



Press Release
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Tungku Batu Tradition Revived at Spa Village Cameron Highlands

The Spa Village concept has always been to celebrate the healing culture of the region in which it resides. Set in an emerald landscape of lush farmland and verdant jungle, the Spa Village at Cameron Highlands Resort houses its healing therapies based on produce from the surrounding jungle and ancient tea rituals.

One fine example is the Tunku Batu treatment. An ancient but effective formulation, the Tungku Batu is known for its power to restore strength and vitality.

Tungku Batu is widely practiced for women in confinement after birth. It helps improve the blood circulation and the functioning of the uterus, resulting in recharged energy and desire. Tungku Batu is particularly effective for overcoming an enlarged abdomen after birth, quickly restoring a shapely, firmer and better-looking figure. It also helps to relieve muscular pain, varicose veins, and superficial vascular disorder. Tungku Batu is a highly recommended method to relieve pressure on the spinal cord, and has proven effective in helping to correct and overcome chronic backache.

Tungku Batu is a treatment of stones (river stones or clay) wrapped with selected spices and herbs which include fenugreek, black seed, and leaves such as betel and morinda leaves. They are then tied together into a pouch using cotton cloth. Medicated ointment is applied onto the affected area before the hot pouch is used as a pressure massage to loosen tense muscle, alleviate pain, reduce inflammation, break excess fat and cellulite or simply for sheer relaxation.

In Spa Village Cameron Highlands, a warm, spicy and medicated ointment known as Minyak Lumur Sakti - consisting of coconut oil, cloves, nutmeg, galangal and lemon grass, is applied on the body using vigorous rubbing (employing the effleurage massage) to allow the herbal oil to penetrate deep into the skin before the heated stone treatment

begins. For better effect, Tungku Batu uses a medicated stone made from seven layers of clay soil which are moulded and baked together.

The stones are heated on a hot plate, then placed on betel and morinda leaves before being tied into a pouch using cotton cloth. The treatment includes a 50-minute heated stone therapy and a 50-minute Malay massage treatment concluding with a herbal tea drink of betel leaves, ginger and Centella asiatica to help with body cleansing and detoxifying.

The authentic blending of culture and product is what makes Spa Village Cameron Highlands such a unique and therapeutic healing retreat.

The tranquil ambiance of the Spa Village in the lush surroundings of the highlands will enhance the restorative treatments provided. The Spa Village features 6 Treatment Rooms, 4 Tea Bath Rooms, 2 Outdoor Cabanas and a fully equipped Gymnasium.

For reservations and enquiries, please contact YTL Travel Centre at (603) 2783 1000 or email travelcentre@ytlhotels.com.my

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