



WELLNESS MENU —————  
Distinctive journey

Amaala - meaning clean and pure, takes on the inspiration of our local indigenous tribes – their healing touch, ancient-old ritual practices, knowledge, traditions; adapted as Amaala signature healing remedy.

At Amaala, we believe in a holistic journey of beauty and well-being that harmonise wonderfully with nature. With this in mind, we bring you healing elements infused with a modern approach that are tailored for a unique experience for you.



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BY AMBONG·AMBONG

## **MASSAGES**

A collection of massage oils infused with natural extracts from the rainforest is designed and used in our treatments to harmonise your life force, vital energy, mind, body and soul. It creates a meditative path which trains the mind to achieve a new level of peace and awareness; at the same time relaxes the muscles and improves blood circulation, connecting you with the universal energies of the earth.

### **AMAALA Signature Massage 90 mins | RM 360**

Inspired by the Borneo rainforest and its well-known indigenous traditional healer or shaman called 'Bobohizan', whose healing skills are inherited through past ancestors; Amaala Signature massage is one-of-a-kind. It is a combination of several movements, which helps to improve blood circulation, lymphatic drainage and reduce muscle fatigue.

### **Ayur AMAALA 120 mins | RM 440**

Ayur Amaala is influenced by Indian culture and rooted in the balance of health and well being. Calming, detoxifying and rejuvenating - this full body treatment combines Ayurveda, aromatherapy, marma massage, reflexology, remedial techniques, lymphatic drainage and chakra balancing all into one. Using rich aromatic blends, we recommend Ayur Amaala for better sleep, detoxification, strengthening of muscles and joints, reducing signs of cellulite or as a jet lag relief.

## **Urutan Malaysia** **90 mins | RM 360**

Urutan Malaysia is a combination of the finest massage techniques gathered from various culture in our country- the Malaysian herbal foot soak, Chinese Qi Gong breathing, Indian head massage and reflexology to name a few.

It begins with soaking of the feet to promote health and well-being. Qi Gong breathing techniques will then be applied to focus on returning of the breath to what is in harmony with nature. The art of Indian head massage '*Talei Piditel*' is a form of healing and relaxation that is widely used to ease stress and to calm the nervous system. A deep tissue massage that focuses on the '*urat*', or veins. Stretching is included to promote mobility and agility. In Urutan Malaysia, the multiracial and indigenous tribes massage emphasises the manipulation of the superficial and deep layers of muscles. It leaves you feeling rejuvenated, refreshed and relaxed, instilling the Malaysian holistic wellness experience.



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### **Tula** **90 mins**

A healing practice which uses earth resources is a familiar ancient form of therapy in various cultures. Hailed from the East, cold jade and hot volcanic rock was used to heal the muscle back in the olden days, to heal the inner body and balance the 'chi'. Tula continues this tradition.

### **Ahimsa** **60 mins | 90 mins**

A mixture of beautiful Malaysian culture derived from the Pribumi, Malay, Chinese and Indian, truly therapeutic Ahimsa massage helps dissolve aches and strains. Using a combination of several different techniques, oil is applied to the body using the therapist's elbows and forearms in this stimulating and deeply energizing massage.

### **Ropana** **60 mins | 90 mins**

Take advantage of the benefits of nature's pure essence through your sense of scent. It gives powerful effects on the body when combined with a massage technique designed to evoke relaxation response; making Ropana an ideal choice for anyone who wishes to reduce stress. To ensure desired effect, we specially designed our own blends of aromatherapy oils for Ropana.

**60 mins | RM 260**  
**90 mins | RM 320**

### **Śānti**

**60 mins | 90 mins**

This massage treatment is a nod to many cultures, namely Indian, Chinese and European, which form the foundation of Balinese traditions. Śānti offers massage techniques which vary in tempos of acupressure, rolling motions, long strokes and percussion, which provide an invigorating and energizing experience for the body.

