

On Gaya Island the elements of mountain, forest and sea come together in such absolute perfection it can take your breath away. Inspired by this powerful harmony of nature, Spa Village Gaya Island brings into play aspects of the environment, culture and wellbeing to create an uplifting and unforgettable experience.

Set amidst lush mangroves, Spa Village Gaya Island is a tranquil hideaway surrounded by distinctive island flora and fauna. From the warm clear waters of Gaya and its rich lowland forests to the high altitude blossoms of Mount Kinabalu, our treatments utilise only the finest fresh local ingredients.

A rich tapestry of spa programmes reflects the cultural healing traditions of Sabah's many indigenous people. From the specialised rice scrubs and masques of the Kadazandusun to the age-old practices of the Bajau sea nomads, Spa Village Gaya Island is uniquely rooted in ancient tradition while seeking to restore balance to the body and soul.

## Distinctive Journeys

## Tadau Kaamatan

### A COUPLES CELEBRATION OF RICE (FOR TWO PERSONS) \*

Rice has historically played an important and mythical role in Kadazandusun culture. Every year the indigenous people of Sabah offer their thanksgiving for a bountiful harvest to the revered rice spirit Bambaazon during the Tadau Kaamatan or Harvest Festival. Many traditional rice planting and harvesting rituals and ceremonies are observed during this festival. Among them is the Unduk Ngadau, a beauty pageant to crown the Harvest Queen which celebrates the legend of Huminodun.

A second tale, Papakang – The Odyssey of Seven Brothers, tells the story of the youngest son of the village chief in Nunuk Ragang or Red Banyan Tree, believed to be the seat of Kadazandusun civilisation. The legend chronicles his epic journey across the land to reunite his brothers and the mystical Papakang stone.

Our Couples experience pays tribute to these legends and the honoured element of rice.



### For Her

#### UNDUK NGADAU

- Red Rice, Corn, Avocado and Cinnamon Body Scrub
- Avocado and Coconut Hair Masque
- Urutan Pribumi (Indigenous Massage) and Rice Pouches
- Honey and Avocado Seed Facial

### For Him

#### PAPAKANG – THE ODYSSEY OF SEVEN BROTHERS

- Rainbow Rice, Coffee, Tongkat Ali and Cinnamon Body Scrub
- Avocado and Coconut Hair Masque
- Urutan Pribumi (Indigenous Massage) and Rice Pouches
- Honey and Avocado Seed Facial

#### SABAH SCENT ADVENTURES

Explore the intangible yet powerful realm of scent. We have gathered the most precious indigenous oils of Borneo to utilise in this educational experience for a group of two or more. Learn the basics of essential oils, their potent benefits and the art of custom blending, guided by our scent artist.



## Renewal 360

### **AKI NABALU \***

Gunung Kinabalu boasts a tremendous biodiversity in its botanical and biological species with plants of Himalayan, Australasian and Indo Malayan variety, including pitcher plants, orchids, ferns, ginger and the giant rafflesia. Inspired by this enormous resource, this treatment begins with a foot treatment including a salt scrub, a warm herbal bath, and a cool orchid soak. You will then receive a body steaming with a warm herbal blend of the many gingers found in the oldest rainforest in the world. This is followed by a deep tissue massage.

### **BORNEO VANILLA ORCHID AND HONEY COCOON**

This luxurious escape transforms lacklustre skin and hair to a brilliant glow and shine. The smoothing and hydrating properties of anti-oxidant rich honey have been used for centuries. Begin with a gentle body buffing of crushed vanilla pods and yoghurt which prepares your skin before it is drenched in a vanilla infused honey cacao fruit masque. Cocooned in warmth, enjoy an Indian scalp massage followed by a vanilla honey hair masque to increase blood flow and deeply condition the hair. A full body toasted coco-nilla massage is the perfect end to this delightful treatment.

