



TAARAS SPA - A DISCOVERING JOURNEY

Step into the lush jungles of Langkawi and uncover an ancient secret of rejuvenation at Taaras Spa - a private sanctuary of luxury, tradition, and sensational beauty. Discover a newfound sense of balance and inner peace as you immerse yourself in a perfect environment of complete relaxation and rejuvenation.

Our spa offers traditional treatments that have been passed down through generations, infused with the wisdom of our forebearers. Indulge in our treatments and experience a renewed sense of well-being that will leave you feeling revitalized and energized.

Welcome to Taaras Spa, where the ultimate tropical escape awaits you.





BODY MASSAGE

RM

TAARAS SIGNATURE MASSAGE

350

90 minutes

Indulge in the ultimate form of relaxation with our Taaras Signature Massage. Imagine the soothing aroma of warm herbal poultices infused with Lemongrass, Ginger, Cinnamon, Pandan, and Cardamom compressing your body. After which our skilled therapists use long strokes, supple kneading, and deep presses to release muscle tension and promote circulation. The natural and botanical ingredients used in our massage will not only enhance your experience but also leave you feeling rejuvenated and balanced.

AROMATHERAPY MASSAGE

260 / 320

60 minutes / 90 minutes

Revitalize your senses with Aromatherapy Massage. This massage involves alternating between soft and medium pressure while using specialty blended oils, enhancing the connection between the mind, body, and soul.

MALAYSIA TRADITIONAL MASSAGE

260 / 320

60 minutes / 90 minutes

Experience the ancient healing power of our Malaysian masseuses with a mixture of thumb and palm pressure that will leave you feeling rejuvenated and refreshed. This time-tested philosophy works on the nervous system to release blockages, ease joint pains, alleviate muscle cramps and improve blood circulation for a truly transformative experience.

DEEP TISSUE MASSAGE

260 / 320

60 minutes / 90 minutes

A massage that focuses on the deeper layers of muscle tissue. It is designed to release chronic tension in the muscles by using slow, deep strokes and targeted pressure.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



STRESS RELIEF TREATMENT

RM

SHOULDER, NECK & HEAD MASSAGE

130 / 220

30 minutes / 60 minutes

The most effective massage for those who need quick relief on their upper back & shoulders; various techniques help to reduce pain and stiff, sore muscles. Finished with a soothing head massage.

FOOT REFLEXOLOGY

130 / 200

30 minutes / 60 minutes

Works on reflex points on the soles of the feet. Thumb and knuckle pressure help to stimulate energy pathways, increase circulation, and promote healing effects on corresponding parts of the body.

HEAD MASSAGE

100

20 minutes

A rejuvenating touch onto the third eye, combined with gentle point pressure from the brow to the eye socket, aids in the relief of muscle tension around the eye. Gentle finger pressure will work under the cheekbone to relieve blocked sinuses, followed by a head massage to relieve stress, headaches, and migraines and put you into deep relaxation.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



FACIAL

RM

ROSE INTENSIVE FACIAL TREATMENT (Anti - Aging)

300

75 minutes

Pollution and exposure to the elements make the skin thinner, drier, lose collagen, and appear dull, which is a sign of aging. A specially designed "Triple Rose" skin care line with organic ingredients and high performance—cleanse, exfoliate, mask, and harmony essence—will revitalize your skin and fight the signs of aging. Rosehip and luxurious Rose 3% massage oil, which is high in vitamin A and C as well as fatty acids that aid in skin cell renewal, will leave your skin firm, nourished, and glowing. Complete your treatment with a hand, neck, shoulder, and head massage.

REJUVENATING ENZYMATIC

280

60 minutes

Enzymatic facial restores dull, dehydrated, and depressed skin. Natural AHA fruit enzymes such as Bromelain and Papain penetrate to exfoliate dead skin cells and enhance regeneration and renewal. Customized essential oils and natural skin-renewing benefits combine to smooth and nurture fine lines, balance the skin's tone, and restore the skin's naturally luminous appearance for a bright, fresh look.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



DEEP CLEANS PURIFYING

60 minutes

Deep cleans purifying facial treatment is targeted for congested and oily skin; an effective skin care that works deep into skin cells. Cleans, exfoliates, and uses Lavender steam and green algae clay masks combined with essential oils to detox, restore the skin's balance, and eliminate impurities. Jojoba oil and Harmony essence will revitalize your face and radiate you from within.

