

WELL, WELL, WELL

JOURNEY THROUGH WELLNESS

Experience 1.5 hours of utter bliss with 3 awards winning signature treatments in 1 package! Built around 3 types of healing philosophies in Asia deeply rooted in ancient Ayurvedic, Taoist and Malay practices.

Shiro Abhyanga - (Ayurvedic head, neck and shoulder massage) 15 minutes
This treatment nourishes the scalp, relaxes, relieves tension and headache, improves blood circulation to the head, strengthens the hair follicles and helps to treat thinning hair using prescribed coconut oil on the neck.

Chi Nei Tsang Massage 25 minutes
Rooted in the ancient Taoist tradition to improve your "Chi" (life force). It heals from within by removing unprocessed emotions that cause energy blockages. Upon "reading your navel", the therapist will carefully work on the knots and tangles in your abdomen, stimulate your intestines, abolishing toxins, improving digestion and metabolism.

Traditional Malay "Urut" Massage 50 minutes
A deep tissue massage that uses long kneading strokes of thumb and palm pressure, directed towards the heart focuses on the flow of blood, releasing wind and discomfort.



Normal Price	Promotion Price
RM964	RM450
90 minutes	

All prices are subject to 10% service charge. Prices stated are exclusive of Service Charge.
For bookings and enquiries, we invite you to contact V Botanical Spa at Ext 591 (9am to 9pm).

BY THE WAY

When you pay a visit at our Concierge Desk, please get yourself a "Things to Do" list, our short & curated guide to what's what around Langkawi – and includes a driving guide, which is needed if you choose to rent a car for your exploration of the island.

"Malaysia Truly Asia" is more than a slogan. It reflects precisely of whom we are and Malaysian cuisine plays an important role in this as well! Let's talk about night markets, the place where all the locals gather, selling daily used goods and local Malay street food. These night markets are available 7 nights a week, alternating amongst deferent locations daily, such as Kuah Town, Kedawang, Ulu Melaka, Air Hangat & Padang Matsirat. The best part is the food, there are varieties of street bites that are unique & savoury. If you decide to visit one, please make sure to ask the Concierge's Desk where the night market is being held on that day.

Every day of the week, we are providing Complimentary Shuttle Services for our in house guests. On Mon, Wed, Fri, and Sun, the shuttle goes to Kuah (the main downtown of the island) – & on Tues, Thu and Sat, the shuttle goes to Pantai Cenang (Cenang Beach, the main touristic beach area of Langkawi). Places are limited and therefore guests are strongly encouraged to reserve. The shuttle leaves at 11am & the collection is at 4pm.

Please may I recap, all well-deserving mums and dads, that we have an excellent team of babysitting associates. Charges are MYR30 per child per hour with a minimum of 3-hour booking (NB Hours after 11pm is charged at MYR50 per child per hour). To avoid any frustration, please book your babysitter at least 24 hours in advance.

If you are looking for some Malaysian souvenirs or sample a little bit of the local culture, I would recommend you to visit the Langkawi Craft Complex which is located at Jalan Teluk Yu, which is about 23km away, 30 minutes' drive from the hotel – just pass the Pantai Pasir Hitam (Black Sand Beach). Established in 1966, the 32 acre complex is divided into several sections; the lobby, auditorium, various bazaars, exhibition area and even batik workshop! Almost everything is there. There are 2 museums; Heritage Museum and the Cultural & Wedding Museum, all you need to know about Malaysian heritage and various different culture and wedding in Malaysia. The visiting hours are from 10am to 6pm daily and admission is free.

Till then, do not forget to visit the "Destination Authority Desk" to get some local insights of the magical island of Langkawi. Let us be your guide and have a pleasant stay with us!

