



Nº.4

HONOURING HEALING CULTURES

DEC '25



# A NEW BENCHMARK IN NATURAL WELLNESS

Wellness Born of Borneo, Honoured by the World

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# A WELCOME MESSAGE

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FROM CHIK LAI PING

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Dear guests,

It is with a profound sense of purpose that I welcome you to this edition of our Honouring Healing Cultures Newsletter. Here at YTL Hotels, we have always believed that a spa is not merely a place, but a narrative—a story woven from the land, its history, and its people. This philosophy is the soul of our Spa Villages, and I am delighted to share with you a glimpse into the rich tapestries we have created across our sanctuaries.

Our journey begins with ritual, as seen in our Foot Pounding Ritual at Spa Village Pangkor Laut—a practice we have respectfully reimagined from a historical necessity into a moment of mindful transition. This intention, to honour the past while serving the present, is the thread that connects all our spas. It is the same thread that runs through the ancient jungles of Borneo, where Spa Village Gaya Island Resort draws its award-winning inspiration. To be crowned the Best Global Spa of 2025 is a tremendous honour, and a testament to our commitment to authenticity, proving that the most powerful wellness experiences are those that cannot be replicated anywhere else in the world.

From the misty highlands of Cameron to the historic elegance of The Majestic Kuala Lumpur and the legendary thermal waters of the Gainsborough Bath Spa, each of our properties offers a unique path to restoration. Whether you are seeking the profound silence of the rainforest, the crisp mountain air, or the embrace of centuries-old healing waters, we have crafted a sanctuary for you. I invite you to read on and discover your own story within ours.

Yours sincerely,

A handwritten signature in black ink, consisting of a stylized, flowing cursive script.

Chik Lai Ping  
Senior Vice President,  
Spa Division, YTL Hotels



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## AN IMPERIAL PRELUDE: THE STORY BEHIND OUR FOOT POUNDING RITUAL

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*Indulgence Inspired by Centuries of Tradition.*

Before your journey of rejuvenation properly begins, we invite you to experience a moment of tranquil transition in our Bath House. Here, nestled within secluded pools and lush gardens, you will partake in a ritual steeped in history and reborn in serenity.

Our signature Foot Pounding is inspired by an ancient Chinese practice. Famously depicted in films like *Raise the Red Lantern* as a courtly privilege, its origins are poignant, stemming from the feudal-era ideal of the "lotus foot"—a tiny, bound symbol of status and beauty.

