



PRESS RELEASE

THE STAIRWAY TO HEAVEN STARTS AT TANJONG JARA RESORT

Kuala Lumpur: The “Unmistakably Malay” Tanjong Jara Resort offers an antidote to today’s stress-filled 24/7 lifestyle in the form of its enhanced Syurga Tujuh -Seven Steps to Heaven programme, which is the core experience at Spa Village Tanjong Jara. With a spa philosophy anchored in the Malay belief of Sucimurni – wholesome living through purity of spirit, health and well-being – Syurga Tujuh aims to create an entire holistic lifestyle path through the balance of the human body’s seven chakras.

Following a consultation with a dedicated therapist, each guest is provided with with a programme combining therapies and activities which are tailor-made to their individual needs. In the optimal seven-day programme, each day focuses specifically on individual chakras whereas in the three, four and five night programmes, synergistic combinations are designed to ensure that the same value is delivered in a shorter time period.

Amid the secluded pools and gardens of Spa Village Tanjong Jara, therapeutic massage and therapies will focus on each chakra or energy location and in turn, strive to provide complete emotional balance by unblocking and healing negative or unbalanced energies. With each of the major chakras located along the spinal column of the body - starting at the perineum and going up to the crown of the head – each body treatment works synergistically beginning with Jari-Jemari treatment designed to soothe the feet, or root, and ending at the crown with the exotic Ikal-Ikal treatment.

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Chik Lai Ping, Senior Vice President of the Spa Division comments, “Each chakra is traditionally represented by a different colour of the rainbow which reflects different emotions and feelings - starting with red at the bottom, up to violet at the crown. Ideally all the chakras should be balanced, however the majority of individuals who visit us have some which are overactive and others that are closed down or underactive. Our traditional Malay healing methods are carefully selected to systematically stimulate and re-align the chakras.”

Away from the Spa Village, every activity in Tanjong Jara is geared towards Syurga Tujuh’s core experience, and each day begins with daily Malay yoga classes incorporating specific exercises to complement the focus of each chakra, from the deer pose that elevates chronic lower back pain to the dragon pose that assists with creating self-confidence whilst strengthening the muscular system.

For those looking to explore, a guided bicycle tour of the local villages supports the balance of the first chakra – the basic physical need to connect to the good earth –whilst creative juices can flourish with traditional batik painting lessons. When not succumbing to the heavenly body treatments at the Spa Village, guests are also able to gain insights into the wonders of traditional Malay home cooking with a morning market visit followed by a cooking class guided by a local culinary master.

After a day of pampering, guests will be greeted with an aroma of fragrance in as well as nightly turndown bath complete with fragrant eye pouch as they retire to their rooms. The natural healing properties of Ylang Ylang, Patchouli, Hyacinth, Bergamot, Sandalwood, Rose, Chamomile, Lavender or Jasmine are each chosen to ensure that the treatments manifest across all of the senses, completing the holistic journey.

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Tanjong Jara Resort

Inspired by the architecture of 17th century Malay palaces, the 100-room Aga Khan Award for Architecture winner is situated along a crescent shaped golden beach on the rustic east coast of Malaysia. Tanjong Jara Resort is anchored in *Sucimurni*, the ancient Malay way of life that embraces tranquillity and purity through wholesome living, offering an authentic taste of the region’s spirit. The Spa Village Tanjong Jara completes the experience as it honours the ancient heritage of Malay healing therapies, using spa treatments that have been passed down through generations. www.tanjongjararesort.com



About YTL Hotels

YTL Hotels owns and manages a prestigious collection of award-winning resorts, hotels, boutique experiences and Spa Villages with a hospitality footprint across Malaysia, Thailand, Indonesia, China, Japan, Australia, France and the United Kingdom, including Pangkor Laut Resort, voted the world's best resort in 2003 by Condé Nast Traveller UK. The group also co-owns the Eastern & Oriental Express luxury train. The Gainsborough Bath Spa, the only hotel in Bath to be part of the Leading Hotels of the World's collection of legendary hotels, was named one of the Top 10 Hotel Spas in Europe. Set in the heart of Bath, a World Heritage Site, this unique heritage gem exclusively offers the only natural thermal spa within a hotel in the United Kingdom.

YTL Hotels' global expansion celebrates its decades long relationship with Marriott International through the ownership management of Sydney Harbour Marriott Hotel, Brisbane Marriott Hotel, Melbourne Marriott Hotel, The Ritz-Carlton Koh Samui, The Ritz-Carlton Kuala Lumpur and JW Marriott Kuala Lumpur and recently includes The Majestic Hotel Kuala Lumpur, Hotel Stripes Kuala Lumpur, The Glasshouse Hotel - Edinburgh and Threadneedles Hotel – London in affiliation with the brand's Autograph Collection. The partnership also encompasses the future development of the first Ritz-Carlton Reserve that will complement YTL Hotels' overall master plan for Niseko Village in Japan.

With each new experience that it presents, the company strives to embrace and highlight the natural essence of culture, character and tradition of its surroundings. YTL Hotels is the hospitality arm of YTL Corporation Berhad. Visit www.ytlhotels.com for more information and follow us on our social media platforms for #TreasuredPlaces #TreasuredMoments

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FOR MEDIA ENQUIRIES PLEASE CONTACT:

Geraldine Dreiser

Vice President, Marketing & Communications
Email: geraldine@ytlhotels.com.my
Tel: +603 2719 8105

Jessica Yong

Director, Marketing & Communications
Email: jessica_yong@ytlhotels.com.my
Tel: +603 2719 8105