### **Vīrya**

**60 mins | 90 mins**

A Japanese pressure point massage technique based on the concept of acupuncture, that is Vīrya. Pressure is applied to various body points along energy pathways to enhance the flow of 'chi'.

**60 mins | RM 260**

**90 mins | RM 320**

**Pāda**  
**60 mins | RM 200**

The theory of reflexology lies in the understanding of the feet having reflex points which correspond with our internal organs and limbs to balance all the functions of the body. By stimulating these points, the circulation of the entire body is improved. Pāda understands this and helps you to unwind and soothe your body through our special relaxing reflexology.



## HAIR & SCALP TREATMENT

### **Atyadri** **60 mins | RM 190**

An invigorating and highly nourishing hair and scalp treatment that powerfully stimulates hair growth through a mixture of massage techniques and beneficial plant extracts - jojoba, Argan oil, Vitamin E, grapefruit, rosemary, cedarwood atlas, patchouli and ylang ylang to enhance cell regrowth.

Trust that the best possible experience is delivered with **Atyadri** – natural infusions coupled with a delicate caring touch – take this time to relax and indulge yourself.



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## **FACIAL**

### **AMAALA Signature Facial 90 mins | RM 360**

Inspired by old Asian practices, experience the blend of Pearl and Vanilla powder which contains anti-aging and oil-absorbing properties, making them ideal for all skin types. A special face scrub containing hand-blend ground rice powder and rose water will exfoliate and revitalize the skin. Aside from being an excellent exfoliating agent, the anti-oxidant compounds in rice powder will help treat pigmentation, wrinkles as well as blemishes. A face massage using a jade stone will bring comfort to your skin and leave you feeling royal in no time. Pamper yourself with Amaala signature facial therapy.

## **FACIAL**

### **AMAALA After Sun Facial 60 mins | RM 260**

Rice powder has traditionally been used as a beauty aid in the old Malay tradition, apart from being an excellent exfoliating agent for silky smooth skin, the antioxidant compound in Bario rice powder is best to treat the after sun skin. They are also good anti inflamant and skin whitening agents that soothe sunburned skin.

The regular use of rice powder will make skin smooth and fairer naturally.

In Amaala, we carry the old tradition of beauty.

## **FACIAL**

### **AMAALA Detox Facial 60 mins | RM 260**

Harvest from the sea, our marine algae detox facial deeply cleanse the skin to provide a youthful glowing complexion. Most suitable for all skin type especially matured skin.

At Amaala, natural resources are our best tool.

## **BODY TREATMENTS**

**Scrub & Wrap**  
**60 mins | RM 210**

**AMAALA Rainforest Mangrove**  
**AMAALA Vanilla Cinnamon**  
**AMAALA Signature Oud**

Choices of body scrub for cleansing by exfoliating excess dead skin to leave your skin feeling soft and supple.

Our body mask is the perfect combination of ingredients to restore the equilibrium and deliver vitamin and mineral boost for your skin. End the treatment with a hydrating application using a conditioning body ointment made of selected essential oil blends that helps to smoothen your skin and elevate your mood.



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## **HAND & FEET**

Well-groomed, beautiful hands and feet are a must. Our natural manicure and pedicure treatment includes nail and cuticle conditioning, nail shaping and buffing.

### **AMAALA Hand Therapy 80 mins | RM 230**

This indulgent spa manicure includes a stimulating hand scrub, soothing hand bath, relaxing hand massage and essential nail maintenance and groom. A blend of salt and wild flowers from the rainforest gently exfoliate, while hand serum is applied to nourish your skin.

### **AMAALA Foot Therapy 80 mins | RM 220**

Treat your feet with the attention they deserve. This relaxing spa pedicure includes an invigorating foot bath, scrub, mask, relaxing foot massage and essential nail groom. A callus treatment helps your feet to feel as clean and fresh as can be.