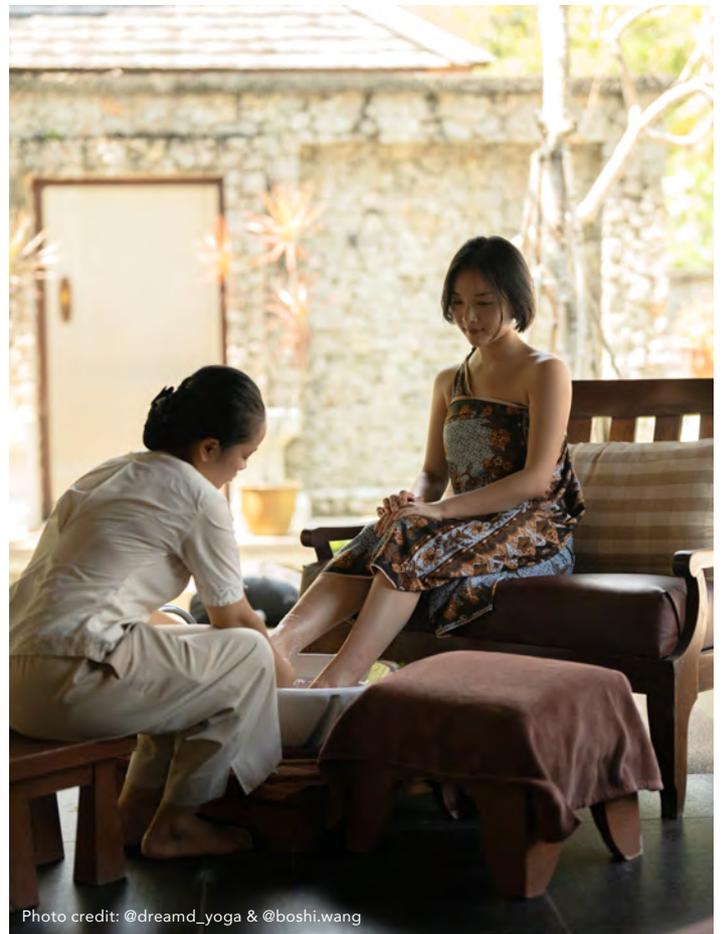


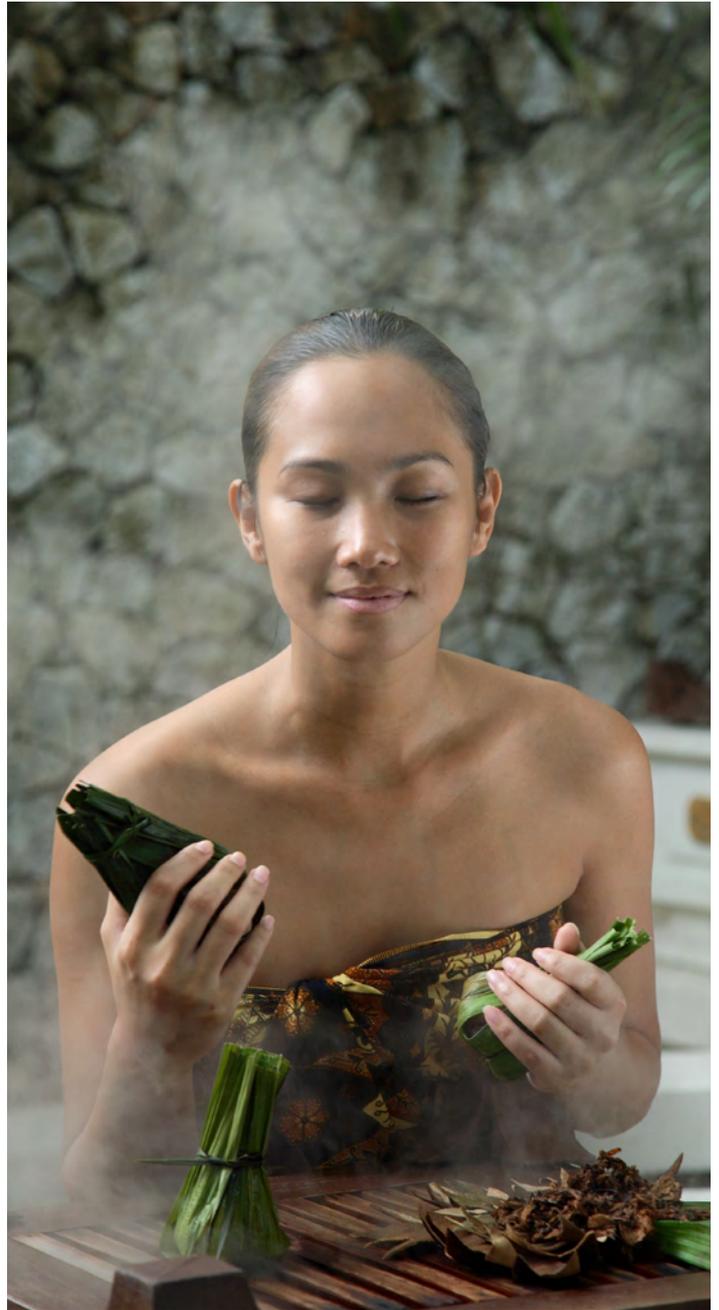
Photo credit: @dreamd\_yoga & @boshi.wang



At Spa Village Pangkor Laut, we have respectfully reimagined this centuries-old ritual, transforming it from a necessity into a pure indulgence. Following a soothing floral footbath, our gentle Foot Pounding serves as a therapeutic prelude to awaken the senses, stimulate energy flow, and release worldly tensions.

As the heart of our complimentary 45-minute Bath House prelude, this ritual pays homage to Asia's profound bathing traditions—from India's holy purification rites to Japan's healing hot springs. Step into a tradition reborn, finding calm for the mind and preparation for the body. Let this multicultural ceremony commence your journey to complete renewal.

The *Bath House Ritual* awaits—your first step into a world of tranquil rejuvenation.





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## A TRIUMPH OF AUTHENTIC WELLNESS: SPA VILLAGE GAYA ISLAND RESORT CROWNED BEST GLOBAL SPA OF THE YEAR 2025

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*The World's Best, Inspired by Borneo's Heart.*

We are immensely proud to announce that Spa Village Gaya Island Resort has been honoured as the Best Global Spa of 2025. This is more than an accolade; it is a powerful endorsement of our philosophy that true wellness rises directly from the land itself.

