



Qi Forest
Spa & Wellness

SPA MENU



Services & Awards



Welcome to Qi Forest Spa and Wellness, a hidden gem in the Pulau Perhentian forest. Experience serenity in our tranquil sanctuary and embark on a transformative spa journey. Our curated menu blends traditional therapies with innovative wellness practices for holistic rejuvenation. Enjoy individual wellness options, corporate sound healing, indulgent massages, and rejuvenating facials, all provided by our skilled therapists. Discover the healing benefits of sound therapy, promoting deep relaxation and harmony. Step into tranquility and let nature and our therapists guide you to complete well-being.

We are thrilled to be recognized as Travel + Leisure Asia's No. 2 Best Spa in Malaysia for 2025! This prestigious acknowledgment inspires us to elevate our commitment to providing the ultimate spa experience in the country.

Awards & Accolades

Travel + Leisure Luxury Awards Asia Pacific
Best Hotel Spa in Malaysia (No. 2) in 2025 & 2026

Harpers Bazaar Malaysia
Best Wellness Resort Award 2025

The Association of Malaysian Spa
Outstanding Resort Spa (East Coast Region)
2025-2026



WELLNESS JOURNEY



BODY VIBRATION THERAPY

RM380 | 60 MINUTES

Discover the rejuvenating benefits of our Body Vibration Therapy, a transformative 60-minute experience. Begin with 45 minutes of soothing vibrations from our Tibetan Singing Bowl, where resonant frequencies penetrate the body, effectively alleviating muscle pain and chronic discomfort. Transition into a serene 15-minute session on our meditation mat, guided by our wellness therapist, focusing on rebalancing your seven chakras. You will also have the opportunity to strike sound tools, enhancing your inner peace. Conclude your journey with newfound insights into self-healing, harmony, and tranquility.

SOUND BATH FOR CORPORATES (PRICE AVAILABLE UPON REQUEST)

Join us for a rejuvenating Sound Bath session, where our certified sound alchemist will take you on a tranquil journey using crystal bowls and Tibetan singing bowls to cultivate deep calm through the healing power of sound. Experience absolute harmony as you strike our traditional gong, enhancing your sense of peace and balance. Complete your experience by drawing an Oracle card, providing immediate inspiration for your concerns.



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 Urutan Malaysia for an ultimate release of tension, leaving you feeling relaxed, refreshed and renewed.

CONTRAST RELIEF RITUAL

120 MINUTES | RM650

Indulge in the rejuvenating Contrast Relief Ritual, beginning with our Revitalising Body Scrub infused with refreshing eucalyptus to awaken your skin. Follow this with a soothing hot shower that melts away tension, then invigorate your senses with a brisk cold plunge into our water barrel. Finish with a blissful 60-minute hot stone massage, expertly releasing deep muscle tension and restoring balance to your body and spirit.

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 Expert™ Touch Express Facial to instantly rehydrate your complexion.

DIVINE PERHENTIAN

120 MINUTES | RM600

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 Expert™ Touch Express Facial to instantly rehydrate your complexion.



SPA JOURNEY



TRANQUIL HARMONY FOR 2

160 MINUTES | RM1500

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 90-minute Qi Forest Signature Massage and let the sound of singing bowl bring you to the maximum level of calmness and grounding.

Elevate your experience with an Elemis Expert™ Touch Nourish Facial (for women) or Elemis Expert™ Touch Reveal Facial (for men) for a truly immersive spa retreat. Take home the exquisite Qi Forest dry brush, allowing its delicate bristles to enhance circulation and leave your skin radiant and glowing.

BODY TREATMENT



BLISSFUL BODY SCRUB

40 MINUTES | RM210

Infused with our beloved Respite essential oil blend of Geranium, Lavender, Lime, and Patchouli, and enriched with Himalayan salt, our Blissful Body Scrub gently exfoliates, enhances circulation, and leaves your skin luxuriously soft.