## **AMAALA THERAPIES RITUALS**

### **Bejalai Ritual Him & Her 220 mins | RM1900**

In the olden days, 'Bejalai', a Bornean ritual, was practiced to celebrate the success of headhunters. Today, this ritual marks good fortune and success in life undertakings. 'Bejalai' is one of the cleansing and blessing rituals practiced by the Iban tribes also known as the 'Dayak Laut'. All the ingredients found in the rich Malaysian rainforest are hand-picked by the 'Manang' who perform the ritual. Our 'Bejalai' ritual begins with a relaxing foot soak using the ingredients from the rainforest, essential oil and salt to stimulate blood circulation. Using our exclusive signature oils made of Agarwood extracts, specially blended with our signature oud, rosewood, coriander, patchouli, tangerine, amyris, Tonka bean and sandalwood essential oils; this blend will revitalize your body throughout the 'Bejalai' journey. The journey continues with a deep body exfoliation and body wrap infused with ingredients made of walnut powder, salt, Aquillaria mallacensis powder and vanilla planifolia powder. Feel the touch and the lingering scents of our Amaala signature anti-aging facial treatment packed full of anti-oxidants ingredients blend with Frankincense, lavender and clary sage essential oils. Immerse yourself in our divine cleansing bath and applications of serums from head to toe to complete.

**The Beauty of Huminodun  
Her  
150 mins | RM 700**

She was the most beautiful maiden in her time; truly anyone who gazed at her lovely countenance would be transfixed and fall in love with her. She was also kind-hearted and blessed with wisdom beyond her years. Her legend has reflected the cultural healing traditions of Sabah's indigenous people - an experience which pays tribute to the legends and the importance of rice within the local culture. The ingredients used for our Huminodun ritual is Bergamot, mandarin, lavender, nutmeg and lemongrass. Walnut powder, salt, vanilla powder, Tamanu leaves, ground clove, ground cinnamon and ground pepper are used for cleansing and exfoliation.

**The Ritual of Monsopiad  
Him  
150 mins | RM 700**

Legend has it that a lady from the indigenous 'Kizabon' tribe gave birth to a child with special powers, named Monsopiad. It was a sign of good omen and Monsopiad grew up to be the most feared headhunter warrior. The 'Bobohizan' is a ritual that has been practiced by villagers to welcome all the warriors home from hunting, using bamboo trumpets and pamper them with various herbs from the forest. This ritual was also an act of appreciation for the headhunters. The ingredients used in our Monsopiad ritual is rosewood, lavender, lemongrass, rosemary, patchouli, petitgrain, Mandarin and Litsea cubeba; believed to enhance their strength and rejuvenate their body. Ingredients such as walnut powder, salt, activated carbon (mangrove), brown sugar, Tamanu leaves, Tamanu oil are also used for cleansing and exfoliation to compliment the whole ritual.

## **The Tenum Experience**

**120 mins | RM 540**

In Borneo, there are mountain-dwellers who live in the Bario highlands for generations and acquire deep knowledge of what lies within its forest setting.

One of the many magical healing properties utilized from the tribes' ancestral expertise is the Litsea cubeba plant. Fondly called 'Tenum' by the Kelabit and Lun Bawang tribes and 'Pahkak' by the Bidayuh, Amaala brings a unique wellness experience using its tree leaves and fruits which produce a scintillating scented essential oil.

Enjoy this exotic and refreshing pure essential oil infused bath which stimulate and rejuvenate your senses and take a trip on a complete holistic wellness experience with us.

## AMAALA WELLNESS RITUALS

An inspiration of the Chakra elements, discover the fluid flow of your body, give freedom to intuition and rising awareness. All our wellness programme are catered to your well-being needs. Spoil yourself with a half-day or full-day escapade of physical rejuvenation and age-old beauty therapies. Improve your balance, elevate your spirit through holistic nurturing and good nutrition.

As you breathe - stretch and balance. Our resident instructor will take you through sequences of body movements to open your mind, loosen your limbs and rejuvenate your soul.

