



### **An Initiation to Wellness**

The Banjaran experience is never just a typical stay; it is the start of a holistic journey for your mind, body and soul. Our initiation programme are an excellent introduction to The Banjaran's natural wonders, rejuvenating spa treatments and its nature-inspired facilities. Whichever programme you choose, it is the conduit to enhancing life.

#### Daily Inclusions

- Villa Accommodation
- Spa Cuisine Menu
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

#### Spa Retreat – 3 Days / 2 Nights

- Malay Spa Pampering Package for Women: Hawa Traditional Malay Journey - Traditional Urut Massage, Hibiscus Scrub, Hibiscus Body Wrap, Tangas Herbal Cleanse & Malay Mandi Bunga (Malay Flower Bath)
- Malay Spa Pampering Package for Men: Adam Traditional Malay Journey - Traditional Urut Massage, Himalayan Rock Salt & Clove Compression, Tropical Boreh Scrub, Tropical Coconut Body Wrap & Malay Mandi Serum (Malay Herbal Bath)
- Rejuvenation Facial
- Choice of Manicure or Pedicure

#### Journey to Wellness – 3 Days / 2 Nights

- Personalised Wellness Consultation
- Naturopathic Consultation
- Anti Oxidant Restoration Treatment
- Energy Healing Treatment
- Aromatherapy Massage
- Private Yoga Session

#### Spiritual Retreat – 3 Days / 2 Nights

- Personalised Wellness Consultation
- Personalised Naturopath Consultation
- Choice of Private Meditation OR Pranayama Breathing Session
- Private Qi Qong Session
- Energy Healing Treatment
- Aromatherapy Massage

	<b>Spa Retreat</b>	<b>Journey To Wellness</b>	<b>Spiritual Retreat</b>
<b>Single Occupancy (per person)</b>	4,650++	4,650++	4,650++
<b>Double Occupancy (per person)</b>	3,450++	3,450++	3,450++

\*Rates are in Ringgit Malaysia (RM) and subject to 10% Service Charge and 5% Government Tax

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.

t +605 2107777 f +605 2107778 www.thebanjaran.com



## Longevity Programme

This programme is designed to decelerate the signs of aging and restore health, highlighting a diet rich in antioxidants for age-defying purposes. Immerse in a range of antioxidant body therapies, as well as a series of natural spa and wellness activities to help you get the best out of life.

### Daily Inclusions

- Villa Accommodation
- Spa Cuisine Menu
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

### 3 nights

- 1 Personalised Wellness Consultation
- 3 Antioxidant Restoration Treatments
- 1 Hydro Bath with Chromatherapy
- 1 Organic Anti-Ageing Facial
- 1 Organic Anti-Ageing Body Polish & Mask Treatment
- 1 Hydro Bath with Chromatherapy
- 1 Organic Anti-Ageing Facial
- 1 Organic Anti-Ageing Body Polish & Mask Treatment
- 1 Personal Training Session
- 1 Private Yoga Session
- 1 Private Meditation Session
- Choice of 1 Reiki or Chakra Balancing Treatment

### 5 nights

- 1 Personalised Wellness Consultation
- 3 Antioxidant Restoration Treatments
- Choice of 1 Traditional Malay Urut or Aromatherapy Massage
- 1 Hydro Bath with Chromatherapy
- 1 Organic Anti-Ageing Facial
- 1 Organic Anti-Ageing Body Polish & Mask Treatment
- 1 Personal Training Session
- 1 Private Yoga Session
- 1 Private Meditation Session

### 7 nights

- 1 Personalised Wellness Consultation
- 1 Nutrition Consultation
- 1 Naturopathic Consultation
- 3 Antioxidant Restoration Treatments
- Choice of 2 Traditional Malay Urut or Aromatherapy Massages

### 14 nights

- 1 Wellness Consultation
- 1 Nutrition Consultation
- 3 Naturopathic Consultations
- 5 Antioxidant Restoration Treatments
- Choice of 2 Malay Urut or Aromatherapy Massages
- 1 Foot Reflexology
- 1 Hydro Bath with Chromatherapy
- 2 Anti-Ageing Facials
- 1 Anti-Ageing Body Polish & Mask Treatment
- 2 Personal Training Sessions
- 2 Private Yoga Sessions
- 2 Private Meditation Sessions
- 1 Private Stretching Class
- Choice of 1 Reiki or Chakra Balancing Treatment