Our vision has always been to weave the spa into the very soul of its surroundings—the ancient rainforests and vibrant marine ecology of Malaysian Borneo. We draw profound inspiration

from the healing wisdom of the Kadazan-Dusun people and the breathtaking biodiversity of the Tunku Abdul Rahman Marine Park.

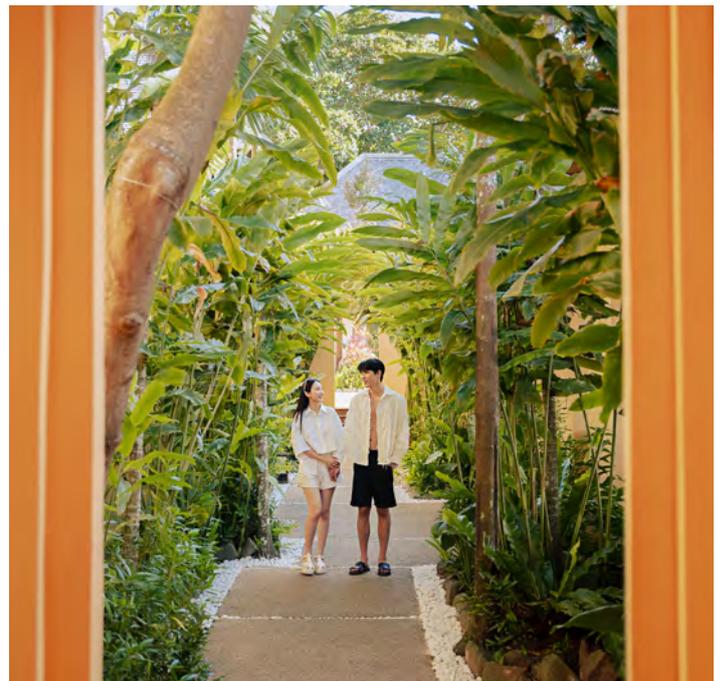
This deep connection pulses through every treatment. The rhythmic, harvest-inspired Tadau Kaamantan massage and the nourishing Borneo Vanilla Orchid and Honey Cocoon ritual are stories told through wild, indigenous ingredients. This authenticity extends to our very foundations, where traditional





Borneo pavilions, nestled within pristine mangroves, transform the gentle jungle chorus and the endless ocean vista into essential, therapeutic elements of your journey.

This award heralds a new era where wellness is measured not by escape, but by depth, and where genuine transformation is sparked by the authentic spirit of a place.





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## YOUR SANCTUARY IN THE MIST: THE SPA SUITE ESCAPE EXPERIENCE

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### *Highland Serenity Awaits.*

Escape to a world draped in emerald velvet, where cool air carries the scent of damp earth and pristine wilderness. Here, in the heart of the Cameron Highlands, the modern world recedes to the soft, rhythmic cadence of the hills.

This is more than a retreat; it is a homecoming. An invitation to return to a more graceful way of being, where tranquillity is woven into the very fabric of the mist.

This is the essence of our 'Spa Suite Escape', a sojourn of profound restoration within our newly appointed Spa Suites. Each day includes a bespoke, fifty-minute journey in our Spa Village, where our therapists apply ancient wisdom. Their art is informed by the deep botanical knowledge of the Orang Asli, utilising healing poultices, root extracts, and time-honoured tea rituals from the surrounding jungle. This is not merely a treatment, but a transcendent ritual for the body and mind.



Beyond your daily renewal, a private sanctuary awaits. Curl up by the fireplace or reflect upon the mist-kissed valleys from our veranda. This is a gentle recalibration—a chance to nourish your spirit with timeless beauty and rediscover a profound inner peace.

We have set the stage. Your serene escape awaits.





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## AN ODE TO A GILDED AGE

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*A Sanctuary of Classic Sophistication.*

