsian
2010 Luxe List

Nominated by:

AsiaSpa Awards 2010
New Spa of The Year 2010
Spa Retreat of The Year 2010



Your Complete Spa & Wellness Hideaway



Tucked away minutes from Ipoh town, The Banjaran Hot Springs Retreat is Malaysia's first luxury natural wellness hot springs destination. The self-contained sanctuary, nestled in a 16.59-acre valley, is cocooned by lush tropical jungle, natural geothermal hot springs and a cluster of magnificent limestone hills; presenting the ultimate getaway to rest, renew and rejuvenate.

Besides 25 luxurious villas complemented by a spa and wellness centre offering authentic Asian holistic wellness and spa treatments inspired by Malay, Chinese and Indian cultures, this amazing haven of natural wonders also boasts a host of unique features – a Thermal Steam Cave, Meditation Cave, Crystal Cave, outdoor rainforest shower, foot reflexology path, hot springs dipping pools, ice bath, Doctor Fish Pond containing 6,000 exotic Turkish Garra Rufa fish, swimming pool with naturally heated water from the hot springs, a gym to work out, and an observation deck overlooking a lake against the breathtaking backdrop of its natural setting for Yoga, Qi Gong and Tai Chi.

The Banjaran's environment and philosophy are designed to encourage a transformation towards wellness. In addition, it is built on eco-friendly practices with conservation given high priority.

On arrival at the retreat, guests go through a personalised wellness consultation. This is to ensure that their wellness goals are set off by an itinerary that features appropriate activities, thus optimising their visit and time. Guests can also opt to undergo consultations in naturopathy, nutrition and fitness.

The Banjaran Hot Springs Retreat's extensive spa menu comprises authentic Malay treatments, Ayurvedic and Traditional Chinese Medicine. It also offers treatments like colon hydrotherapy and antioxidant restoration therapy, in addition to energy healing treatments including Reiki, as well as a variety of massages, foot reflexology, organic facials and body treatments.

For meals, spa cuisine is served at The Pomelo – the retreat's all-day dining restaurant. Spa cuisine draws on the freshest organic and locally sourced ingredients, and is designed to be well-balanced and easily digested; truly completing guests' experience at The Banjaran.

The 25 villas consist of garden and water villas measuring 2,808 sq ft and 1,667 sq ft respectively. They are designed to blend the indoors with the outdoors, leveraging on heavy wood, glass, and Malaysian fixtures and furnishing. The villas exude a contemporary feel with each abode featuring an extensive outdoor terrace bearing a plunge pool, living and dining area, with a state-of-the-art sound and music system enhancing the overall mood.

Stepping in, the sumptuous bedroom suite comprises an oversized bed, writing desk, television cabinet and other luxurious conveniences. The spacious bathroom accommodates a walk-in closet and looks out to the luscious landscape. Guests can enjoy a refreshing rainfall or regular shower using an entire range of soothing bath and body care products that are exclusively sourced. Just outside the bathroom, an outdoor sunken Jacuzzi offers the therapeutic benefits of natural hot springs water; presenting the perfect reason to soak and take pleasure in a soothing massage of swirling bubbles.

Refresh and recharge your body, mind and soul at The Banjaran, for its experience is truly centered on wellness and life enhancement.



Nature Abounds



Heart and Soul of The Banjaran

The retreat's Spa & Wellness Centre is where the road to wellness begins. Experience the true inherent Asian philosophy of wellness, with treatments and therapies inspired from the ancient ethnic traditions of indigenous Malay, Chinese and Indian cultures.

The Spa and Wellness Centre comprises 7 treatment villas catering to single guests and couples alike. There are moreover 3 thematic rooms for Ayurvedic, Traditional Chinese Medicine and Traditional Malay treatments. The Centre uses natural skincare ranges which have no artificial perfume, colouring, preservatives or harmful chemicals, that have not been tested on animals. It also uses organic skin care products which are Halal-certified, 100% carbon-free, without preservatives or chemicals, and are suitable for vegans. The products are contained in recyclable packaging in line with The Banjaran's philosophy that is geared towards eco-friendly practices.

