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La Sante: The Chateau's organic wellness spa

Combining the best of European spa expertise with renowned Asian hospitality, La Sante Spa offers a complete organic experience to a discerning clientele...

La Sante is the first European concept spa in Asia. Nestled in a century-old tropical rainforest and surrounded by lush greenery, there couldn't be a more perfect place to unwind and relax. Furthermore, it's only a 45-minute drive from Kuala Lumpur, the capital of Malaysia.

The complete experience

Boasting an extensive range of spa treatments and programmes, La Sante offers a complete organic wellness experience, including Voya, the exclusive line of spa products made from hand-harvested seaweed found on an untouched area of Ireland's coastline. Voya utilises seaweed as its main ingredient and is the world's first certified organic seaweed-based product range.

The spa offers a variety of programmes namely, Wellness Getaway, Body Pamper, Beauty Essence, Stress Relief, Fit for Life, Couples Retreat, For Men, Total Beauty and Body Cleansing; available in two, three, five and seven-nights package. The philosophy is one which advocates a lifestyle approach to personal wellness in a non-regimented way.



Stress free

There are several European thermal spa facilities which set this spa apart from the others, such as an Aquaveda Bed: a specialised massage bed with heating elements which has an automated body exfoliation process which works in tandem with the soap brush treatment.

The Herbal Bath is a unique sauna which has natural herbs (rosemary, chamomile or lavender) infused in the air. The purpose of this is to relieve stress, improve respiratory function and enhance circulation in the body.

A beautifully designed Salt Grotto is a steam room embellished with Swarovski crystals. This is used for therapeutic mud wraps which help eliminate toxins from the body and relieves the body from any muscular aches and pains. Then there is the Aroma Hydro Pool, which contains aroma bath salts with a blend of essential oils to alleviate fatigue and tension. Or you can just chill out by the Salt Pool.

With clean, cool and fresh air, luscious flora and fauna and nutritious cuisine, La Sante is the ideal place to recharge and re-energise yourself. Whether you are planning a brief stopover between your meetings or a longer stay, La Sante welcomes you with warm open arms and is the best partner in your journey to health and wellness. ■



Clockwise: Start the day with yoga; modern rejuvenation; The Salt Grotto and the Aquaveda Bed

Contact Details

For further information please visit:
www.thechateau.com.my