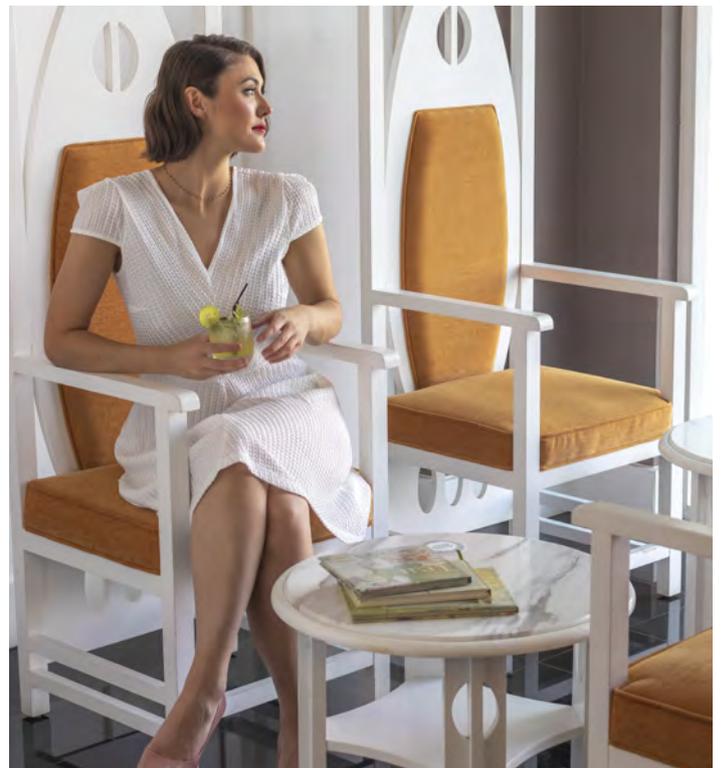
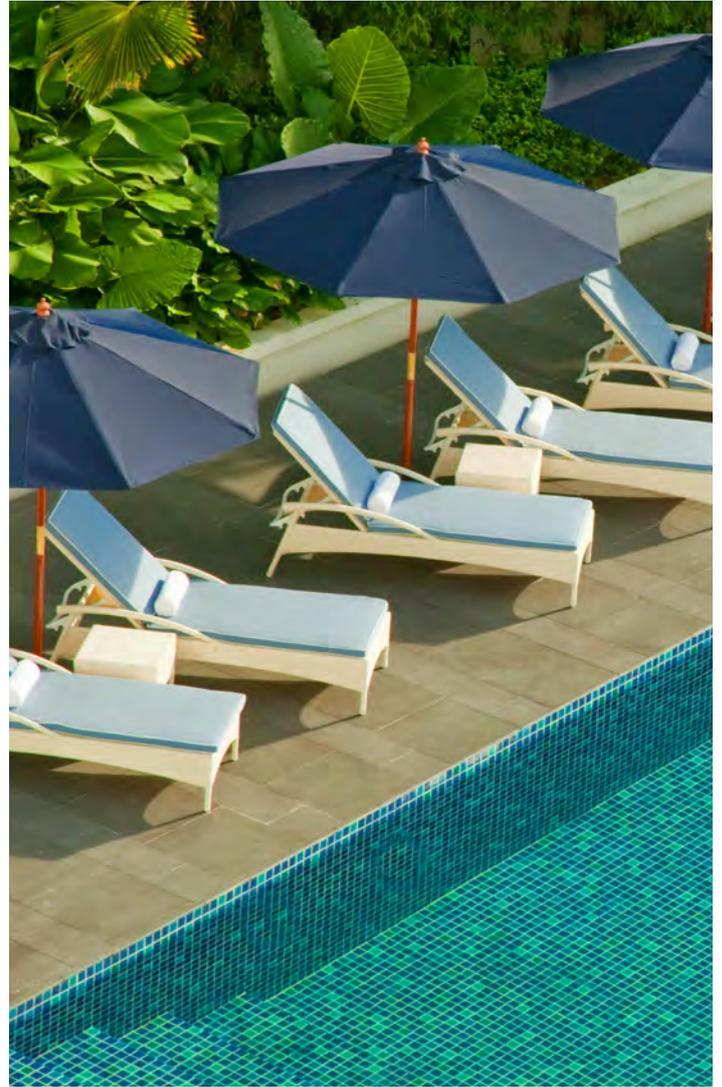
Step into a sanctuary where history and tranquility converge, appointed in the art deco style of *Charles Rennie Mackintosh's* famed Willow Tearooms. The Majestic Spa is not merely a spa, but a carefully curated environment where every detail evokes timeless elegance. This unique setting provides an unparalleled journey of restoration.

The original Willow Tearooms were not merely establishments, but iconic social hearths where a modern spirit of progress flourished. This same pioneering energy animated British Malaya, where expatriates balanced longing for home with an embrace of the exotic. The Majestic Spa captures this dual spirit—a nostalgic anchor to a revered past, yet a bold commitment to the new and transformative.