REVITALISING BODY SCRUB

40 MINUTES | RM210

Rejuvenate your skin with our Revitalising Body Scrub, infused with invigorating eucalyptus essential oil. This refreshing treatment gently exfoliates, promoting smooth, radiant skin while enhancing circulation. Experience its antibacterial benefits and soothing properties, leaving your skin beautifully soft and your senses uplifted. Perfect for a revitalizing escape.

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.

MOCOCA BORNEO BODY WRAP

60 MINUTES | RM230

Mococa Borneo Body Wrap with intoxicatingly delicious cocoa, coconut milk and coffee, provides soothing nourishment to the skin.

MASSAGE



URUTAN MALAYSIA

90 MINUTES | RM450

Discover Urutan Malaysia, an invigorating head-to-toe massage that expertly blends kneading, stretching, and muscle pressing. This unique fusion of traditional healing techniques and aromatic herbal oils offers a revitalizing experience that alleviates tension, enhances circulation, and promotes holistic well-being. Indulge in this exceptional therapy and unlock the ultimate relaxation for your body and mind. Experience the essence of Malaysian wellness today!

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.

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.

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.

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.



FACIAL



ELEMIS EXPERT™ TOUCH DEFINE FACIAL

90 MINUTES | RM480

Experience our innovative facial that harnesses the power of clinically proven, intelligent skincare to achieve transformative results for energized, rejuvenated, and sculpted skin. Your skin will be deep cleansed, exfoliated, massaged. A luxury massage face and scalp massage will release tension. The result is a firm and rejuvenated youthful look.

FACIAL



ELEMIS EXPERT™ TOUCH NOURISH FACIAL

60 MINUTES | RM400

Enhance your skin's radiance with our triple-cleanser facial, featuring a luxurious blend of superfood-infused facial oils. Your skin will be thoroughly cleansed, exfoliated, and is massaged using lymphatic technique. This treatment nourishes, balances, and revitalizes your skin, leaving it feeling refreshed and radiant.

FACIAL



ELEMIS EXPERT™ TOUCH REVEAL FACIAL FOR MEN

60 MINUTES | RM400

Balance and tone the skin with this deep cleansing facial treatment curated especially for men. Harnessing the ultimate power of our patented Tri-Enzyme technology, this facial minimizes the appearance of pores and uneven skin texture, revealing a visibly resurfaced, smooth, and radiant complexion.

FACIAL



ELEMIS EXPERT™ TOUCH EXPRESS FACIAL

30 MINUTES | RM200

Reveals a vibrant, lit-from-within glow in just one treatment. Your skin will appear visibly refreshed, renewed, and radiant, featuring a combination of deep cleansing, gentle exfoliation, and a nourishing hydration mask. This quick yet effective facial is designed to instantly revitalize your complexion, making it the ideal choice for those looking to refresh their appearance on the go.

ELEMIS EXPERT™ COLLAGEN EYE BOOST

15 MINUTES | RM150

Target signs of ageing around the eyes, using specialised massage techniques to improve micro-circulation, drainage and reduce puffiness. 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.

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**

60 MINUTES | RM220

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.

LONG HAIR

70 MINUTES | RM260

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 & SCALP MASSAGE

60 MINUTES | RM180

SUN SOOTHE RETREAT MASSAGE

60 MINUTES | RM230

ELEMIS EXPERT™ TOUCH EXPRESS FACIAL

30 MINUTES | RM160

INTENSIVE HAIR CARE TREATMENT

60 MINUTES | RM150

(SAME PRICE FOR ALL HAIR LENGTHS)

HAND SPA

HAND SCRUB | HAND MASSAGE | NAIL PAINTING
(ADD RM60 FOR REMOVING NAIL COLOUR)

60 MINUTES | RM160

OASIS SHAMPOO & BLOW DRY

30 MINUTES | RM50



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.

OUR ESTEEMED PARTNERS



qi forest
Spa and Wellness

LA BIOSTHETIQUE®
PARIS

ELEMIS
LONDON





**LET
NATURE
HEAL**



qi forest
Spa and Wellness

QI FOREST SPA AND WELLNESS

PERHENTIAN MARRIOTT RESORT & SPA

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