### **DERU LAUT \***

Inspired by the traditions of the Bajaus whose lives revolve around the sea and coastal areas, this treatment brings together the therapeutic properties of products from the ocean's depths. Starting with a body wrap, your skin is moisturised with sea bird's nest, an organic seaweed rich in plant collagen, enzymes and vitamins. A facial incorporating the famous Sabah pearls and a seaweed hair masque is then enjoyed before soaking in a seawater bath. Seawater is very close to the human plasma in composition and its therapeutic purposes include drawing toxins from the body and helping skin cells absorb more oxygen. Lastly, drift away with the Rolling Waves massage using Gamat oil to ease tense muscles and improve flexibility.



## Healing Arts

### **URUTAN PRIBUMI (INDIGENOUS MASSAGE)**

Drawing inspiration from the culturally rich and diverse ethnic groups that reside in this land beneath the wind, this treatment is a compilation of age-old healing traditions from multiple tribes. Traditionally used to restore mobility and flexibility for paddy planters, farmers, seafarers and warriors, great emphasis is placed on the manipulation of the superficial and deep layers of muscles and fascia of the spine. Aided by our signature blend of Island Spice aroma oil, circulation is improved and countless therapeutic benefits are unleashed through digital, palmer and forearm pressure.

### **ROLLING WAVES**

A profoundly relaxing and rhythmical massage using forearms and knuckles to lengthen muscles, and release deeply held muscular tension and stress. Our signature Clear Waters aroma oil enhances this beautifully choreographed experience that parallels the graceful movements of the sea transporting your mind and body right to the water's edge.

### **BALINESE MASSAGE**

This massage combines the influence of cultures, especially Indian, Chinese and European, which form the foundation of Balinese tradition. Thus, the ritual offers techniques which vary in tempo of acupressure, rolling motions, long strokes and percussion, providing an invigorating and energising experience for the body.



#### **MALAY MASSAGE**

The art of traditional Malay massage is passed down from generation to generation. The technique consists of long kneading strokes that focus on the muscles, and pressure applied to various points on the body. This treatment uses Spa Village signature massage oil, which invigorates circulation.

#### **INNER-LIGHT FACIAL**

Let your inner beauty radiate. This holistic facial strikes a perfect balance of modern science and ancient time-honoured herbs. Based on your skin type, our skin care expert chooses botanical preparations and essential oils to cleanse, exfoliate, balance and rejuvenate the skin of your face, neck, and hands.



## Beautiful Trimmings



Enrich your spa experience by adding any of the following enhancements to your treatment.

### **BETWEEN THE LINES**

Special acupressure and massage techniques are combined with rich omega 3 and chamomile oils to contour the delicate muscles around the eyes and lips, helping to reduce lines while firming and moisturising.

### **BATHING BEAUTIES**

Choose from any of the following luxurious baths overlooking the mangroves.

- Seawater Muscle Relief
- Jungle Herbs
- Refreshing Orchid

### **BODY GLOW**

Buff away dry dull skin with one of our sensational body scrubs.

- Vanilla Bean Dream
- Coffee Crush



## Soul Spa

So often the world focuses on the outside, that which we can see, and it is sometimes all too easy to forget that beauty within creates beauty without. To remind one of these connections, Spa Village Gaya Island has crafted several unique spa sessions. Conducted in our breathtaking Mangrove Theatre, they can be experienced individually or in a group setting of up to 6 persons.

### **YOGA**

The Sanskrit word “yoga” means union. Essentially yoga is a union of mind, body, and spirit through the practice of postures, breathing, and meditation. You will be guided through a series of these practices bringing balance to body and psyche.

### **GUIDED MEDITATION**

Embark on a guided journey through your mind. Discover how to tap into your own healing energy to transform the physical body, remove obstacles in your life and access an inner “stillness”. The soothing voice of your guide lulls you into a calm and profoundly relaxed state of being.

### **DUET STRETCHING**

Executed properly, stretching can help alleviate pain, speed recovery, prevent injuries and promote flexibility. You and your partner will learn simple techniques assisting each other to stretch every muscle group in the body as well as target specific problem areas such as lower back release.

\* Available for single participants.



## Spa Recommendations and Guidelines

Enjoy a full range of amenities when visiting the Spa Village Gaya Island including slippers, private locker, bathrobe and vanity products.


Services that are listed with a \* symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant.

In consideration of other guests we ask that all cellular phones be turned off while at the spa. The Spa Village Gaya Island is a non-smoking facility.