### THE BANJARAN HOTSPRINGS RETREAT (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
t +605 2107777 f +605 2107778 www.thebanjaran.com



**21 nights**

- 1 Wellness Consultation
- 1 Nutrition Consultation
- 4 Naturopathic Consultations
- 7 Antioxidant Restoration Treatments
- 2 Aromatherapy Massages
- 1 Foot Reflexology
- 2 Hydro Baths with Chromotherapy
- 2 Organic Anti-Ageing Facials
- 2 Organic Anti-Ageing Body Polish & Mask Treatments
- 2 Personal Training Sessions
- 2 Private Yoga Sessions
- 2 Private Meditation Sessions
- 1 Pranayama Breathing Session
- 1 Private Stretching Class
- Choice of 3 Reiki or Chakra Balancing Treatments

	<b>3 nights</b>	<b>5 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>21 nights</b>
<b>Single Occupancy (per person)</b>	6,650++	10,400++	14,600++	26,550++	38,150++
<b>Double Occupancy (per person)</b>	4,850++	7,400++	10,600++	18,700++	26,850++

\*Rates are in Ringgit Malaysia (RM) and subject to 10% Service Charge and 5% Government Tax

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
 t +605 2107777 f +605 2107778 www.thebanjaran.com





### **Fitness Programme**

This programme is designed to be energising and reinvigorating, emphasised by a fitness schedule and spa cuisine rich in slow release wholesome natural foods. Aimed at managing the health of your body through a variety of group and one-on-one aerobic and holistic exercise sessions, this programme includes a real jungle boot camp and a series of targeted spa and wellness therapies.

#### Daily Inclusions

- Villa Accommodation
- Spa Cuisine Menu
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

#### 3 nights

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 1 Antioxidant Restoration Treatment
- Choice of 1 Remedial or Aromatherapy Massage
- 1 Warm River Stone Massage
- 1 Personal Training Session
- 1 Private Stretching Class
- 1 Private Yoga Session

#### 5 nights

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 2 Antioxidant Restoration Treatments
- Choice of 2 Remedial or Aromatherapy Massages
- 2 Personal Training Sessions
- 1 Private Stretching Class
- 1 Private Yoga Session
- 1 Jungle Boot Camp

#### 7 nights

- 1 Personalised Wellness Consultation
- 1 Fitness Consultation & Assessment
- 3 Antioxidant Restoration Treatments
- Choice of 2 Remedial or Aromatherapy Massages

- 1 Warm River Stone Massage
- 2 Personal Training Sessions
- 2 Private Stretching Classes
- 1 Private Yoga Session
- 2 Jungle Boot Camps

#### 14 nights

- 1 Wellness Consultation
- 2 Fitness Consultations & Assessments
- 1 Nutrition Consultation
- 4 Antioxidant Restoration Treatments
- 2 Remedial Massages
- 2 Malay Urut Massages using Heat Compress
- Choice of 1 Aromatherapy Massage – Relaxation, Rejuvenation, Muscle Melting or Detoxification
- Choice of 1 Detoxification or Rejuvenation - Body Polish & Mask Treatment
- 3 Personal Training Sessions
- 3 Private Stretching Classes
- 2 Private Yoga Sessions
- 3 Jungle Boot Camps

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
t +605 2107777 f +605 2107778 www.thebanjaran.com



**21 nights**

- 1 Wellness Consultation
- 2 Fitness Consultations & Assessments
- 1 Nutrition Consultation
- 5 Antioxidant Restoration Treatments
- Choice of 3 Remedial or Aromatherapy Massages
- 2 Warm River Stone Massages
- 1 Traditional Malay Urut Massage using Heat Compress
- Choice of 2 Detoxification or Rejuvenation - Body Polish & Mask Treatments
- Choice of 2 Detoxifying, Relaxation or Muscle Melting Hydro Baths
- 4 Personal Training Sessions
- 3 Private Stretching Classes
- 3 Private Yoga Sessions
- 4 Jungle Boot Camps