**\*\* Contact our wellness coordinator for more information**



  
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## **DISCOVER YOGA**

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a strong and more powerful body.

### **Hatha Yoga**

Discipline of Force – A way of attaining a state of spiritual perfection in which the mind is withdrawn from external objects.  
(Saturday 11am)

### **Group Sound Healing**

Healing through the combination of sound vibration.  
(Saturday 12pm)

### **Aerial Yoga**

It combines traditional yoga with moves inspired by pilates, dance and acrobatics using a hammock.  
(Saturday 2:30pm)

\*Maximum 2 participants per class



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## **HOLISTIC WELLNESS**

Wellness is freedom. Explore to find a clear sense of purpose and understand what makes life meaningful in pursuit of a healthier and happier you.

### **AMAALA Floating Meditation 45 mins | RM360**

Amaala Floating Meditation helps you to relax your mind, fight fear and anxiety as well as boost your creativity. As you float, the sound of vibration and wave flow through the body, transporting you into a new experience of '*Floating on a cloud*'. Our floating meditation helps you to solidify new insights into your current health practices and lifestyle for long-lasting wellness.

### **AMAALA Sound Therapy 45 mins | RM250**

Amaala Sound Therapy combines the sound vibration from the singing bowl with the Chakra balancing by applying seven chakras anointing oils throughout the treatment. As the bell produces a sound wave, the vibrations flow through mirror neurons and thus creating pathways in our minds and bodies. In addition, low frequency causes tissue relaxation, widening of blood vessels, and opening lymphatic passages which increase the body's ability to heal. Bath in harmonic frequency that integrates the whole brain and body into a state of peace and calm, at Amaala, we help you to create a space that allows healing to take place.

## **SPA ETIQUETTE**

### **SPA OPENING HOURS:**

10am – 8pm Daily

### **SPA RESERVATION:**

For spa enquiries or reservations, please call +6017 9811 372 or email to [amaala@ambong-ambong.com](mailto:amaala@ambong-ambong.com). Advance bookings are recommended to secure your preferred treatment time.

### **PRIOR TO ARRIVAL:**

We recommend that you leave all jewellery and valuables in your room before coming to the spa. The spa will not be held responsible for valuables lost within the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

### **ARRIVAL:**

Please arrive 30 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

### **CONSULTATION:**

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule that benefits you.

### **LATE ARRIVALS:**

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

**CANCELLATIONS:**

Please allow 12 hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

**DURING YOUR STAY:**

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. The AMAALA is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

**AFTER YOUR SPA EXPERIENCE:**

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Boutique.

**IN-ROOM TREATMENTS:**

Selected treatments are available in the comfort of your room. Six hours' notice is required when booking in-room treatments. Please note that these treatments carry a 50 percent service charge.

**PAYMENT:**

For Villas and Resort guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure. This is applicable to guests of Ambong Pool Villas & Ambong Rainforest Retreat. Otherwise, major credit cards or cash are accepted at the spa reception.

**CHILDREN:**

We love children; however, we recommend that you avoid bringing children under the age of 11 to the spa. Young guests aged 12 to 17 years old are welcome to enjoy a selection of treatments under the supervision of a guardian.

**MOTHER-TO-BE:**

We have our very own blend of “Mother-to-be” massage oil and modified therapeutic treatments specially for expecting mums.

**POOL:**

Complimentary use of the Spa Pool is offered with all spa treatments. A nominal fee of RM50 will apply for a non-in-house guest to enjoy the pool without booking a spa treatment.

\*\* Person with the following conditions are NOT recommended to use Spa Pool: Epilepsy, acute rheumatic conditions, acute infections and asthma, open wound, fever, women during menstrual and pregnant, as well as tired and intoxicated person.

**CALL OR EMAIL TO MAKE AN APPOINTMENT:**

+6017-9811 372 | Whatsapp or Call



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