



BERLAM  
WELLNESS SPA & VILLAS  
PENANG

## *Kechmara Wellness & Spa*

*Kechmara Wellness & SPA Rituals are more than treatments—they are sanctuaries of renewal.*

*Each experience awakens the wisdom of the four elements: earth, water, fire and air.*

*Inspired by the flow of the seven Chakras—root, sacral, solar plexus, heart, throat, third eye and crown.*

*Our rituals blend ancient healing with modern refinement to restore balance,  
awaken inner wisdom and reconnect you with your true self.*

*Each journey is thoughtfully crafted, grounded in the earth, flowing with water,  
fuelled by fire and sustained by air, all in mindful movement. Through intuitive touch  
and intentional energy work, the Chakras are gently activated, allowing vitality,  
harmony, and inner radiance to emerge.*

*One of our most popular experiences is the Floating Sound Bath Treatment is the soothing immersion  
where sound vibrations and water combine to release tension, calm the nervous system, and boost cellular renewal.  
This blend of weightlessness and healing frequencies not only deeply relaxes but also supports natural anti-aging,  
enhancing skin vitality and revealing your inner glow. Whether you choose a half-day escape or a full-day retreat,  
each Kechmara Ritual is a journey designed to uplift the spirit, sharpen intuition,  
balance all seven Chakras and leave you feeling radiant, renewed and at peace.*



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## *Kechmara Wellness & Spa*

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## Kechmara Wellness & Spa

ALA CARTE | HOLISTIC MASSAGE THERAPY

Inspired by the medieval era, the Kechmara Signature Massage blends a variety of massage techniques into one harmonious experience. This unique combination is designed to boost blood circulation, support lymphatic drainage, and relieve muscle fatigue. The result is a deeply holistic treatment that restores balance and leaves both body and mind feeling renewed.

Experience the transformative power of our expertly crafted aromatherapy massage, designed to deeply relax both body and mind. Ideal for stress relief, this treatment combines the therapeutic benefits of essential oils with specialized techniques tailored for profound relaxation.

### KECHMARA

DURATION	PAX	RATE
60 MINS	SINGLE	RM380+
90 MINS	SINGLE	RM480+

### AROMA MASSAGE

DURATION	PAX	RATE
60 MINS	SINGLE	RM380+
90 MINS	SINGLE	RM480+



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## Kechumara Wellness & Spa

ALA CARTE | HOLISTIC MASSAGE THERAPY

The Warm Stone Massage is a therapeutic treatment that uses smooth, heated basalt and black volcanic stones known for their ability to absorb and retain heat. This powerful technique helps release muscle tension and melt away stress. As the warmth of the stones penetrates deep into the muscles, the gentle pressure brings soothing relief, restoring comfort and balance to the body.

Urutan Malaysia is a unique fusion of traditional Malaysian healing, starting with a soothing herbal foot soak and calming Qi Gong breathing. An Indian head massage, TaleiPiditel, eases the mind, followed by deep tissue work along the urat veins and gentle stretching to restore movement. This holistic experience leaves you deeply relaxed, balanced and renewed.

### WARM STONE

DURATION	PAX	RATE
90 MINS	SINGLE	RM580+

### URUTAN MALAYSIA

DURATION	PAX	RATE
90 MINS	SINGLE	RM480+



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## *Kechumara Wellness & Spa*

ALA CARTE | HOLISTIC MASSAGE THERAPY

Imagine warm bamboo gliding smoothly across your body, melting tension with every roll. The rhythm sinks deep into muscles, easing stiffness and dissolving daily stress. As warmth spreads, circulation awakens, nourishing the body and encouraging detoxification from within. Muscles soften, posture realigns, and the skin glows with renewed vitality.

Both grounding and uplifting, this treatment restores balance, calms the mind and leaves you deeply relaxed, radiant and rebalanced long after it ends.

