

TOTALLY TROPICAL

Malaysia is an impeccably beautiful land with a rich heritage – its Spas echo these old customs and ancient rites. Let Healing Holidays pave your way to paradise

GAYA ISLAND RESORT

Off the coast of Kota Kinabalu and in the breathtaking Tunku Abdul Rahman Marine Park, lies the island of Pulau Gaya with its golden sandy beaches. Here you can get back to nature with a spa as harmonious as its surroundings. Tucked away in a hushed mangrove forest, a programme of treatments prioritises wellbeing and utilises fresh, locally sourced ingredients. Why not try a specialised rice scrub or a 'Rolling Waves' massage to alleviate stress? If you manage to pull yourself away from this blissful languor, you'll find underwater thrills with extensive diving and PADI certification courses on offer.

Healing Holidays offers a seven-night stay at Gaya Island Resort from £1,465 per person sharing. Offer includes flights, transfers, accommodation, breakfast, a complimentary night and a 10% early bird discount.



PANGKOR LAUT RESORT

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This beautiful resort, perched on the sandy shores of privately owned island Pangkor Laut, is as exotic as you can get. Individual wooden villas rise out of the emerald waters on stilts or sit nestled in the rainforest – the trees here are reputed to be over two million years old. Sprawling over four acres is the secluded and heavenly (not to mention award-winning) Spa Village. You'll find treatments inspired by traditional Asian healing therapies as well as the deliciously indulgent 'Ultimate Spa Experience' – an eight-hour ritual comprising yoga, a wrap and massage. Relaxation can really build up an appetite, luckily the excellent cuisine provides both traditional fare and candlelit private dining experiences.

Healing Holidays offers a seven-night stay at Pangkor Laut Resort from £1,375 per person sharing. Offer includes flights, transfers, accommodation, breakfast, a complimentary night and a 10% early bird discount.



GAYA ISLAND RESORT

TANJONG JARA RESORT

Situated on the East Coast of Peninsular Malaysia and hugging the South China Sea is the magnificent Tanjong Jara Resort. Elegant wooden accommodation – inspired by 17th century Malay palaces – fits perfectly into this lush, leafy setting. The Spa Village turns to traditional healing practices for a curated portfolio of treatments that includes floral and herbal therapies and restorative tonics. The 'Raindrop Retreat' which administers poultices and hot stone massages over three days will leave you utterly rejuvenated. If you visit between May and September, you can participate in turtle watching excursions for a chance to see the green turtle lay her eggs and witness hatchlings being released into the sea.

Healing Holidays offers a seven-night stay at Tanjong Jara Resort from £1,290 per person sharing. Offer includes flights, transfers, accommodation, breakfast, a complimentary night and a 10% early bird discount.



TANJONG JARA RESORT

TATLER OFFER Healing Holidays is offering *Tatler* readers a complimentary 80-minute spa treatment when you book to stay at any of the above properties between 15 March 2015 and 14 March 2016 (availability permitting). One treatment per person per stay. Book by 31 August 2015. See healingholidays.co.uk/tatlerspa for full terms and conditions.