

Spa and wellness programs in Malaysia combine traditional methods alongside modern ones in a designer ambience offer visitors a remarkable experience. 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. Malaysia provides the perfect backdrop for health rituals with its diversity of cultures, vast abundance of natural resources, and traditional therapies that are among the oldest in the world. In fact, Malaysia is quickly becoming one of the top spa destinations in Asia.

According to a survey by Intelligent Spas, the number of spas in Malaysia has grown over 200% since 2002 with more than 170 spas currently operating. The industry in Malaysia is still growing and it is expected to reach 250 outlets by 2011, according to the Euromonitor International 2007 Country Sector Briefing.

For more information on spa, please click here.

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