



qi forest
Spa and Wellness

S P A M E N U



“Qi” in Ancient Chinese

Qi



"Qi" is the essential energy of both our body and mind, requiring a harmonious balance for maintaining good health. To prevent imbalances and disharmony, it's crucial to maintain equilibrium among the various forms of Qi that constitute life. The human body contains four types of Qi:

- Yuan Qi (Parental Qi): Inherited from parents at conception and stored in the kidneys.
- Zong Qi (Pectoral Qi): Generated through breathing and stored in the chest.
- Ying Qi (Nutritional Qi): Obtained from food and responsible for distributing nutrition throughout the body.
- Wei Qi (Defensive Qi): Shields the body from illnesses.

At Qi Forest Spa & Wellness, our exclusive forest-scented essential oil blends will invigorate the body, guiding our guests into a deep state of relaxation by immersing them in the forest ambience.

Our personalized essential oils act as aromatic remedies for the soul, providing diverse approaches to unblock and restore Qi balance, ensuring complete harmony of the mind, body, and soul.

Services



Welcome to the Qi Forest Spa and Wellness, a hidden gem nestled amidst the enchanting forest of Pulau Perhentian. Immerse yourself in the serenity of our tranquil sanctuary as you embark on a transformative spa journey unlike any other. Our carefully curated spa menu combines the healing power of traditional therapies with innovative wellness practices, offering a holistic approach to rejuvenation and relaxation. From indulgent massages that release tension and restore balance to rejuvenating facials that unveil your natural radiance, our skilled therapists are dedicated to providing you with an unforgettable spa experience. In addition, we are proud to offer the healing benefits of sound therapy, where the soothing vibrations of sound harmonize your body and mind, promoting deep relaxation and inner harmony. Step into our world of tranquility and let the beauty of nature and the healing touch of our therapists guide you towards a state of complete well-being.



SPA JOURNEY



Immerse yourself in the luxurious world of spa rituals and unlock the secret to radiant skin, improved circulation, and a renewed sense of well-being.

ULTIMATE INDULGENCE

140 MINUTES | RM700

An ancient Malaysian experience to invoke blessings and positive energy, while cleansing the body, spirit and mind. The journey begins with a welcoming foot soak, full body Blissful Body Scrub and upper back Hibiscus Body Wrap.

The traditional Malay mandi bunga is practiced, celebrating a fresh beginning with a cleansing ritual filled with flowers and herbs. After this, you will experience our expertly crafted Urut Melayu, also known as Traditional Malay Massage, for an ultimate release of tension, leaving you feeling relaxed, refreshed and renewed.

HEAVEN AND EARTH

120 MINUTES | RM600

Embark on a rejuvenating spa journey with a Herbal Bliss Massage that utilizes herbal compress to relieve tired muscles throughout your entire body, including the eye area. Elevate your pampering spa experience to new heights with an Elemis Pro-Glow On-The-Go Express Facial to instantly rehydrate your complexion.

DIVINE PERHENTIAN

120 MINUTES | RM580

Exclusively available in Pulau Perhentian, a bespoke signature Sun Soothe Retreat Massage to calm your skin after outdoor sports and diving activities. This treatment is designed to reduce sun damaged to your skin using aloe gel infused with essential oils of peppermint, rose geranium and lavender. Enhance your treatment with Elemis Pro-Glow On-The-Go Express Facial to instantly rehydrate your complexion.

TRANQUIL HARMONY FOR 2

160 MINUTES | RM1450

This exquisite experience begins with an energizing dry brush exfoliation designed to improve blood circulation and awaken your body and mind for a pampering spa experience. Instill in deep relaxation and tranquility with our Qi Forest Signature Massage and let the sound of singing bowl bring you to the maximum level of calmness and grounding.

Enrich your journey with an Elemis Pro-Glow Smooth Facial for an all-encompassing spa experience. Take home with you the gift of Qi Forest dry brush to let the gentle bristles continually reap the benefits of improved circulation and glowing skin.



MASSAGE



REVITALISE ON ARRIVAL

90 MINUTES | RM450

Experience the ultimate treat with our unique combination of dry brush stimulation, exfoliation and soothing massage. Enjoy this therapeutic treatment that combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation. Take home the dry brush and let the gentle bristles continually reap the benefits of improved circulation and glowing skin.

QI FOREST SIGNATURE MASSAGE

90 MINUTES | RM450

Begin your journey with the gentle resonance of the singing bowl, creating a sense of calm and balance. As the soothing vibrations wash over you, our skilled therapists will incorporate the healing power of our signature Respite essential oil blend to enhance your therapeutic massage experience. Close your session with the resonant tones of the singing bowl, leaving you feeling grounded and deeply relaxed.