### BAMBOO

DURATION	PAX	RATE
90 MINS	SINGLE	RM480+



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## Kechumara Wellness & Spa

ALA CARTE | HOLISTIC MASSAGE THERAPY

Imagine the soft knock at your door as a skilled therapist arrives, bringing the soul of the spa to you. In moments, your room transforms into a serene sanctuary-lights dimmed, soothing aromas in the air and the gentle rhythm of relaxation enveloping you. Expert hands melt away tension, restoring harmony to body and mind as you surrender completely, all within the elegance of your retreat.

This is more than a massage-it is time reclaimed, serenity delivered and balance renewed in the comfort of your own space.

Our special relaxing reflexology treatment uses the principles of reflexology to help you unwind and soothe your body. By applying targeted pressure and massage techniques to reflex points on the feet, we promote relaxation, relieve tension and enhance the body's natural healing abilities. This holistic approach leaves you feeling rejuvenated and revitalized, supporting your overall well-being.

### IN-VILLA SERENITY RITUAL

DURATION	PAX	RATE
90 MINS	SINGLE	RM580+
120 MINS	SINGLE	RM680+

### REFLEXOLOGY THERAPY

DURATION	PAX	RATE
60 MINS	SINGLE	RM290+
90 MINS	SINGLE	RM 390+



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### ALA CARTE | REJUVENATING BODY RITUALS

A deeply nourishing treatment that boosts hair growth and revitalizes the scalp using natural oils like jojoba, argan and essential botanicals. Relax as expert hands stimulate circulation, ease tension and leave your hair stronger, your scalp refreshed and your senses restored.

Choose from a variety of body scrubs to cleanse and exfoliate excess dead skin, leaving your skin soft and supple. Our body mask combines carefully selected ingredients to restore balance and provide a vitamin and mineral boost for your skin. The treatment concludes with a hydrating application of a conditioning body ointment made from essential oil blends that smooth your skin and uplift your mood.

#### HEAD & SCALP

DURATION	PAX	RATE
90 MINS	SINGLE	RM380+
120 MINS	SINGLE	RM580+
180 MINS	SINGLE	RM680+

#### BODY SCRUB & WRAP

DURATION	PAX	RATE
60 MINS	SINGLE	RM350+



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## *Kechmara Wellness & Spa*

ALA CARTE | RADIANCE FACIALS

Inspired by ancient Moroccan rituals, this luxurious facial blends kaolin clay, argan extract and lavender oil to cleanse, exfoliate and nourish. Chamomile and panthenol soothe the skin, while bergamot uplifts the senses, leaving your complexion fresh, balanced and radiant.

Breathe deeply as organic botanicals nourish the skin and a gentle massage calms the mind. Soft textures soothe, breath slows and serenity unfolds. Skin feels luminous, plumped and renewed. You emerge radiant, restored and at peace.

### KECHMARA SIGNATURE FACIAL

DURATION	PAX	RATE
60 MINS	SINGLE	RM380+

### CYFOLIA ORGANIC RADIANCE FACIAL

DURATION	PAX	RATE
90 MINS	SINGLE	RM480+



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## *Kechumara Wellness & Spa*

