

### 1. What is Urutan Malaysia ?

Urutan Malaysia is a combination of finest elements from Malay and various indigenous massage techniques, Malaysian Herbal Foot Soak, Chinese Qi Gong Breathing, Indian Head Massage and Reflexology.

To heighten the five senses of sight, smell, sound, taste and touch. The Urutan Malaysia journey is accessorized with Malaysian therapeutic music, traditional motifs, décor, batik, aromatic herbs and spices.

Urutan Malaysia aims to rejuvenate, refresh, relax as well as instilling Malaysian holistic wellness experience.

### 2. Why was Urutan Malaysia created?

Overview and trends of wellness tourism sees visitors expecting customized products and services.

They expect local spas to use more natural, indigenous products and ingredients. One of the most obvious trend is the need of unique and signature treatments.

With the spirit of "Proudly Malaysian Inspired Tradition", Urutan Malaysia was designed by Malaysian professionals from different ethnic backgrounds, highlighting the best healing techniques, rituals, treatment recipes, music and setting.

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### 3. How long is a session of Urutan Malaysia?

A session of Urutan Malaysia will take 1hour 30 minutes of pure bliss.

### 4. What should I expect after my first Urutan Malaysia visit?

Urutan Malaysia is about TOTAL Malaysian Wellness Experience. You should leave feeling energized and refreshed. There will be a sense of relief to muscle tense & joint stiffness. Your senses will be imbued in purely Malaysian bliss.

### 5. Some traditional massage focuses a lot on "Urat" or deep tissue massage that causes pain and bruises. Does Urutan Malaysia hurts?

A trained Urutan Malaysia therapist should be able to deliver a pain-free yet effective massage. Urutan Malaysia utilizes extensive palm-work which distributes even pressure that covers wider range of muscle. A client is free to choose the right pressure that they want to receive.

### 6. Do I need to undress for Urutan Malaysia?

Yes, with proper draping by trained therapists ensuring your modesty and privacy.

7. How different is Urutan Malaysia comparing to other massages?

Urutan Malaysia is a holistic combination of the best of Malay, Chinese, Indian & Indigenous modality as opposed to the traditional massage, which uses only one of its modality.

8. Which part of the body does the Urutan Malaysia focuses on?

Urutan Malaysia gives equal emphasis on all part of the body. However, based on guest needs, therapists can customize Urutan Malaysia to focus on selected area such as the back or the legs.

9. Do you use oil in Urutan Malaysia?

Yes.

The “Minyak Urut” or the Herbal Massage Oil that accompanies Urutan Malaysia are infused with tropical plants such as pandan or kaffir lime.

10. Is there a difference Urutan Malaysia for male and female?

Essentially the massage movement remains the same. However Urutan Malaysia has a special breast and abdominal massage movements for female guest.