	<b>3 nights</b>	<b>5 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>21 nights</b>
<b>Single Occupancy (per person)</b>	6,650++	10,400++	14,600++	26,550++	38,150++
<b>Double Occupancy (per person)</b>	4,850++	7,400++	10,600++	18,700++	26,850++

\*Rates are in Ringgit Malaysia (RM) and subject to 10% Service Charge and 5% Government Tax

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
 t +605 2107777 f +605 2107778 www.thebanjaran.com





## Rejuvenation Programme

This programme is designed to be restorative and harmonising, emphasised by relaxing spa and wellness therapies, complemented by nourishing spa cuisine to sustain the body in times of stress and recovery. This programme focuses on complete relaxation from the inside out, to restore control to life and feel completely rejuvenated.

### Daily Inclusions

- Villa Accommodation
- Spa Cuisine Menu
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

### 3 nights

- 1 Personalised Wellness Consultation
- 1 Naturopathic Consultation
- 2 Antioxidant Restoration Treatments
- 1 Rejuvenation Aromatherapy Massage
- 1 Organic Rejuvenation Facial
- 1 Organic Rejuvenation Body Polish & Mask Treatment

### 5 nights

- 1 Personalised Wellness Consultation
- 1 Naturopathic Consultation
- 3 Antioxidant Restoration Treatments
- 1 Rejuvenation Aromatherapy Massage
- 1 Traditional Malay Urut Massage
- 1 Organic Rejuvenation Facial
- 1 Organic Rejuvenation Body Polish & Mask Treatment
- 1 Rejuvenation Hydro Bath

### 7 nights

- 1 Personalised Wellness Consultation
- 1 Naturopathic Consultation
- 3 Antioxidant Restoration Treatments
- 1 Traditional Malay Urut Massage
- 2 Rejuvenation Aromatherapy Massages
- 1 Foot Reflexology
- 1 Organic Rejuvenation Facial

- 1 Organic Rejuvenation Body Polish & Mask Treatment
- 1 Rejuvenation Hydro Bath
- Choice of 1 Pranayama Breathing Session or Private Meditation Class

### 14 nights

- 1 Wellness Consultation
- 3 Naturopathic Consultations
- 1 Nutrition Consultation
- 5 Antioxidant Restoration Treatments
- 1 Traditional Malay Urut Massage
- 1 Aromatherapy Massage
- 1 Warm River Stone Massage
- 1 Foot Reflexology
- 1 Malay Head Cream Bath & Treatment
- 1 Organic Rejuvenation Facial
- 1 Organic Rejuvenation Body Polish & Mask
- 1 Rejuvenation Hydro Bath
- Choice of 1 Reiki or Chakra Energy Balancing Treatment
- Choice of 1 Pranayama Breathing Session or Private Meditation Class

### THE BANJARAN HOTSPRINGS RETREAT (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
t +605 2107777 f +605 2107778 www.thebanjaran.com



**21 nights**

- 1 Wellness Consultation
- 4 Naturopathic Consultations
- 1 Nutrition Consultation
- 7 Anti-Oxidant Restoration Treatments
- 1 Malay Urut Massage
- 2 Rejuvenation Aromatherapy Massages
- 1 Warm River Stone Massage
- 1 Foot Reflexology
- 1 Malay Head Cream Bath Treatment
- 2 Organic Rejuvenation Facials
- 2 Organic Rejuvenation Body Polish & Mask Treatments
- 2 Rejuvenation Hydro Baths
- Choice of 1 Reiki or Chakra Balancing Treatment
- 3 Private Yoga Classes
- 3 Private Meditation Classes

	<b>3 nights</b>	<b>5 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>21 nights</b>
<b>Single Occupancy (per person)</b>	6,650++	10,400++	14,600++	26,550++	38,150++
<b>Double Occupancy (per person)</b>	4,850++	7,400++	10,600++	18,700++	26,850++

\*Rates are in Ringgit Malaysia (RM) and subject to 10% Service Charge and 5% Government Tax

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
 t +605 2107777 f +605 2107778 www.thebanjaran.com





### **Detoxification Programme**

This programme is designed to be holistic and purifying, emphasised by specific therapies and pure, nourishing, detoxifying foods. Focusing on the cleansing of the body, mind and soul, it includes a range of detoxifying spa and wellness therapies to rekindle pure and natural health.

