

# Jari-Jari

## Spa

**J**ari Jari is conveniently located in a quiet environment within easy reach of Kota Kinabalu's major hotels, and not surprisingly, an increasing number of visitors to the capital of Sabah, Malaysian Borneo, are attracted by the opportunity of indulging in this truly local experience.

The moment guests enter Jari Jari – even before the welcome drink of fresh ginger tea – the magical experience has begun. The five elements combine to create a harmonious world as water splashes gently from a rustic stone spout into a basin, its gentle murmur a counterpoint to barely perceptible Asian flute music in the background. Teak-wood lounge chairs sit poised in the reception area, while fire is present in the gentle flame under the essential oil in incense burners, delicately perfuming the air.

Twenty men were needed to put a massive stone slab – more than 50 million years old – in front of the water feature. Taken from the rugged Crocker Range (which culminates in Sabah's icon, Mount Kinabalu), this gargantuan stone serves as a reminder of a tradition of the west coast Dusuns, who erected huge stone megaliths as a symbol of power and prestige until well into the 20th century.

Our Mission....While the popularity of spa treatments grows around the world, the indigenous Borneo approach to health and well-being remains virtually unknown.

The founders of Jari Jari, descendants of one of the most illustrious native of the early 20th century, a Paramount Chief of all the native Dusun and Murut tribes of the Interior are proud of their local heritage and tradition.

Their mission is to ensure that these age-old skills are preserved in order to promote health and a sense of well-being. Indigenous Dusun therapists are given the opportunity to share their knowledge in an environment that incorporates the best elements of Asia's luxurious spas.

Our Heritage....The history of the Indigenous peoples of Sabah is little known outside the world. The local natives are well-known to regularly massage the young and elderly to promote health and help to imbue a sense of well-being that is central to promoting a long and healthy life.

Jari Jari Signature Treatments include the Traditional Dusun 'Inan' which is a relaxing massage technique by the Lotud Dusun tribe in the north of Sabah. Their distinctive massage technique involves applying pressure with the thumbs to the various pressure points in the body, magically unlocking the flow of energy, releasing tension and relaxing the muscles.

The Murut tribe in the southern interior region of Sabah uses their palms to apply pressure to stimulate blood circulation, relieve tiredness and stress. This technique called 'Palad' or 'Palm of Hand' is another of Jari Jari's signature treatments which some claim as the ultimate relaxation experience as the combination of healing hands and use of native essential oils produces an improvement in your mental, circulatory and respiratory processes.

The 'Tanggara' massage technique of the Dusun Ulu applies both thumb and palm pressure in a massage that helps relieve tension and tiredness, while calming and relaxing the mind and body. This is an invigorating massage which is especially good to soothe sore and tired muscles.

Complete your adventure holiday with any one of these signature treatments to give your tired muscles a well-deserved treat – and you will definitely benefit from it too!

Holidays in Sabah can be as adventurous or as leisurely as you like. Jari Jari has researched many of the traditional massages using different techniques and local healing plants to provide that incredible experience of being truly pampered. The exotic profusions of spices and flowers will remind you of tropical Sabah for a long time after. Massages and treatments last anywhere between 45 minutes to 4 hours long which can be easily fitted into any holiday plan. The shorter massages are great when you need a little pick-me-up before that long flight back home. This is so much better than waiting for hours at the airport for your flight! You can arrange for Jari Jari to send you to the airport after your appointment.



## WHERE TO STAY

Winner Hotel  
Phone: 60 088 243222  
Fax: 60 088 217345

Hotel Deleeton  
Phone: 60 088 252222  
Fax: 60 088 267999

Best Western Kinabalu Daya Hotel  
Phone: 60 088 240000  
Fax: 60 088 263909

Berjaya Palace Hotel  
Phone: 60 088 211911  
Fax: 60 088 211600

Hotel Shangri-La  
Phone: 60 088 212800  
Fax: 60 088 212078

Likas Square Business Suites  
Phone: 60 088 252233  
Fax: 60 088 251122

Tang Dynasty Hotel  
Phone: 60 088 263389 / 251155  
Fax: 60 088 263989 / 265566

Beverly Hotel  
Phone: 60 088 258998  
Fax: 60 088 258778

Promenade Hotel  
Phone: 60 088 265555  
Fax: 60 088 246666 / 253980

Hyatt Regency Kinabalu  
Phone: 60 088 221234  
Fax: 60 088 225972

Le Meridien Kota Kinabalu  
Phone: 60 088 322222  
Fax: 60 088 322223

Nexus Resort Karambunai  
Phone: 6 088 411222 / 411030  
Fax: 6 088 411020 / 412028

Shangri-La Tanjung Aru Resort  
Phone: 60 088 225800 / 41800 / 293306 (Reserv)  
Fax: 60 088 244871 / 217155

Sutera Harbour Resort - Magellan Sutera  
Phone: 6 088 318 888  
Fax: 6 088 317 777

Sutera Harbour Resort - Pacific Sutera  
Phone: 6 088 318888  
Fax: 6 088 317777

Imperial International Hotel Kota Kinabalu  
Phone: 6 088 522888 / 447200  
Fax: 6 088 522999 / 442300  
Email: www.imperialkk.com

Radius International Waterfront Kota Kinabalu  
Phone: 6 088 525969 / 447200  
Fax: 6 088 525967  
Email: www.radius-waterfrontkk.com