



The Banjaran is a 15-minute drive from the city of Ipoh and a 2-hour drive from Kuala Lumpur. 4° 37' 51" N 101° 9' 20" E



## THE BANJARAN HOTSPRINGS RETREAT PERAK, MALAYSIA



### FOOD & BEVERAGE

#### Pomelo

The retreat's cosy all-day restaurant, Pomelo features a menu crafted for flavourful yet healthy and nourishing dining. Drawing on the freshest organic and locally sourced ingredients, healthy selection of fruits, vegetables, fresh seafood and premium poultry is served. The delicious appetisers, main courses and desserts are free of artificial seasoning and flavouring; fresh herbs and spices accentuate the taste. Pomelo presents a cosy indoor and al fresco dining within any one of the three gazebos that extend over the hot springs. Fresh fruit and vegetable juices as well as international organic wines are available for a perfect accompaniment to the meal.



#### Jeff's Cellar

Set within a limestone cave, the magnificent Jeff's Cellar is one of the most unique wine bars in the world. Savour a wide range of organic and rare wines in a setting where ethereal lighting, intimate cave interiors and breathtaking natural water features present a one of a kind encounter and indulgence.

#### Skybar

The spectacular SkyBar is literally set on top of the limestone hills comprising of a cosy upper deck bar with a backdrop of breathtaking view overlooking the geothermal hot springs lake and a lower deck offering an exclusive whiskey lounge inside a cave. The bar serves refreshing signature cocktails and beverages with delightful light bites for an unforgettable experience.



### MEETINGS, EVENTS & WEDDINGS

Spark novel and refreshing ideas in a small-group business review, strategy meeting or brainstorm held at the Meeting Room.

For private events and parties, opt for Jeff's Cellar's exclusive setting and ambience which adds stylish appeal and extravagance to significant occasions, launches and appreciation gatherings. To celebrate nuptials, the Observation Deck overlooking the lush splendour of The Banjaran makes it an unforgettable destination wedding.



### GREEN PHILOSOPHY

The Banjaran is designed to meld into the natural topography; providing the basis for its sustainable practices, from energy and water conservation to proper waste management and chemical reduction.

Exhibiting utmost appreciation towards the environment and its unique natural surroundings, the retreat's carbon footprint incorporates an eco-friendly and green practice culture throughout its facilities and services.

for enquiries or reservations, call The Banjaran Hot Springs Retreat  
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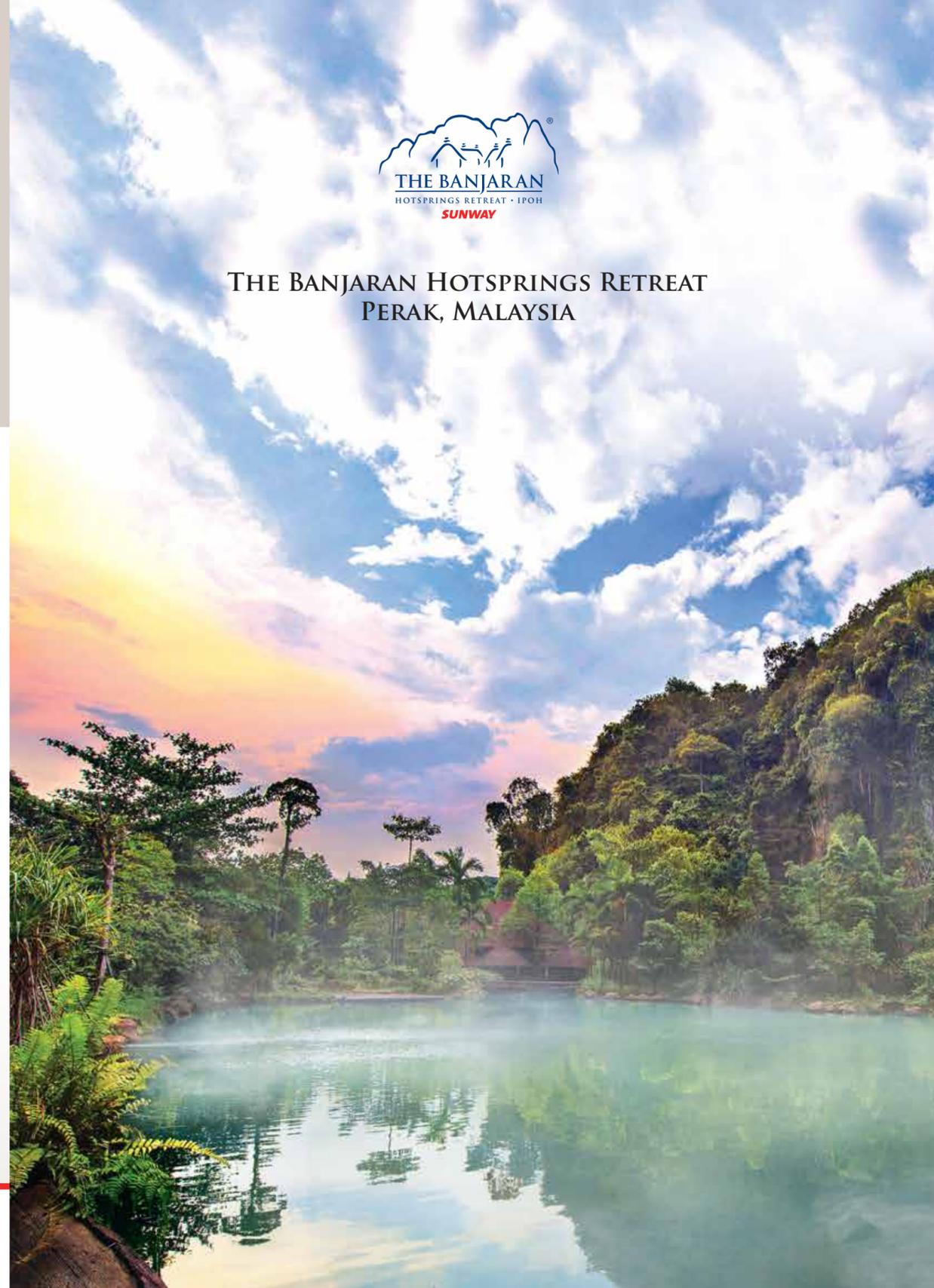
Book your wellness journey at [www.thebanjaran.com](http://www.thebanjaran.com)