#### Daily Inclusions

- Villa Accommodation
- Spa Cuisine Menu
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

#### 3 nights

- 1 Personalised Wellness Consultation
- 1 Antioxidant Restoration Treatment
- 1 Aromatherapy Detox Massage
- 1 Chi Nei Tsang Abdominal Massage
- 1 Organic Detox Facial
- 1 Organic Detox Body Polish & Mask Treatment
- 1 Detox Hydro Bath

- 3 Antioxidant Restoration Treatments
- 2 Colonic Hydrotherapy Sessions
- 1 Aromatherapy Detox Massage
- 1 Traditional Malay Urut Massage
- 2 Chi Nei Tsang Abdominal Massages
- 1 Foot Reflexology
- 1 Organic Detox Facial
- 1 Organic Detox Body Polish & Mask Treatment
- 1 Detox Hydro Bath

#### 5 nights

- 1 Personalised Wellness Consultation
- 1 Naturopathic Consultation
- 2 Antioxidant Restoration Treatments
- 1 Colonic Hydrotherapy Session
- 1 Aromatherapy Detox Massage
- 1 Chi Nei Tsang Abdominal Massage
- 1 Organic Detox Facial
- 1 Organic Detox Body Polish & Mask Treatment
- 1 Detox Hydro Bath

#### 14 nights

- 1 Wellness Consultation
- 3 Naturopathic Consultations
- 1 Nutrition Consultation
- 4 Antioxidant Restoration Treatments
- 2 Colonic Hydrotherapy Sessions
- 2 Aromatherapy Massages
- 1 Traditional Malay Urut Massage
- 2 Chi Nei Tsang Abdominal Massages
- 1 Foot Reflexology
- 1 Detox Facial
- 2 Detox Body Polish & Mask Treatments
- 2 Detox Hydro Baths
- 1 Private Meditation Session

#### 7 nights

- 1 Personalised Wellness Consultation
- 2 Naturopathic Consultations

#### **THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
t +605 2107777 f +605 2107778 www.thebanjaran.com



**21 nights**

- 1 Wellness Consultation
- 4 Naturopathic Consultations
- 1 Nutrition Consultation
- 7 Antioxidant Restoration Treatments
- 3 Colonic Hydrotherapy Sessions
- 2 Aromatherapy Massages
- 2 Traditional Malay Urut Massages
- 3 Chi Nei Tsang Abdominal Massages
- 1 Foot Reflexology
- 2 Organic Detox Facials
- 3 Organic Detox Body Polish & Mask Treatments
- 2 Detox Hydro Baths
- 1 Private Meditation Session

	<b>3 nights</b>	<b>5 nights</b>	<b>7 nights</b>	<b>14 nights</b>	<b>21 nights</b>
<b>Single Occupancy (per person)</b>	6,650++	10,400++	14,600++	26,550++	38,150++
<b>Double Occupancy (per person)</b>	4,850++	7,400++	10,600++	18,700++	26,850++

\*Rates are in Ringgit Malaysia (RM) and subject to 10% Service Charge and 5% Government Tax

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
 t +605 2107777 f +605 2107778 www.thebanjaran.com





### **Villa and Breakfast**

There are many paths to choose on your road to rejuvenation. Our Villa and Breakfast programme, complete with delightful Breakfast, offers you the freedom and time to try out and then select the most suitable treatments based on your Wellness Consultation.

Single or Double Occupancy RM1800++ per night

#### Daily Inclusions

- Villa Accommodation
- 1 personalised Wellness Consultation per stay
- Geothermal Hot Dipping Pools
- Spa Cuisine Breakfast
- Geothermal Hot Dipping Pools
- Steam Cave
- Ice Bath
- Meditation Cave
- Garra Rufa Doctor Fish Pool
- Fitness Centre
- Admission to Lost World of Tambun

If you would like to us to tailor make a programme for you prior your arrival, please do not hesitate to contact us.

**THE BANJARAN HOTSPRINGS RETREAT** (359940-K)

1, Persiaran Lagun Sunway 3, 31150 Ipoh, Perak Darul Ridzuan, Malaysia.  
t +605 2107777 f +605 2107778 [www.thebanjaran.com](http://www.thebanjaran.com)