DESTINATION DISCOVERIES

A CONCIERGE CURATED EXPERIENCE

Various days and time

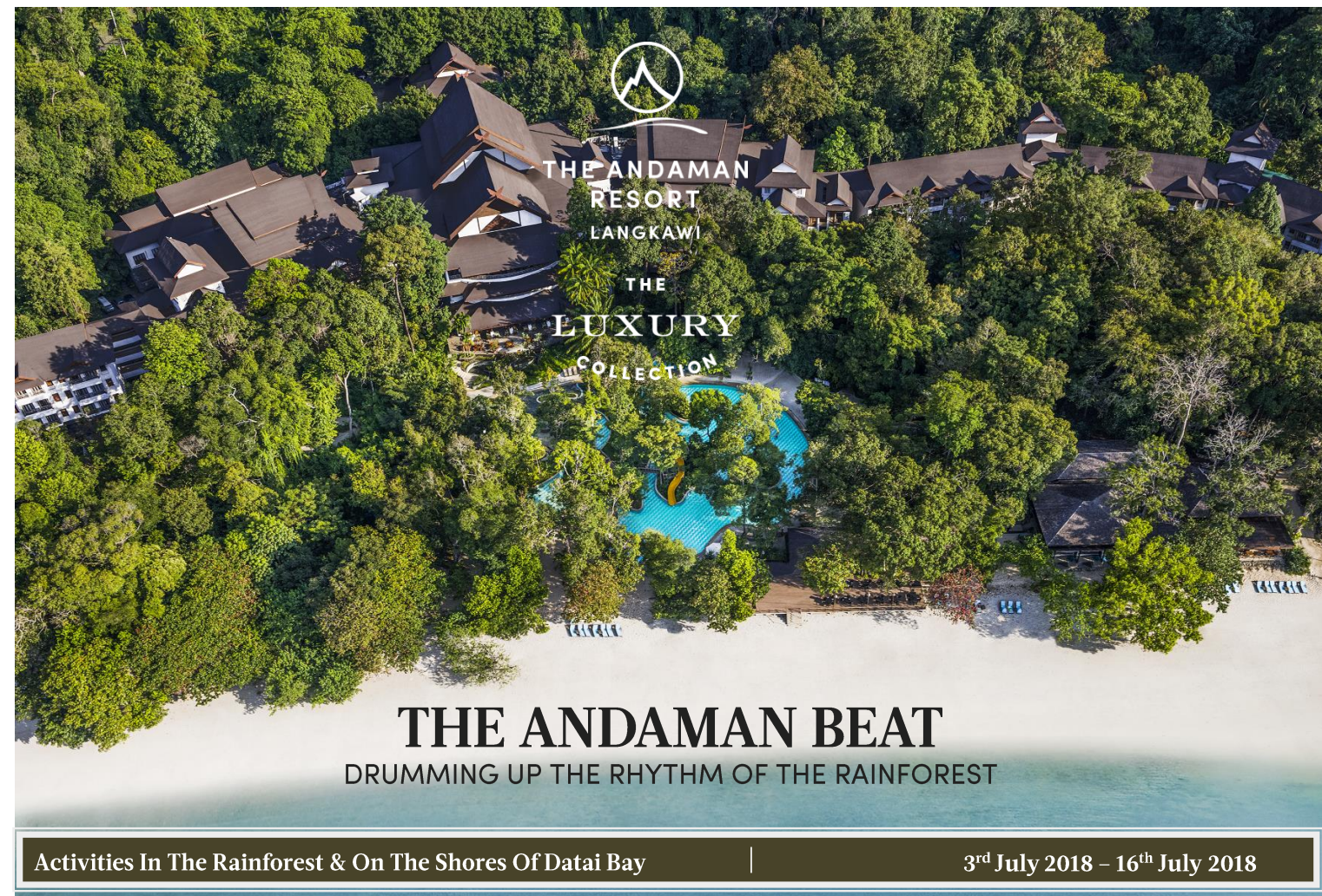
Let our Concierge guide you with a short presentation about the location, culture and other things that combine to make The Andaman and Langkawi so special. From the legendary & majestic Mat Cinchang mountain range that surrounds The Andaman, to the islands that dot the seascape, this experience will offer a bucket list of ideas for a myriad of unique experiences to do. It will not always be the same, so be sure to connect with our Concierge team and reserve your place so as to avoid disappointment.

MEGAWATERSPORTS JETSKI TOUR



We recommend a great adventure with 'Mega Water Sports' An island-hopping excursion via jet-ski. With options for single or double riders, this excursion is a guided exploration of a few of the many small islands on the south-western part of the archipelago. The guides are extremely knowledgeable and this tour presents a perfect balance between fun and learning.

* Please contact concierge for rates and further details.



THE ANDAMAN BEAT

DRUMMING UP THE RHYTHM OF THE RAINFOREST

Activities In The Rainforest & On The Shores Of Datai Bay

3rd July 2018 – 16th July 2018

SALAM SEJAHTERA

from the General Manager

Dear Guests,

Welcome to The Andaman Beat, your guide to what's what around the resort.