In this golden era of discovery, your journey at The Majestic Spa reflects a pivotal moment in history. Here, you are invited to shed the present and immerse yourself in treatments that honour both timeless wellness and modern rejuvenation. This is where you come to be grounded and transformed, with the majestic spirit of the age.





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## THE SOURCE OF TIMELESS WELLNESS

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*A Sanctuary Shaped by Time and Thermal Waters.*

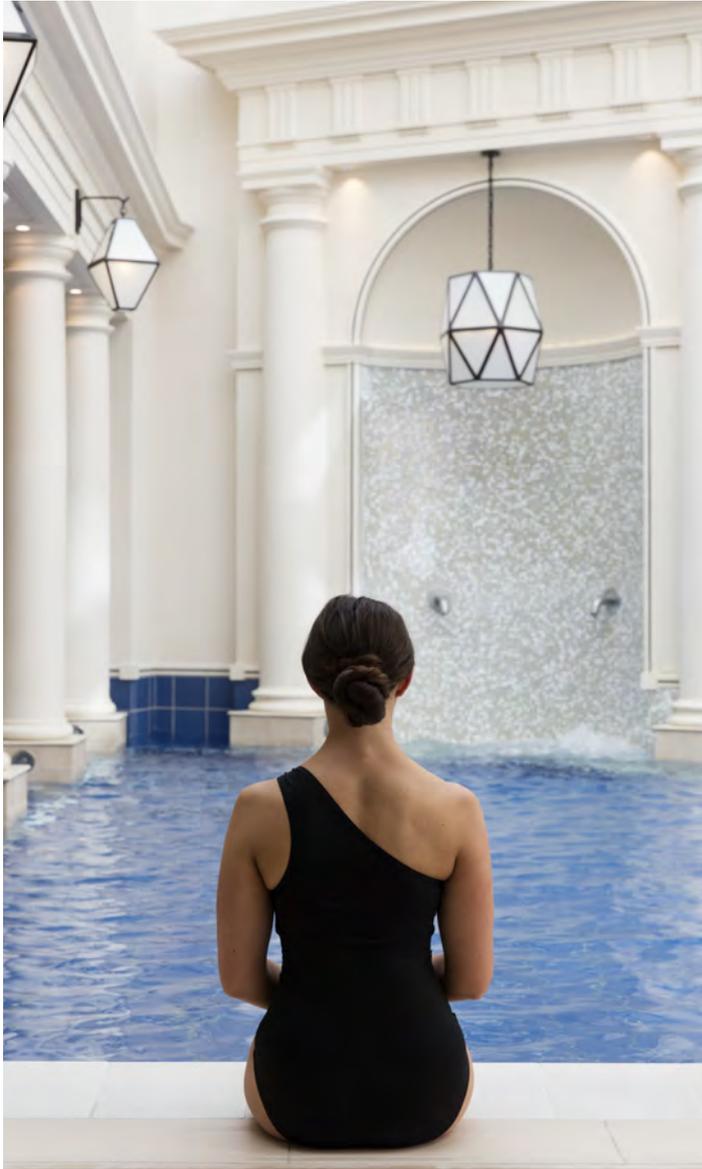
Nestled in the very heart of the historic city of Bath, the Gainsborough Bath Spa stands as a living tribute to a legacy nearly two millennia in the making. More than a hotel and spa, it is the direct custodian of the city's precious Natural Thermal Waters—a source of wellness since Roman times. Here, ancient tradition and contemporary luxury merge in one serene, restorative embrace.

The spa's lifeblood is its direct access to these legendary waters—the very *raison d'être* of Bath. Rising from over 10,000 feet, they arrive naturally heated to 40°C, infused with 42 minerals and celebrated for centuries. In elegant, vaulted chambers, partake in the timeless bathing ritual of eras past, surrounded by modern five-star comfort.





Your experience is a profound immersion in both history and holistic well-being. The curated thermal journey—moving between the warm Bath House Pool, the invigorating Cool Lymphatic Shower, and the serene Steam Rooms—allows the waters to work their restorative magic. Here, you do not merely visit a spa; you partake in a sacred, geographical gift, emerging truly renewed by the earth's deep-heat vitality.



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# YTL HOTELS

Treasured Places, Treasured Moments

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The Spa Village - Honouring Healing Cultures aims to share the latest Spa Village news from our collection of spa destinations worldwide. Coupling age-old practices together with modern approaches to health and well-being results in a tailored one-of-a-kind experience, delivering award-winning results to our guests. Each Spa Village offers a consistently unique and uplifting opportunity for rejuvenation.



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