The Spa and Wellness Centres opens daily from 9.00 a.m. until 7.00 p.m., with the



The Banjaran Hotsprings Retreat features a host of unique offerings, inspired by nature. These common facilities are made available to all guests of the retreat and aptly harmonise with the overall spa and wellness experience.

With three million litres of fresh hot springs water billowing up daily from the ground below, guests may dip in the Geothermal Hot Springs Dipping Pools that are Jacuzzi styled. The temperature which ranges between 40°C to 70°C, can be self-regulated according to personal preference.

Taking advantage of the hot springs source is also the natural Thermal Steam Cave. It presents a form of restorative therapy to help soothe, relax and detoxify. As body temperature rises and the pores start to open, it instigates perspiration which in turn, helps to eliminate toxins naturally from the body.

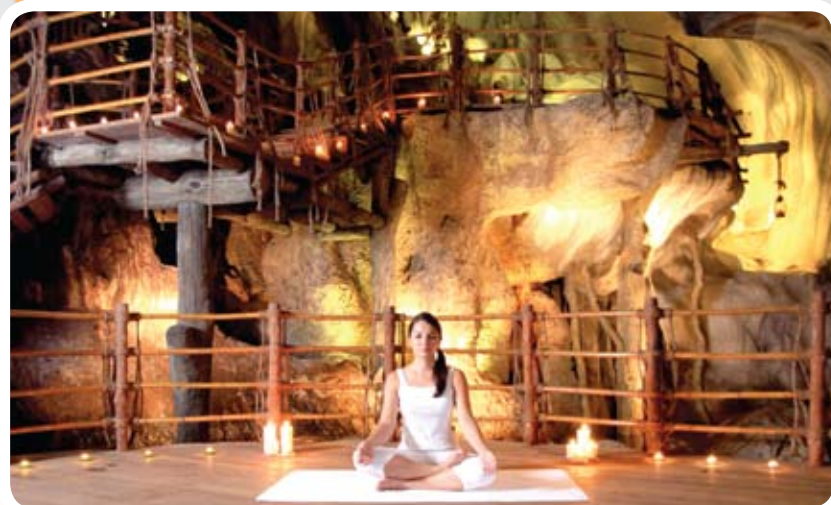
After the therapy, guests can cool down in the ice bath and shower. The Ice Bath is highly invigorating. Plunging into a freezing body of water helps increase circulation throughout the body, reduce blood pressure, and strengthen the parasympathetic and sympathetic nervous systems.

The Banjaran also showcases many caves which have been adapted into various features for guests' use. The Meditation Cave is awe-inspiring. With natural 'wall paintings', it was formed by granite and limestone, and offers complete seclusion for relaxation and meditation. Similarly, the Crystal Cave's amethyst and clear quartz crystals enable guests to experience their metaphysical healing properties. Private energy healing treatments such as Reiki can also be conducted in this unique setting.

A pool of Garra Rufa Fish from Turkey invites guests to dip their legs and feel the tickling sensation of little fish nibbling on their skin. The unusual treatment helps to alleviate psoriasis and is beneficial for scrubbing away dead skin cells, thus rejuvenating the skin. The Banjaran's Garra Rufa Dr. Fish Pool is also surrounded by a therapeutic reflexology pebble walk.

Merging with the surrounding environment, the freeform swimming pool's water is heated by underwater hot springs streams. Lazing away at any time of the day is a pleasure in this naturally heated pool, where swimming laps are also possible.

Last but not least is Jeff's Cellar. A unique experience, not just for the wines it features, the cellar is built into a grotto with some of the most spectacular cave concretions in the world. Its magnificent formation by a series of large stalactites and stalagmites has created a fantastic underground scenery. Jeff Cellar can also be turned into a dining and pre- or post-dinner cocktails venue.



last appointment at 6.00 p.m. Guests are encouraged to make prior reservations. The Spa welcomes guests 18 years of age and over.

