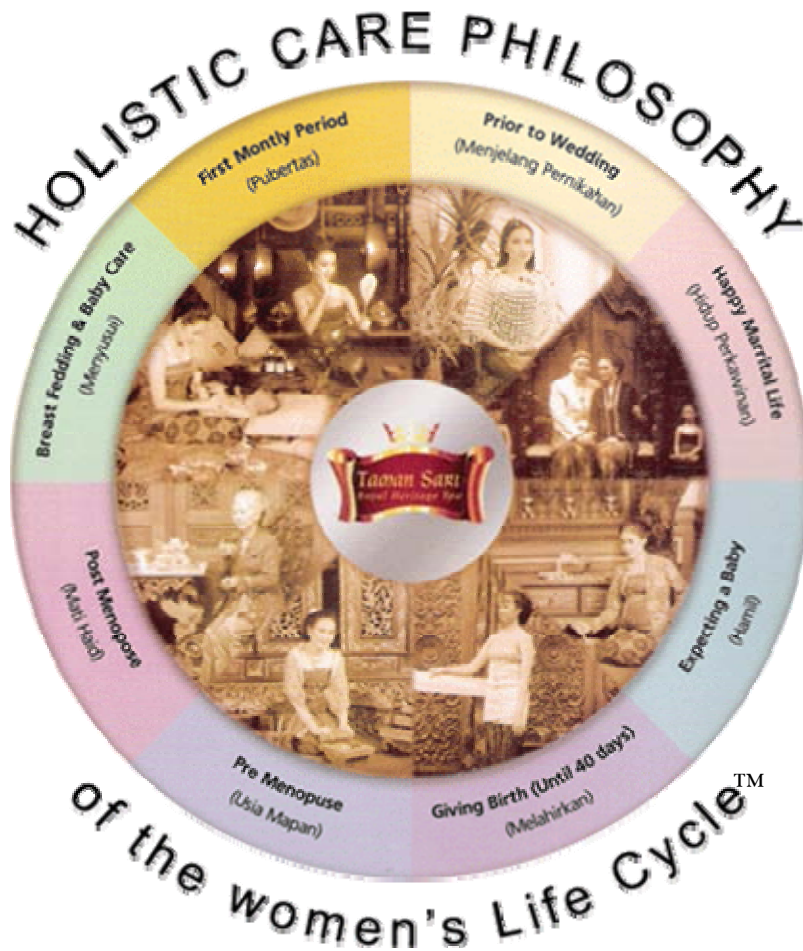




Taman Sari Royal Heritage Spa
Whistler, BC



“Imagine a spa where all of the senses are stimulated. Where the skin feels warm from the nurturing touch of the therapist, the muscles feel soothed and relaxed, where aroma therapeutic oils and flowers tantalize the sense of smell, where the eyes feel soothed by the harmonious palette of colors in nature, where the taste buds are awakened by a sweet sensation of exotic teas and natural cocktails called "Jamu". Where the lullaby of the Mountain Forest can be heard and gently comforts you to sleep. All that you have imagined can be found in Whistler's Taman Sari Royal Heritage Spa, the only authentic Javanese spa in North America.”

THE JAVANESE TRADITION OF HERBAL HEALING

A woman's life cycle consists of: birth, puberty, pre-marriage, pregnancy, giving birth, lactating, menopause, and post menopause, each with its own physical and mental challenges. In Javanese culture, we believe that harmony is paramount to achieve the balance between physical and spiritual health in order to prepare us for these challenges. The Javanese people also believe that nature provides us with all necessary food and medicine to help us prepare our self. Our tradition teaches us how we should combine various plants to make our food and remedies and how we should take charge of our wellbeing. We call this art of herbal healing as Jamu.

The ancient Javanese people lives intimately with plants around them and they regard plants as their partners to achieve this physical and spiritual balance. Therefore the knowledge on how to prepare plants as food and as medicine is always in the core Javanese woman's daily life. Javanese housewives always maintain a good collection of herbs and spices in their kitchen and prepare food for the family members with promoting the family's health in mind. They also know how to make specific Jamu to treat various illnesses.



This knowledge has been around for thousand of years and the formula has been perfected to utilize the progress of science and technology. The Javanese people manage to preserve this knowledge because it is embedded in the culture and it becomes our social rituals. The knowledge of Woman's Life cycle becomes our most valuable tool to make this ritual alive among our current generation. Our ancestor knows that Woman's Life cycle will always be relevant to our daily life, regardless of our age, ethnic background or what era we live in.

JAMU and JAVENESE SPA TREATMENT PRACTICES

Our Spa treatments revolves around the tradition of Jamu, therefore we always strive to use natural-based products as much as we can. We also use the Woman Life Cycle diagram to assess the specific Jamu or Spa treatments that are suitable to our female clients. Our clients, female and male alike, mostly appreciate the authenticity and the knowledge that they learned from our Spa. They regard that as an experience that fulfill their Indulgence, Escape and "Spa Work" needs. The followings are the Javanese Spa practices that become Signature treatments at Taman Sari Royal Heritage Spa.

Javanese Massage is an intense, medium to strong deep tissue massage in which therapist use thumb and palm pressure and firm strokes to apply a unique blend of Indonesia's essential oils that stimulate blood circulation and loosen muscles to reduce tension. The therapist maintains balanced pressure and movement in order to improve energy flow and enhance physical and mental well-being.





Lulur or “exfoliating the skin” is most often associated with the luxurious pre-wedding ritual of Indonesian women. This famous body scrub is made from extract of rice powder, turmeric, pandan wangi leaves and temu giring root which has unique purifying properties and exfoliates the dead skin cells while stimulating new skin regeneration.

while enriching the skin.

Merapi Volcano Body Wrap is a detoxifying body treatment using rich organic mud that contains proteins and minerals to stimulate blood circulation

Tea and Jamu Bar, is added at some of our exclusive locations to compliment the body care. Jamu is special herbal cocktail that is indigenous to Javanese people which now getting more attention from the western society. Jamu can be easily enjoyed by people of any ages because it contains only natural ingredients and can be mixed with honey to make it less bitter. It comes in various formats, solid or liquid and it was mixed to treat specific illness. The most popular is “beras kencur” which can be consumed daily as a healthy drink. Loose Leaf tea as the most popular “herb” in the western society is sometimes added in the menu, Taman Sari Spa in Whistler showcases more than 30 different kind of loose leaf Tea at its Bar in addition to our Jamu.



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