### OPERATION HOURS

Spa Facilities: 9.00am – 9.00pm  
Spa Treatments: 9.00am – 8.00pm

### RESERVATIONS

Advance reservations are recommended. If in-house, touch 7 or  between 8.00am and 9.00pm.

You may also call Spa Village Gaya Island at (6018) 939 1100 or email [spavillagegi@ytlhotels.com.my](mailto:spavillagegi@ytlhotels.com.my). Reservations may also be made through the YTL Travel Centre at [travelcentre@ytlhotels.com](mailto:travelcentre@ytlhotels.com)

### CHECK-IN

Please check-in at the Spa Reception Desk 15 minutes prior to your first appointment. We regret that late arrivals will not receive an extension of scheduled treatments.

### FACILITY USAGE

All guests of Gaya Island Resort enjoy complimentary use of the spa facilities with any 50-minute Deluxe scheduled spa service. All prices are subject to change without prior notification.

### AGE RECOMMENDED

The Spa Village Gaya Island is appropriate for guests 16 years and above.

### SPA RETAIL

Be sure to visit our Spa Retail for an array of Spa Village products.

### CANCELLATION POLICY

As a courtesy to other guests and our therapists, please give us 4 hours notice if you must cancel or change any treatments. Without this notification you will be charged in full.

### GRATUITIES

In appreciation of outstanding service, gratuities may be given at your discretion.

### SPA VILLAGE GAYA ISLAND

Gaya Island Resort, Malohom Bay, Pulau Gaya, Tunku Abdul Rahman Marine Park, 88000 Kota Kinabalu, Sabah, East Malaysia

Reservations:  
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WEBSITE [www.spavillage.com](http://www.spavillage.com)





## Distinctive Journeys

SPA TREATMENTS	DURATION	RM
<b>TADAU KAAMATAN A COUPLES CELEBRATION OF RICE</b> for two persons	3 hrs	1815
<b>INDIVIDUAL</b> – Unduk Ngadau (For Her)	3 hrs	1000
– Papakang – The Odyssey Of Seven Brothers (For Him)	3 hrs	1000
<b>SABAH SCENT ADVENTURES</b>	50 mins	300

## Renewal 360

SPA TREATMENTS	DURATION	RM
<b>AKI NABALU</b> – Single	2 hrs	650
– Double	2 hrs	1230
<b>BORNEO VANILLA ORCHID AND HONEY COCOON</b> – Single	2.5 hrs	765
– Double	2.5 hrs	1465
<b>DERU LAUT</b> – Single	3 hrs	880
– Double	3 hrs	1580

## Healing Arts

SPA TREATMENTS	DURATION	RM
<b>URUTAN PRIBUMI (INDIGENOUS MASSAGE)</b>	80 mins	415
<b>ROLLING WAVES</b> – Deluxe	50 mins	300
– Supreme	80 mins	415
<b>BALINESE MASSAGE</b> – Deluxe	50 mins	300
– Supreme	80 mins	415
<b>MALAY MASSAGE</b> – Deluxe	50 mins	300
– Supreme	80 mins	415
<b>INNER-LIGHT FACIAL</b> – Deluxe	50 mins	415
– Supreme	80 mins	535

## Beautiful Trimmings

ADD-ONS	DURATION	RM
<b>BETWEEN THE LINES</b>	30 mins	185
<b>BATHING BEAUTIES</b> – Seawater Muscle Relief	30 mins	185
– Jungle Herbs	30 mins	185
– Refreshing Orchid	30 mins	185
<b>BODY GLOW</b> – Vanilla Bean Dream	30 mins	185
– Coffee Crush	30 mins	185

## Soul Spa

SPA TREATMENTS	DURATION	RM
<b>YOGA</b> – Private Session	50 mins	300
– Group Session	50 mins	115
<b>GUIDED MEDITATION</b> – Private Session	50 mins	300
– Group Session	50 mins	115
<b>DUET STRETCHING</b> – Single	50 mins	300
– Double	50 mins	415

Menu priced in Ringgit Malaysia (RM) inclusive of 10% service charge and 6% service tax. Subject to change without notice.