Pamper and please yourself with the retreat's star treatments. The Banjaran Signature Massage combines healing traditions of the three ethnic cultures, all in one therapeutic massage. Guests may also opt for the luxurious organic treatment, KuuSh Rejuvenating and Relaxing Facial and Body treatment. Beginning with a zesty, fresh foot exfoliation using volcanic ash, ginseng and lime, it is followed by an aromatic oil massage and finished with a soothing lavender body mask and wrap.

Healthy Indulgence This Christmas

“**T**is’ The Season to Be Healthy” and our Chef’s Special Christmas Menu at The Banjaran’s award-winning restaurant – The Pomelo – is simply irresistible.

Available for lunch and dinner from 1 to 31 December 2010 at only RM150++ per person, the scrumptious menu starts off with an appetiser of Fennel and Pomegranate Salad with Marinated Fresh Prawn, Micro Cress and Almond Vinaigrette. The soup dish, Spiced Oxtail Consommé, is served with dried dates and mushroom ravioli.

For mains, the choice is between Roasted Turkey Breast served with Manuka Honey-Glazed Baby Carrot, Broccoli, Chestnut Stuffing, Light Jus and Cranberry Glaze, or Pan-Seared Fillet of Sea Grouper with Wilted Swiss Chard, Ceps Risotto Cake and Light Blue Crab Jus. For the finale, indulge in a healthy Steamed Plum Pudding with Apple Compote and Crème Anglaise. Organic Coffee or Herbal Tea and Chocolate Praline draw the meal to a close.

Diners may also take advantage of The Banjaran’s special dining promotions. For group bookings, with every six (6) persons dining on Chef’s Special Christmas Menu, one (1) person dines complimentary. If celebrating a birthday in the month of December 2010, receive a 10% discount on your total bill when you dine a la carte in a group of 2 to 48 persons at The Pomelo or Juice Bar. Customised menus for celebrations are also



available. Additionally, enjoy 10% discount on bottle purchases of selected organic wines when you dine at The Pomelo.

Make your reservations now – Chef’s Special Christmas Menu at only RM150++ per person. Available for lunch and dinner from 1-31 December 2010 and ask for dining promotions too!



Relax and Rejuvenate with The Banjaran's Day Spa Packages

Capture the opportunity to relax! With pampering treatments complemented by light and nutritional spa cuisine and use of all nature-inspired facilities, The Banjaran’s Day Spa packages are really an escape for the senses especially amidst a hectic schedule.

Catered to both men as well as women, The 1.5 hour River Stone Massage Day Spa package at RM388 ++ per person, commences with an oil massage followed by applying water-heated river stones on key points of the body. Aimed at melting away tension and soothing muscles, the stones are coated in massage oil to increase the sense of relaxation and calmness. The massage also helps recharge energy levels, release stored toxins, flush out waste, and stimulate blood circulation and lymph flow.

There is also The Banjaran Signature Massage Day Spa package. At RM450++ per person, this treatment combines the therapeutic and healing effects of three unique traditions for a true healing experience. The award-winning massage begins with an Indian head massage, carries on with the Traditional Malay Urut and concludes with Chinese pressure point foot therapy.

Alternatively, indulge in the KuuSh Facial and Body Treatment Day Spa package. For both female and male, there are a few choices of treatments; anti-aging treatment, detoxifying and the award-winning relaxing facial or body treatments. For two and half hours at merely RM735++ per person, these treatments embody skincare at their purest.

All day spa packages include a personalised wellness consultation - the lifestyle assessment by our health practitioner includes a planning session designed to optimise your experience at The Banjaran. Additionally, guests will also be able to enjoy nutritious Spa Cuisine comprising a crisp and appetising salad, hearty sandwich and a glass of healthy fruit juice. To cap off the wellness experience, guests can utilise facilities such as the Garra Rufa Dr. Fish Pool, Thermal Steam Cave or take a refreshing dip at the geothermal hot dipping pools.

Present The Gift of Wellness

The Banjaran’s wellness gift vouchers ranging in denominations of RM100 to RM1,000 each, are perfect for any occasion. In fact, what better way to wrap up the year than to indulge in a refreshing and healthy experience at the retreat. Have your purchased gift vouchers mailed directly to a lucky friend or family member, or to you to personally present them.