SUN SOOTHE RETREAT MASSAGE

90 MINUTES | RM450

60 MINUTES | RM350

After sun treatment is vital to heal sun-damaged skin. Specially curated using aloe vera gel with essential oils of peppermint, rose geranium and lavender to alleviate any sunburn discomfort and nourish the skin with the calming and refreshing aroma.

QI FOREST HOT STONE MASSAGE

90 MINUTES | RM450

60 MINUTES | RM350

Experience the harmonious blend of heated stones and the soothing power of singing bowls for a truly grounding and transformative experience. Our skilled therapists will combine the therapeutic benefits of hot stone massage with the resonating vibrations of singing bowls to promote deep relaxation and restore balance.



MASSAGE



HERBAL BLISS MASSAGE

90 MINUTES | RM450

Discover the ancient art of healing with our luxurious herbal compress massage, designed to soothe your senses, relieve muscle tension, and promote deep relaxation for a truly blissful experience. Unwind and indulge in the ultimate pampering session that will leave you feeling refreshed, rejuvenated, and ready to take on the world.

URUT MELAYU

90 MINUTES | RM450

Experience the ancient healing art of Urut Melayu, a traditional Malay massage technique that combines rhythmic strokes and pressure points to release tension, improve blood circulation, and promote overall relaxation and well-being.

DEEP TISSUE MASSAGE

**90 MINUTES | RM450
60 MINUTES | RM350**

Designed to target those stubborn knots and tension deep within your muscles, this therapeutic treatment goes beyond surface-level relaxation. Our massage therapists will work their magic, using firm pressure and slow strokes to release built-up stress and promote rejuvenation.



BODY TREATMENT



BLISSFUL BODY SCRUB

40 MINUTES | RM210

Infused with our most-loved essential oil blends and enriched with Himalayan salt, our Blissful Body Scrub removes dead skin cells, promotes healthy skin circulation and leaves your skin feeling irresistibly soft.

GINGER AND KAFFIR LIME BODY WRAP

60 MINUTES | RM230

Our Signature Ginger and Kaffir Lime Body Wrap helps remove toxins from your body, revitalising your skin and improving its texture and appearance.

HIBISCUS BODY WRAP

60 MINUTES | RM230

The best spa indulgence featuring the national flower of Malaysia. Our Hibiscus Rejuvenating Body Wrap contains exfoliating agents to remove dead skin cells and delivers a calming and soothing experience that promotes a deep state of relaxation.

TREATMENT ENHANCER



HAPPY FEET

30 MINUTES | RM150
60 MINUTES | RM280

Indulge in the ultimate relaxation with a luxurious foot massage on a comfortable massage bed, where skilled hands expertly knead away tension and stress, leaving you feeling refreshed, rejuvenated, and ready to take on the world.

AROMA SOOTHE EYE PILLOW

1 PIECE | RM80

Indulge in the luxurious comfort of our Aroma Soothe Eye Pillow, available in the enchanting scents of rose and lavender. Experience the soothing relief it provides to your tired eyes during your treatment. And the best part? You can take this rejuvenating pillow home with you, ensuring a continuous nourishment for your precious eyes. Elevate your self-care routine and embrace the gift of relaxation that lasts beyond your time at our spa.

FACIAL



ELEMIS
LONDON

PRO-GLOW SMOOTH ROSE FACIAL

90 MINUTES | RM460

Reveal a radiant and petal soft skin with the power of Elemis' clinically proven Pro-Collagen Rose range and signature skin-lifting massage techniques. You will be transported into an English Garden as we revive, rejuvenate and nourish your skin. A hand and scalp massage complete the experience, leaving you feeling pampered from head to toe.



FACIAL



PRO-GLOW SMOOTH FACIAL 90 MINUTES | RM430

Discover the HIIT Workout for your skin. Improve skin-fitness and firmness, whilst reducing fine lines and wrinkles with Elemis' clinically proven Pro-Collagen range and signature skin-lifting massage techniques. After just one treatment the complexion looks firmer, supremely smooth and rejuvenated.



FACIAL



PRO-GLOW EYE BRIGHT TREATMENT

15 MINUTES | RM140

Target signs of ageing around the eyes with this depuffing and smoothing eye treatment. A hydrating soothing eye mask features a skin-cocooning gel texture formulated with orange flower and cornflower extracts to comfort, cool and calm tired eyes, visibly reducing the signs of ageing. Leaving the eye area feeling dewy and vibrant.



FACIAL



PRO-GLOW ON-THE-GO EXPRESS FACIAL

30 MINUTES | RM200

Elemis express facial unlocks a healthy, lit-from-within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

HIGH PERFORMANCE SKIN ENERGISER FOR MEN

60 MINUTES | RM320

An energising treatment that speaks to every skin concern, restoring vital moisture and nutrient levels. A multi-dynamic facial massage boosts circulation and tired eyes, whilst targeted scalp and foot massage are deeply relaxing. Designed to leave the skin revitalised, vibrant and energised.