RM

280

EXPRESS FACIAL

30 minutes

A quick scrub & face massage finished with Damask Rose toner and moisturizer that leaves your skin glowing and gives you more time for other activities.

100

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



BODY SCRUB

RM

ORIENTAL HIBISCUS & ROSE

250

45 minutes

Unveil the ancient beauty secrets of the orient with our luxurious blend of all-natural ingredients including rice, Hibiscus, Rose petals, and pink clay. Indulge in the heavenly scent of Rose Geranium, Lavender, and Ylang-ylang essential oils as you exfoliate and buff away dead skin cells, revealing a brighter, more even skin tone. After your shower, an aromatic body lotion will be applied, leaving your skin feeling silky smooth and rejuvenated.

VIBRANT GINGER

250

45 minutes

Indulge in the ultimate rejuvenation experience with our luxurious Ginger salt scrub. Infused with the power of anti-inflammatory and antioxidant-rich essential oils of Lime, Lemongrass, and Ginger, this scrub awakens and energizes your skin.

**Not suitable for pregnant women, sensitive skin and sunburn.*

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



RM

DELIGHT COCONUT AND VANILLA

250

45 minutes

Relish a tropical experience with our heavenly scented Coconut and Vanilla scrub, made with pure extract and glutinous rice for gentle yet effective exfoliation. Perfect for soothing sun burnt or sensitive skin, this treatment will leave your skin feeling soft, refreshed and with a radiant glow. After the scrub, you will be treated to a lavish body lotion application to leave your skin feeling light and supple.

INVIGORATING JUNIPER BODY POLISH (for him)

250

45 minutes

Enjoy a luxurious spa experience with our rejuvenating mineral salt body polish. Infused with the invigorating scents of Juniper, Rosemary, and Cypress essential oils, this blend of Juniper salt and sweet Almond oil will leave your skin feeling smooth and refreshed. The green clay and Juniper berry work together to deeply cleanse and polish away dry skin, while increasing circulation for a healthy glow. Following your shower, a nourishing body lotion will be applied to deeply moisturize and leave your skin feeling silky soft.

**Not suitable for sensitive skin, eczema and sunburn.*

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



BODY WRAP

RM

OCEAN MARINE BODY WRAP

260

45 minutes

Immerse yourself with a purifying body therapy that combines the rejuvenating power of ocean minerals, marine algae, and marine muds. Rich in Magnesium and Calcium, this wrap will balance your skin tissue, enhance lymphatic flow, and relieve aches and pains. As you relax in the wrap, enjoy a soothing head massage for ultimate relaxation. After the wrap, you'll be treated to a luxurious shower and a moisturizing body lotion to leave your skin soft and nourished.

TRADITIONAL BOREH BODY WRAP

260

45 minutes

Indulge in a luxurious sensation of exotic spices such as Clove, Nutmeg, Cinnamon, Ginger, Sandalwood, and Black Pepper. These spices not only awaken the senses but also provide a warming sensation on the body, traditionally used to relieve muscle pain, increase circulation and water retention. Experience the ultimate rejuvenation as yoghurt is applied to the skin with a gentle exfoliation, leaving your skin feeling renewed and refreshed.

**Not suitable for pregnant, high blood, sensitive skin.*

AFTER SUN

260

45 minutes

Indulge in the ultimate sun-soothing experience with our special blend of Aloe Vera, Cucumber, and Rose water. This luxurious treatment will leave your skin feeling cool, calm, and rejuvenated. After a refreshing shower, our cooling Aloe Vera gel will be gently massaged onto the affected areas, providing the ultimate relief and rejuvenation.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



HANDS & FEET

RM

All aromatherapy hand / foot soaks & relaxing hand / foot massages are followed by nail trimming, shaping and nail colour application.

MANICURE

45 minutes

120

PEDICURE

45 minutes

150

Indulge in a spa manicure or pedicure. The treatment begins with an aromatherapy foot soak and scrub, followed by a soothing mask. Finish with trimming, shaping, buffing, and painting your nails.

SPA MANICURE

60 minutes

200

SPA PEDICURE

75 minutes

230

SPA MANICURE & PEDICURE

120 minutes

350

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



KID'S SPA MENU FOR PRINCE AND PRINCESS

RM

(ages 5 to 11 years old)

A choice of delectable therapies designed for young ones looking to be pampered at Taaras Spa.