The concierge has shared many of their very own favorite destinations around the island with me and I must say that so far my favorite place will have to be the top of Gunung Raya Mountain, which is the highest peak on the island giving spectacular views of this most mythical island. A huge benefit of driving up this mountain is that you get all the views as you would with the cable car, but without the entry fee! Additionally, it is home to a large number of Great Hornbills, which are the largest birds on the island,

Measuring a whopping 1.2m from the tip of its beak to the tip of its tail. I'm still always amazed at the 'whoosh whoosh' sound made by their giant wings when they fly by. The Great Hornbill shares 'monogamous' trait with another large bird on the island, the White Bellied Sea Eagle, and as we have seen some very nice wedding celebration recently, I thought I would share a great 'Wildlife Wedding Story' as told to us by our very own resident naturalists here in the resort. Over the years that our naturalists has been on the island, they had the privilege of seeing the wedding ceremony of these birds on very few occasions. Why so few you might ask? As these birds are monogamous – they pair-off for life so you do not see too many wedding ceremonies, only once in a pairs lifetime. This bird reaches maturity at year five and can live for about twenty–eight years.

When it is time for a young male to pair off, he will find a potential mate and chase her. His job is to catch her, so he relentlessly chases her while her job is to not make it easy for him. If he is unable to catch her he is probably too young or not strong enough. But if he is strong, fast and firm he will come close to her, he will try to get directly above her, and he brings his talons down towards her – and she turns over to fight him off. But after many attempts at fighting him, she is now too tired and eventually relents by giving her talons to him. Now unable to flap their wings, the pair spin-fall in a most beautiful slow spiral dance, and just before they reach the top of the trees they let go and fly. She then joins up with him and they fly off together into the sunset! Very romantic, don't you think?

Thank you for choosing The Andaman for your stay and I sure hope my tips help you to discover a bit more of this undiscovered island.

Kind regards,
Carlos

Naturally
LANGKAWI

Biodegradable Remede Bathroom Amenities

Please allow us to inform you that the beads used in our "Remede Body Wash" bathroom amenities are natural jojoba flora beads which are readily biodegradable. They are not microbeads made out of plastic. We remain at your service for further information.



COCKTAIL SELECTION - RM 45

- Mojito** - Bacardi light, Raw Sugar, Mint Leaf, Limes Juice
- Singapore Sling** - Gin, Cherry Brandy, Pineapple Juice, Dom Benedictine
- Screw Driver** - Vodka, Orange Juice
- Blue Andaman** - Vodka, Blue Curacao, Pineapple Juice, Limes Juice

HAPPY WORLD CUP

PACKAGE 1 - RM 119

- 1x Type Of Food (Nachos or Buffalo Wing or Beef Slider)
- 2x Glass (House Wine White or Red or Beer Draught)

PACKAGE 2 - RM 107

- 1x Type Of Food (Nachos or Buffalo Wing or Beef Slider)
- 3x Bottle of Corona Beer or 2x Glass Of Draught Beer)

PACKAGE 3 - RM 99

- 1x Type Of Food (Nachos or Buffalo Wing or Beef Slider)
- 2x Glass of (Selection of Chilled Juice or Selection of Soft Drinks)

Beer Promotion - Rm88 Nett

Tiger Draft (1 Liter)
Buy One Get One Free!

SUNSET BBQ BUFFET DINNER

BEACH FRONT

Fridays 6th & 13th July
7.00PM - 10.30PM

RM220 nett adult | RM110 nett child | Exclusive beverages
SPG Kids are welcome to join.

Take delight and treat yourself to an array of freshly grilled delicacies prepared to perfection by our brigade of chefs, all whilst taking in the magnificent views of Datai Bay.



EPICUREAN JOURNEY Taste of Malaysia

TEPIAN LAUT

Mondays 9th & 16th July

7.00PM - 10.30PM (Dinner) | 6.30pm - 7.00pm
(Destination Discovery Tour) RM220 nett adult | RM110 nett child
Exclusive beverages | SPG Kids are welcome to join.

Immerse yourself in an authentic Malaysian evening. The enriching journey commences with a Destination Discovery Tour hosted by The Luxury Collection Concierge followed by the traditional welcoming ritual 'bunga manggar', 'kompang' and 'renjis air mawar'. Proceed at Tepian Laut with 'silat performance' with traditional music and end the night with a buffet feast featuring the best of Malaysian cuisine.



CALL OF THE WILD

The Colugo, or Cynocephalidae, is a truly unique animal. Found exclusively in the rainforests of South East Asia the Colugo lives its entire life up in the trees. It sleeps during the day and becomes active at night, waiting until just after sunset to make its first flight of the day. Often referred to as a Flying Lemur, the Colugo is not actually a lemur, but its own unique species. It has a membrane called a Patagium which stretches all around the body, from the neck, to the hands, feet and tip of the tail. This Patagium allows the Colugo to glide up to 70 metres through the canopy. They can even change direction, and can be seen 'banking' around trees to find their preferred landing spot.