ALA CARTE | RADIANCE FACIALS

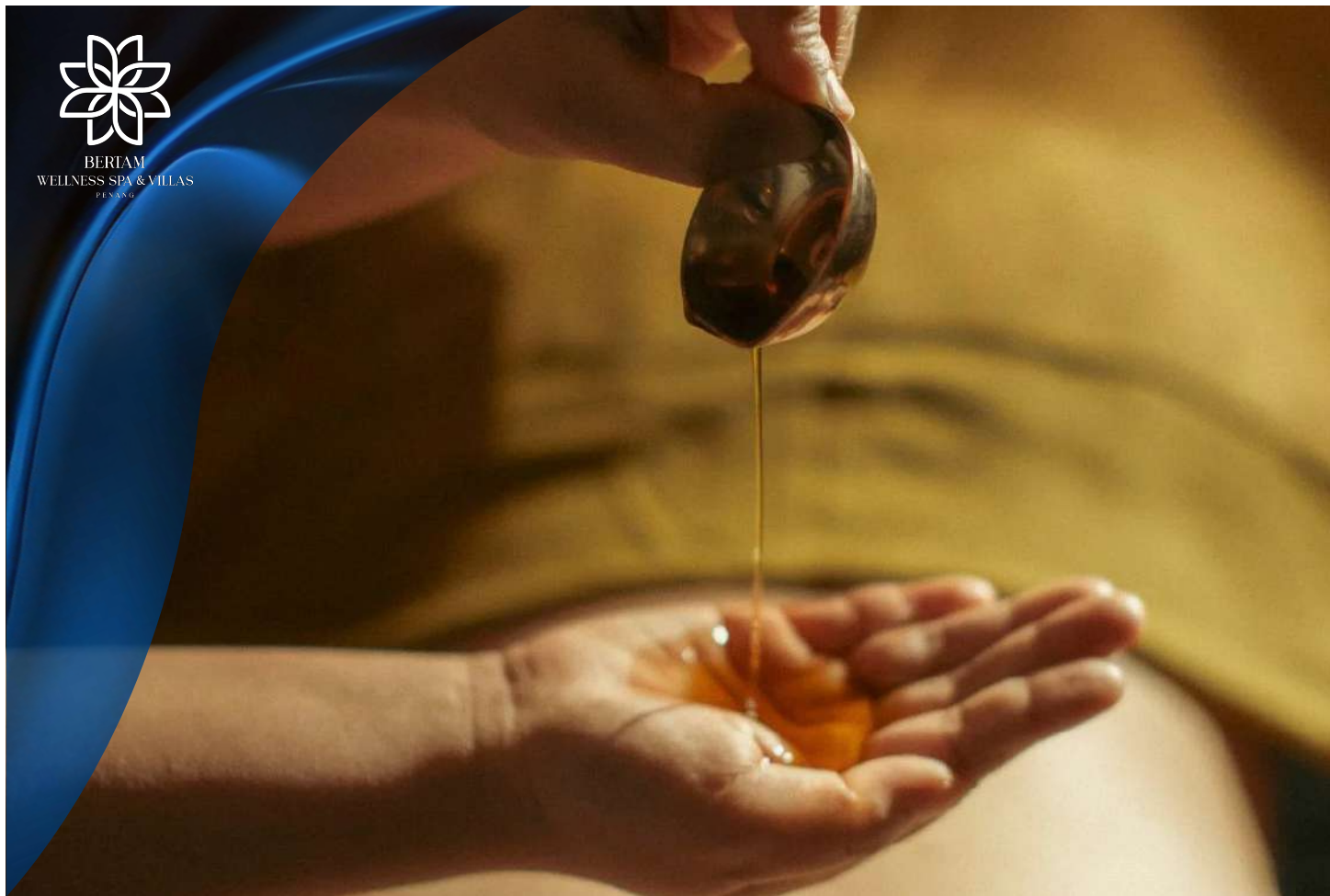
*This luxurious treatment revitalizes the skin, restoring its freshness, youthfulness and radiance. An exceptional massage targeting the entire face and décolleté visibly smooths the skin, providing an unparalleled sense of well-being. The back is also infused with trace elements and warmed gently throughout the treatment, enhancing relaxation.*

### SUPREME YOUTH

DURATION	PAX	RATE
90 MINS	SINGLE	RM880+



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## Kechumara Wellness & Spa

ALA CARTE | AYURVEDIC HEALING

Surrender to Abhyanga, a nourishing Ayurvedic oil massage with warm herbal oils tailored to your dosha. Gentle, flowing strokes enhance circulation, calm the nervous system and restore natural balance and vitality.

Experience liquid meditation as a warm stream of herbal oil flows gently over the third eye, quieting the mind and easing deep-seated stress. This soothing Ayurvedic ritual invites deep rest, emotional release and inner clarity—a true indulgence for the soul.

### ABHYANGA

DURATION	PAX	RATE
80 MINS	SINGLE	RM600+

### SHIRODHARA

DURATION	PAX	RATE
75 MINS	SINGLE	RM450+



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## *Kechumara Wellness & Spa*

ALA CARTE | AYURVEDIC HEALING

Awaken your senses with Udwarthanam, an invigorating Ayurvedic body polish using herbal powders massaged in upward strokes to exfoliate, boost circulation, and support detox. Finished with gentle steam, it leaves you feeling lighter, smoother and re-energized.