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### THE BANJARAN HOTSPRINGS RETREAT

Managed by Sunway International Hotels & Resorts  
 A member of Sunway Group

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## REJUVENATE AT MALAYSIA'S FIRST LUXURY NATURAL WELLNESS HOT SPRINGS RETREAT

Deep in the lush tropical rainforest of the northern state of Perak, lies The Banjaran Hot Springs Retreat - one of nature's most well-kept secrets. Malaysia's and the Sunway Group's first luxury natural wellness hot springs retreat, The Banjaran is locked away in a haven lost in time encircled by natural caves, pristine jungle, waterfalls and natural geothermal hot springs.

The Banjaran Hot Springs Retreat is a sanctuary within a sanctuary. A 15-minute drive from the city of Ipoh and a 2-hour drive from Kuala Lumpur, this idyllic escape is tucked away in a 22.7 acres valley surrounded by magical towering Paleozoic limestone hills of 260 million years. It is best described as an enchanting hideaway for restful time-out, complete relaxation and rejuvenation, with an emphasis on bespoke wellness.

The Banjaran Hot Springs Retreat welcomes guests 12 years of age and above.

## SPA & WELLNESS CENTRE

At the heart and soul of The Banjaran experience is its Spa & Wellness Centre. A consultant, Ayurvedic practitioner, Yoga instructor and personal trainer are available in-house. There are also more than 40 types of holistic Asian treatments offered for the full relaxation of the body and rejuvenation of the mind, including authentic Ayurvedic, Traditional Chinese Medicine and Malay treatments, colon hydrotherapy, antioxidant restorative therapy and hydrotherapy, energy healing treatments such as Reiki, and a variety of massages, foot reflexology, organic facials and body treatments.

Holistic exercise disciplines like Yoga, Qi Gong and Tai Chi, preventive medicine practices and detoxification programmes along with daily access to a host of unique offerings are further integrated into the wellness programmes.



## GARDEN, WATER & LAKE VILLAS

Our 45 exclusive villas are nestled in a secluded cove, where nature plays the perfect host. Allow the sounds of nature created by the gentle rustle of leaves at the Garden Villa (2,808 sq ft), the calming flow of water offering a tranquil atmosphere at the Water Villa (1,667 sq ft), or the harmonious tune of swishing water and stirring plants at the Lake Villa (873 sq ft) to lead you closer to complete relaxation. Each villa features a complete range of amenities for your comfort and enjoyment as listed below:

### Garden & Water Villa

Private plunge pool with a courtyard for dining and relaxation • Sumptuous bedroom suite comprising an oversized king-size bed • A large dressing room and bathroom with outdoor rain shower • Whirlpool with natural geothermal hot springs water

### Lake Villa

Bedroom comprising Hollywood king or twin size bed • Private Plunge Pool and Geothermal Hot Tub • Terrace seating overlooking the lake

## RETREAT'S FEATURES

The Banjaran infuses Malay, Chinese and Indian cultural practices with spa treatments, therapies, healthy cuisine, geothermal hot springs and holistic exercises for an invigorating experience.

### Geothermal Hot Springs Dipping Pools

Using three million litres of fresh hot water that billows up daily from the ground below, the retreat's natural Jacuzzi-style dipping pools provide a leisurely, relaxing soak that also aids stressed muscles and tired joints.

### Thermal Steam Cave

With a platform overlooking a body of crystal clear geothermal hot springs water, this cave presents a natural sauna which allows for restorative therapy to soothe, relax and detoxify.

### Ice Bath

Plunging into the freezing ice bath helps increase circulation throughout the body, reduces blood pressure and strengthens the parasympathetic and sympathetic nervous systems.

### Meditation Cave

A natural granite and limestone cave formation, the meditation cave offers ideal seclusion to focus the mind in silence for complete relaxation and contemplation.

### Crystal Cave

A crystal cave with amethyst and quartz crystals facilitates metaphysical healing. This cave is the perfect setting for private energy healing treatments like Reiki.

### Garra Rufa Doctor Fish Pool

Dip your legs and feel the tingling yet relaxing sensation of exotic Garra Rufa fish eliminating dead skin cells and rejuvenating the skin.

### Jungle Walk

A half-hour jungle-trekking trail through the deep limestone hill forests of the Lost World of Tambun allows for exploration and appreciation of unique flora and fauna, cascading waterfalls and mysterious caves.

### Fitness Centre

The modern design fitness centre accommodates the latest fitness movements with a full range of quality fitness and training equipment.

### Geothermal Heated Swimming Pool

The geothermal heated swimming pool's warm water is ideal for healing, relaxing and rejuvenating.