LOLA BUNNY STRAWBERRY BODY SCRUB 100
30 minutes

PETER RABBIT FOOT MASSAGE 80
30 minutes

DAFFY DUCK FULL BODY MASSAGE 120
45 minutes

PRINCESS ELSA MANICURE 70
30 minutes

**MOMMY AND ME SPA PACKAGES
(MOMMY OR KIDS)** 600
90 minutes

Cranberry & Peach Body Scrub (for mommy)

Aromatherapy Massage (for mommy)

Strawberry Body Scrub (for kids)

Daffy Duck Full Body Massage (for kids)

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



OUTDOOR PAVILION

RM

Shiatsu massage works on specific points on the body and muscles using a combination of palm, thumb, forearm and kneading techniques. Relieves tension, soothes muscle spasms and reduces stress & anxiety.

SHIATSU FULL BODY MASSAGE (no oil)

50 minutes

260

NECK & SHOULDER (no oil)

30 minutes

130

SPA FACILITIES

Please bring your own swimwear to enjoy yourself at our Jacuzzi. Showers & towels will be provided.

STEAM & SAUNA

20 minutes

40

OUTDOOR POOL

30 minutes

50

STEAM, SAUNA & OUTDOOR POOL

60 minutes

70

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



SPA JOURNEY

RM

Embark on your path to zen, serenity and bliss with our specialty spa packages. A memorable and delightful journey awaits you at Taaras Spa.

TAARAS SIGNATURE JOURNEY

650

3 hours 30 minutes

- Steam & Sauna
- Oriental Hibiscus and Rose Scrub
- Rose Blossom Bath
- Taaras Signature Massage
- Rejuvenating Enzymatic

ASMANA JOURNEY

500

2 hours 15 minutes

- Sauna
- Aromatherapy Massage
- Rose Intensive Facial Treatment (Anti - Aging)

SERI MAHSURI SPA JOURNEY

550

2 hours

- Sauna & Steam
- Traditional Boreh Body Wrap
- Mineral Bath
- Malaysian Traditional Massage

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



	RM
PRANA JOURNEY (for him)	480
<i>2 hours</i>	
<ul style="list-style-type: none">• Steam & Sauna• Invigorating Juniper Body Polish• Deep Tissue Massage• Express Facial	
PADMA JOURNEY	350
<i>1 hour 30 minutes</i>	
<ul style="list-style-type: none">• Steam & Sauna• Shoulder, Neck & Head Massage• Foot Reflexology• Head Massage	

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



We accept last reservation for the day as follows:
60 minutes treatment at 6:30pm • 90 minutes treatment at 6pm

ADVANCE BOOKING

We highly stress the importance of booking your treatment ahead of time to guarantee availability of your preferred time slot. Please don't hesitate to call ext. 2 from your in-room phone or make a reservation from the hotel front desk.

SPA ETIQUETTE

Our spa environment emphasises relaxation & serenity to all guests.

Please respect other guests' right to privacy; please refrain from talking loudly and turn off or place your phone on silent mode in the spa at all times.

CANCELLATION POLICY

Please inform us 6 hours in advance if you wish to cancel your appointment.

Any cancellation done later than 6 hours in advance will be subject to a 50% cancellation charge on the confirmed reservation (treatment price).

Any 'no-show' will be subject to 100% cancellation charge and will be applied to the confirmed reservation.

ARRIVAL

Please arrive 20 minutes prior to your treatment time. Feel free to utilize the shuttle service to send you to the spa.

LATE ARRIVAL

Please inform us in advance if you will be late.

Any rescheduling of treatment times will be subject to slot availability. All bookings must be completed on time to avoid delays for other guests.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT



HEALTH CONDITION

Kindly inform us of any health concerns, allergies, or previous injuries when making your spa reservations to ensure your comfort and safety. We also kindly request that pregnant or breastfeeding guests consult with our spa receptionist for the best and ideal treatments suitable for them.

PERSONAL BELONGING

We strongly advise against bringing any personal items or jewellery with you to the spa. For your own safety, please keep all personal and valuable items in the secure safe deposit box in your room.

The spa WILL NOT be held responsible for any loss or damage of such items mentioned above.

SPA RETAIL

All our massage oils, body scrubs, essential oils, wraps, and treatment products are available on sale at the retail area in the spa.

MODE OF PAYMENT

You may charge it to your room account or pay directly at the spa.

The spa accepts payments in cash or debit/credit card.

Operation hours: 10am - 8pm daily

TAARAS SPA | BERJAYA LANGKAWI RESORT