HAIR SPA



LA BIOSTHETIQUE®
PARIS



REBUILD ANTI-AGEING SCALP TREATMENT

80 MINUTES | RM400

An effective treatment with scalp solutions expert La Biosthetique to address ageing and hair loss caused by stress or hormonal changes. The treatment includes the use of highly concentrated anti-ageing ampoules to rebuild a healthy scalp and promote new hair growth.



HAIR SPA



LA BIOSTHETIQUE®
PARIS



REPAIR DEEP CLEANSE AND HEALTHY SCALP TREATMENT

80 MINUTES | RM330

A scalp health check using digital camera to analyse the scalp condition. Depends on the scalp check results, our skilled scalp specialist will offer a range of customised treatments using the La Biosthetique Scalp Therapy Machine to target dry, oily, sensitive or dandruff scalp. A healthy scalp is restored after a 80-minute scalp treatment.



HAIR SPA



LA BIOSTHETIQUE®
PARIS



INTENSIVE HAIR CARE TREATMENT

**SHORT TO SHOULDER-
LENGTH HAIR**

LONG HAIR

60 MINUTES | RM220

70 MINUTES | RM260

The La Biosthetique Intensive Hair Care Treatment is specially formulated to target specific hair concerns, such as dryness, damage, or lack of shine. After the treatment, your hair will feel incredibly soft, smooth, and rejuvenated, with a noticeable improvement in its overall health and appearance.

OASIS SHAMPOO & BLOW DRY

30 MINUTES | RM70



KIDS' SPA MENU



Children aged 6 to 15 are warmly welcome to experience and enjoy our delightful kids' spa menu.

HAPPY FEET AND SCALP MASSAGE

45 MINUTES | RM160

SUN SOOTHE RETREAT

60 MINUTES | RM230

ELEMIS PRO-GLOW ON-THE-GO EXPRESS FACIAL

30 MINUTES | RM160

OASIS SHAMPOO & BLOW DRY

30 MINUTES | RM50

NAIL ART

30 MINUTES | RM100

INTENSIVE HAIR CARE TREATMENT

60 MINUTES | RM150

(SAME PRICE FOR ALL HAIR LENGTHS)



SPA ETIQUETTE



RESERVATIONS

For reservations or enquiries, please contact the spa reception directly or the hotel front desk. Advanced booking is recommended to secure preferred timeslots.

BEFORE ARRIVAL

We recommend leaving all jewellery and valuables in your room before visiting the spa. Male guests are advised to shave prior to facial treatments in order to achieve optimum results.

ARRIVAL

Please arrive 15 minutes prior to your booking in order to complete the consultation form and to give you time to relax in our tranquil spa with a cup of healing tea.

LATE ARRIVALS

In cases of late arrivals, we will do our best to accommodate adjustments to your treatment time. Please be aware that an extension of your treatment time cannot be guaranteed if there are other reservations for other guests.

CANCELLATION POLICY

The spa has a 24 hours cancellation policy. If less than 24 hours notice is given to cancel an appointment, there will be a 50% charge. Failure to show up for an appointment will result in a 100% charge.

DURING YOUR VISIT

Qi Forest Spa & Wellness is a tranquil spa for deep relaxation and rejuvenation. Please be considerate to other guests by keeping noise levels to a minimum during your pampering spa experience.

SPA ETIQUETTE



CONSULTATION FORM

On your first visit to Qi Forest Spa & Wellness, we kindly request that you complete a spa consultation form. This will inform us about any potential health or medical conditions in order to aid with treatment selection and ensuring the best comfort for you.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage or body treatment for at least six hours. To extend your spa experience in your home, we offer a range of spa products for purchase at our spa retail store.

COMMUNICATION

Before your treatment begins, please communicate with your therapist if you have any illnesses, medical conditions, preferences or dislikes. Feel free to let us know if the temperature in the room is to your liking and, if you are having a massage, what kind of pressure you prefer.

PAYMENT

All spa services and retail purchases will be added to the hotel room bill for convenient and hassle-free payment. If guests are not staying in Perhentian Marriott Resort & Spa, we offer the option to make payments for spa services and retail purchases through online bank transfer, debit or credit card. Please note that we do not accept cash payments.

SERVICE CHARGE

The price of all spa services is subject to 8% service charge.

CHILDREN

Children aged 6 and above are warmly welcome at our spa for services. We kindly request that children under the age of 6 to 15 be accompanied by a parent or legal guardian during their spa services.



**LET
NATURE
HEAL**

QI FOREST SPA AND WELLNESS

PERHENTIAN MARRIOTT RESORT & SPA

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