



Universiti Teknologi MARA

Sabah Campus

MEDEC

ETR 300

SAFH Nature Spa

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INTRODUCTION

BUSINESS LOGO

The concern for, and maintenance of, health and wellness has been very much a part of Eastern culture since time immemorial. This has allowed the practice to develop into something of a fine art, and in Malaysia, influences from various ancient therapies have been infused into modern spa therapies. Spa and wellness programmed in Malaysia that combine traditional methods alongside modern ones in a designer ambience can offer you delightful experience.

Malaysia is rich in exòtic beauty. It is a beautiful island with stable government policies & multi-cultural uniqueness. Malaysia is a perfect country for you to experience the beauty of Asia and a place to relax your soul out of busy schedule.

Malaysia, being a multi-cultural country, has at its disposal a huge range of traditional spa treatments handed down from generation to generation. Age-old Javanese beauty and wellness regimens, ancient Ayurvedic treatments from India, reflexology, acupressure and Shiatsu practices founded in China, among others, have a deep understanding of the human body, dispensing herbal recipes for baths, massage oils and scrubs.

Today, these curative and relaxing treatments are available at spas designed to create peace and tranquility within the soul of the visitor. Set against a lush tropical backdrop, and presented with nutritious and detoxifying fresh food and herbal drinks, most of these luxury spas are also equipped with Jacuzzis, steam rooms, saunas, swimming pools and double baths. Malaysia has recently seen an influx of designer spas, but most spas are tucked away in resorts, nestled in lush rainforests or overlooking the lapping sea shore.