### UDWARTHANAM HERBAL POLISH

DURATION	PAX	RATE
100 MINS	SINGLE	RM550+



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## Kechmara Wellness & Spa

ALA CARTE | WELLNESS THERAPIES

At Kechmara, Wellness Rituals are soulful journeys inspired by the energy of the Chakras. Designed to guide you back to your most authentic self, each session is crafted to restore balance, awaken inner wisdom and bring peace to body and mind. Whether a pause or a full retreat, your path is held with care, compassion and deep presence.

Discover a sanctuary where ancient bathing rituals meet modern luxury. Our curated hammam journeys restore balance to body and mind through warm steam, heated marble and time honoured techniques. Choose the Classic Hammam for deep purification, the Royal Ceremony for indulgent renewal or the Couple's Journey for a shared escape. Each ritual blends tradition with refinement, leaving you feeling restored, radiant and deeply relaxed.

### CRYSTAL SOUND THERAPY

DURATION	PAX	RATE
45 MINS	SINGLE	RM280+

### HAMMAM

DURATION	PAX	RATE
45 MINS	SINGLE	RM300+
75 MINS	SINGLE	RM600+



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## Kechumara Wellness & Spa

ALA CARTE | WELLNESS THERAPIES

Step into a sanctuary where ancient bathing rituals meet modern elegance. Our hammam journeys awaken the senses and restore inner balance. Begin with the Classic Hammam, where warm steam and time-honoured techniques ease tension and clear the mind. For deeper indulgence, the Royal Ceremony envelops you in rare elixirs and rich textures, leaving your skin radiant and spirit renewed. Couples may share the experience with a serene ritual designed for connection and harmony. Every detail, from oils to architecture, is chosen with care, honouring tradition while embracing refinement. Alone or together, your ritual becomes a celebration of peace and presence.

Rediscover stillness in our serene yoga sanctuary, where traditional practice meets timeless wisdom. Under expert guidance, each session becomes a ritual of renewal - restoring breath, calming the mind and reawakening the body. Whether seeking deep relaxation, restored vitality or escape from burnout, your journey begins here.

### FLOATING MEDITATION SOUND

DURATION	PAX	RATE
60 MINS	SINGLE	RM390+
90 MINS	SINGLE	RM490+

### YOGA

DURATION	PAX	RATE
60 MINS	SINGLE	RM210+



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## *Kechmara Wellness & Spa*

ALA CARTE | WELLNESS THERAPIES

### PILATES

DURATION	PAX	RATE
60 MINS	SINGLE	RM210+

### AQUA FIR

DURATION	PAX	RATE
60 MINS	SINGLE	RM210+



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## Kechmara Wellness & Spa

ALA CARTE MENU | SIGNATURE EXPERIENCES

Indulge in the Royal Suites Experience at Kechmara Spa, a sensorial journey inspired by Moroccan beauty traditions. Designed for couples, it begins with the Kechmara scrub and body mask - an exfoliating ritual enriched with walnut powder, salt and vanilla, leaving skin silky soft and radiant. The journey continues with a nourishing hair therapy using olive, coconut and tamanu oils to restore vitality and shine. It culminates in the signature Kechmara facial, blending argan, rosehip and rose hydrosol to purify, tone and further illuminate the skin. A celebration of deep care and timeless elegance.

### THE ROYAL EXPERIENCE

DURATION	PAX	RATE
180 MINS	COUPLE	RM2000+



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## *Kechumara Wellness & Spa*

ALA CARTE MENU | SIGNATURE EXPERIENCES

Your journey begins with a full-body massage using a blend of rosewood, lemongrass, rosemary and Moroccan patchouli oils, easing muscle tension and calming both body and mind. A brown sugar and tamanu leaf scrub follows, gently exfoliating and softening the skin, while a nourishing hair and scalp treatment with olive and coconut oils restores shine and vitality. Each element is thoughtfully chosen to renew your body, awaken your senses and leave you with a lasting sense of well-being and gratitude.

