

MASSAGE



ISHAN SPA
LANGKAWI, MALAYSIA

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WWW.ISHAN-SPA-LANGKAWI.COM

Aromatherapy Massage

A relaxing full body massage using aromatic aromatherapy oil. Highly recommended for those seeking to recover from long and tiring journeys. Guests experiencing this treatment will leave feeling toned and refreshed.

1 HOUR / MYR130 / €30

Ishan Twin Massage

Experience a melodic synchronization of two therapists massaging all over your body with our signature Asian aromatherapy blend.

1 HOUR / MYR230 / €52

Hot Stone Massage

A deeply relaxing massage for your entire body, relieving muscle and joint pain, leaving you feeling rejuvenated and relaxed.

90 MINUTES / MYR170 / €39

Traditional Herbal Heat Massage

A massage designed exclusively for healing. This treatment is designed to ease sore muscular aches, bruises, inflammation and back pain by opening the pores and bringing the medicinal heat to the muscles to induce relaxation.

90 MINUTES / MYR190 / €43

Maternity Massage

Relieve your maternity discomforts with this heavenly massage. It is designed to improve blood circulation, reduce hip and back pain, and relieve leg cramps, swollen ankles and headaches.

1 HOUR / MYR120 / €27

Abhyanga Ayurveda Massage Class

Learn the art of this healing and relaxing massage. Ishan Spa offers the opportunity to learn a healing and relaxing massage from Langkawi's master trainer, Dr Baskaran Kosthi, while guests are on holiday in our exotic land.

3 HOURS FOR A DAY / MYR350 / €79 PER PERSON

3 HOURS FOR 3 DAYS / MYR950 / €214 PER PERSON

MAXIMUM OF 4 PERSONS PER SESSION

HEALTH & BEAUTY



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Eye Massage & Mask

Revive your eyes with this extraordinary treatment. This unique treatment is designed especially to relieve and alleviate dark circles, fine lines and puffiness around the eyes.

30 MINUTES / MYR60 / €14

Naturopathy Facial

This traditional treatment makes use of natural products and herbs to deep cleanse, steam and exfoliate the face. Look forward to a more revived and rejuvenated, younger looking you.

1 HOUR / MYR100 / €23

Herbal Body Scrub & Wrap

This refreshing treatment includes applying your skin with body polish to moisturize and layering your body with banana leaves to soften the skin and aid absorption. A variety of natural body scrubs and wraps are available to suit your own complexion and skin texture.

1 HOUR / MYR170 / €39

Foot Pampering

Repair and smooth your heels – a treat for your feet.

40 MINUTES / MYR70 / €16

Yoga

Our yoga session is led by Dr. Baskaran Kosthi, Langkawi's renowned master Yoga trainer, naturopathy specialist and reiki practitioner. Along with Dorothy Ang, a reiki practitioner and fitness instructor, this class is set to transform you into a Yoga fan before your final Yoga pose.

1 PERSON MYR120 / €27

2 PERSONS MYR200 / €45

GROUP OF 3-6 MYR180-360 / €42-83

Ayurvedic Hair Treatment

Bring back life to your hair with this amazing traditional treatment, giving you that sleek, shiny texture renowned for Asian women.

1 HOUR / MYR100 / €23

SPA PACKAGES

ONLINE SPA PACKAGE RESERVATIONS ARE ENTITLED TO ISHAN'S
COMPLIMENTARY 15-MINUTE FOOT MASSAGE

Bougainvillea

This invigorating spa experience is a specialty for sun-burnt guests with Roasted Coconut Oil Scalp Massage, Freshly Grated Coconut Body Exfoliation and Cooling Cucumber with Banana Leaf Body wrap.

1 HOUR 30 MINUTES
SINGLE MYR220 / €50 COUPLE MYR388 / €88

Heliconia

A gentle treatment for your tired muscles with Revitalizing Facial, Sea Salt Foot Scrub, Foot Massage (from knee to sole of the feet), Aromatherapy Hand and Arm Massage.

2 HOURS
SINGLE MYR240 / €54 COUPLE MYR432 / €98

Hibiscus

Experience a full scalp and hair treatment, and body scrub and massage. This treatment includes Full Body Scrub, Coconut Oil Scalp massage, Hibiscus Hair Treatment and Mask and Full Back Aromatic Oil Massage.

2 HOURS 15 MINUTES
SINGLE MYR275 / €63 COUPLE MYR488 / €111

Orchid

Smooth and tone your face and body with Full Body Scrub with Neem Leaves, Fresh Turnip with Banana Leaf wrap, Revitalizing Facial and Full Body Relaxation Massage.

2 HOURS 45 MINUTES
SINGLE MYR320 / €72 COUPLE MYR555 / €126

Bird of Paradise

An amazing spa experience that revives the senses, body and spirit. Pampering session includes Full Body Coffee scrub, Homemade Yogurt with Banana Leaf wrap, Roasted Coconut Oil Ayurvedic Head Massage, Kaffir Lime Hair Treatment, Floral Bath, Full Body Aromatherapy Massage and Rejuvenating Facial.

3 HOURS 30 MINUTES
SINGLE MYR385 / €88 COUPLE MYR688 / €156

Plumeria

The ultimate, world class spa experience with Traditional Coconut Oil Scalp Massage, Hair Treatment with Coconut Milk, Full Body Scrub with Black Rice, Fresh Herbs Wrap with Banana Leaf, Floral Bath, Full Body Aromatherapy Massage, Rejuvenating Facial & Mask and Foot Pampering.

4 HOURS
SINGLE MYR430 / €98 COUPLE MYR780 / €177



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