Colugos are mammals, and are the closest surviving species to Primates. Newborns weigh in at a whopping 35g, and live closely attached to the mother until about 6 months old. They diet mainly on vegetation in the trees, generally eating very little, therefore taking up to 3 years to reach maturity. The Colugo is very prominent around The Andaman, best seen gliding over the swimming pool or around the Beach Bar



EXPLORE THE NATURE AT THE ANDAMAN

RAINFOREST AWAKENING

8AM - 9.30AM

As morning light breaks, the forest awakens to the sights and sounds of birds, monkeys, squirrels and a myriad of other delightful animals. Morning is the best time to walk our grounds to gain an insight into the thriving plant and animal life here. Discover a treasure trove of medicinal plants that are increasingly finding their way into modern medicine.

*Daily except Monday - The walks are COMPLIMENTARY. Limited to 12 persons. Please reserve directly with concierge to avoid disappointment

RAINFOREST AFTER DARK

7PM - 8.30PM

Let our naturalist unravel some of the mysterious of the virgin rainforest with the unique sounds and enigmatic animals that appear as night falls. Watch out for bats, flying squirrels and the very unique colugo, commonly known as flying lemurs. No trip to these islands can be complete without experiencing our rainforest at night.

CORAL REEF CONSERVATION

GUIDED CORAL REEF WALK

Thursday 12th and Friday 13th July @ 6.00PM

This fascinating walk takes you out onto our fringing Coral reef where you will see some of the many intriguing animals that have lived here for up to 8,000 years and some that are almost unchanged from their ancestors of 450 million years. The walk starts at the North Wing end of the beach. Shoes and walking sticks are provided.

*weather permitting. *Please register at the Concierge desk for Reef Walk as spaces are limited for safety.

CORAL CLEARING

Saturday 14th July @ 6.00PM (FOR ONE HOUR ONLY)

This is the activity that /started off our entire Coral Conservation programme! A jolly gang from the hotel team and hopefully a few guests will gather on the beach for an hour of 'gentle labouring' as we like to call it. Afterwards there will a fun and informative 'show and tell' talk on some of the wonderful animals that we happen across during the hour.

* weather permitting

"Research shows that sunscreen kills corals. Guests are asked not to use sunscreen on mornings they plan to visit the coral nursery for aided snorkelina. Your cooperation is appreciated."

TIDE UP, TIDE DOWN

To help you plan your day at the beach or your evening walk, you may like to know that low tides below 0.5 m are good for exploring our "fringing coral reef". High tides above 2.0m come far up the beach.

Tue 3 rd	High 3:20 AM 2.4m; High 2:40 PM 2.8m Low 8:30 AM 1.0 m; Low 9:10 PM 0.7 m	Sun 8 th	High 8:00 AM 2.3m; High 8:00 PM 2.1m Low 1:10 AM 1.1m; Low 2:20 PM 1.4m	Fri 13 th	High 12:03 AM 2.6 m; High 12:30 PM 3.2 m Low 6:20 AM 0.7m; Low 8:00 PM 0.4 m
Wed 4 th	High 4:00 AM 2.3m; High 3:50 PM 2.7m Low 9:40 AM 1.1m; Low 10:20 PM 0.9m	Mon 9 th	High 9:10 AM 2.4 m; High 11:30 PM 2.2 m; Low 2:30 AM 1.1 m; Low 3:40 PM 1.2 m	Sat 14 th	High 1:10 AM 2.7 m; 1:20 PM 3.2 m ' Low 7:00 AM 0.7 m; Low 8:20 PM 0.4 m
Thu 5 th	High 4:40 AM 2.3 m; High 4:30PM 2.4m Low 10:20 AM 1.3 m; Low 11.10 PM 1.0 m	Tue 10 th	High 10:10 AM 2.6 m; High 10:40 PM 2.3 m Low 3:40 AM 1.0 m; Low 4:40 PM 1.0 m	Sun 15 th	High 1:50 AM 2.8m; High 2:00 PM 3.2 m Low 7:50 AM 0.7m; Low 8:30 PM 0.4 m
Fri 6 th	High 5:30 AM 2.2 m; High 5:20 PM 2.3 m Low 11:20 AM 1.4 m; Low 12:00 AM 1.1 m	Wed 11 th	High 11:00 AM 2.8m; High 11:30 PM 2.5 m Low 4:40 AM 0.9m; Low 11:30 PM 2.5m	Mon 16 th	High 2:40 AM 2.8 m; High 2:40 PM 3.1 m Low 8:30 AM 0.7 m; Low 9:10 PM 0.4 m
Sat 7 th	High 6:40 AM 2.2m; High 6:30 PM 2.2 m Low 12:40 PM 1.5m	Thu 12 th	High 11:50 AM 3.0m Low 5:03 AM 0.8m; 7:20 PM 0.6m		



Let's
Shisha RM95 Nett
include of
2x Cocktails