### THE BENHADDOU EXPERIENCE

DURATION	PAX	RATE
150 MINS	SINGLE	RM700+



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ALA CARTE MENU | SIGNATURE EXPERIENCES

*In the heart of nature, the candlenut has long been cherished as a symbol of beauty, healing, and renewal. Its warm golden oil embraces the skin with deep nourishment, while its gentle grains softly sweep away all that is dull and heavy. As the scrub reveals a silky glow, the soothing massage follows, melting tension, calming the mind and restoring harmony within. This ritual is not just a treatment, but a tender journey where body, skin and spirit are renewed together, leaving you luminous, serene and beautifully at peace.*

### SHARA

DURATION	PAX	RATE
90 MINS	SINGLE	RM600+



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## Kechumara Wellness & Spa

### ALA CARTE MENU | TECH-ENHANCED WELLNESS

Our advanced body scan blends inner health data with outer body visuals, creating a clear and inspiring picture of your wellness journey. With a 3D avatar, posture and mobility insights, and progress tracking over time, you can see and feel real change, fueling motivation, accountability and confidence. More than numbers, it is a mirror of transformation that supports fitness, recovery, chronic condition management and overall vitality, helping you reconnect with your body and move forward with clarity, strength, and renewed purpose.

#### VISBODY

DURATION	PAX	RATE
20 MINS	SINGLE	RM150+

Breathe deeper, feel lighter and reconnect with your inner strength. This restorative journey awakens the body with oxygen, melts away inflammation with soothing warmth and calms the mind through gentle touch. Immune-boosting therapies, radiant skin rituals and moments of stillness offer deep comfort and renewal. The experience concludes with tea and quiet reflection, leaving you not only refreshed, but truly renewed in body, mind and soul.

#### HYPERBARIC | JOURNEY OF RENEWAL

DURATION	PAX	RATE
30 MINS	SINGLE	RM200+
60 MINS	SINGLE	RM400+



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## Kechumara Wellness & Spa

ALA CARTE MENU | TECH-ENHANCED WELLNESS

Step into a soothing glow where LED light therapy gently awakens your skin and spirit. Each light color is carefully chosen to target specific needs—red restores brightness and evens tone, green calms redness and refines pores, blue clears and soothes troubled skin and yellow warms the complexion with softness and vitality. Safe and deeply restorative, this treatment goes beyond skincare to offer a moment of renewal that leaves you radiant inside and out.

Step into a realm where technology embraces elegance. With every gentle pulse, EMS sculpts, firms and awakens your body's inner strength. Circulation flows like a quiet river, tension dissolves and vitality returns. In minutes, you emerge lighter, stronger and effortlessly graceful, your body renewed, your spirit uplifted.

### WHITENING CHAMBER

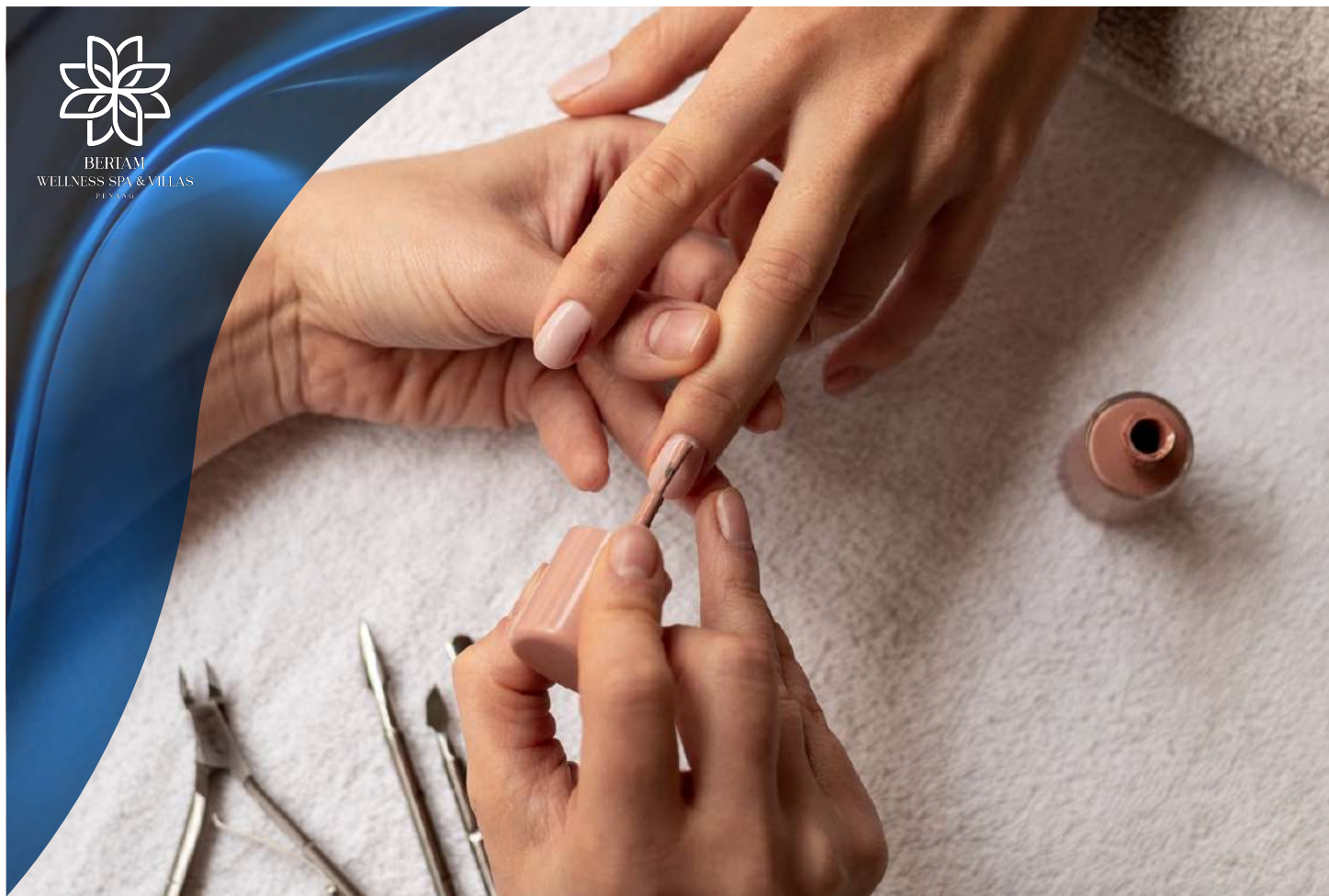
DURATION	PAX	RATE
30 MINS	SINGLE	RM200+

### ELECTRICAL MUSCLE STIMULATION (EMS)

DURATION	PAX	RATE
45 MINS	SINGLE	RM360+



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## *Kechumara Wellness & Spa*

### ALA CARTE MENU | ESSENTIAL NAIL CARE

#### BASIC NAIL CARE

DURATION	PAX	RATE
90 MINS	SINGLE	RM280+

#### GEL COLOUR

DURATION	PAX	RATE
90 MINS	SINGLE	RM880+

#### GEL REMOVE

DURATION	PAX	RATE
60 MINS	SINGLE	RM180+

#### MANICURE BASIC / GEL COLOUR

DURATION	PAX	RATE
90 MINS	SINGLE	RM380+

#### PEDICURE BASIC / GEL COLOUR

DURATION	PAX	RATE
90 MINS	SINGLE	RM280+



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## Kechumara Wellness & Spa

### ALA CARTE MENU | QAMARIS

#### MALE / FEMALE

TYPE	DURATION	PAX	RATE
VITALITY POOL COOL DIPPING POOL STEAM ROOM INFRARED SAUNA SALT CHAMBER	45 MINS	SINGLE	RM80+

#### PRIVATE SESSION

TYPE	DURATION	PAX	RATE
VITALITY POOL COOL DIPPING POOL STEAM ROOM INFRARED SAUNA SALT CHAMBER	60 MINS	COUPLE	RM250+

\* Qamaris gender session will be determine daily base on appointment & subject availability.

\* Qamaris facilities will be compliment with any purchased of treatment.

\* Other terms & conditions apply.