

The Yum List

eat • drink • stay • spa • explore



PAÑPURI Organic Spa Penang, E&O Hotel
Georgetown

PAÑPURI Organic Spa Penang

Monica Tindall

Seated in the reception of PAÑPURI Organic Spa Penang, we enjoy a welcome drink of roselle and dried stevia. While I'm not generally fond of the flavour of stevia, here it's mild and said to be good for digestion. We cleanse our hands and moisten our faces with towels scented with organic lemongrass and orange essential oil. Our personal preferences and profiles are completed on a registration card, and we choose from four natural massage oils: rose absolute, vetiver, lemongrass or Thai jasmine. All products at PAÑPURI Organic Spa are organic, and everything down to the tiniest of details has been considered. Our experience here is exceptional; I dare say one of the best we've encountered in Malaysia.



Massage Oils PAÑPURI

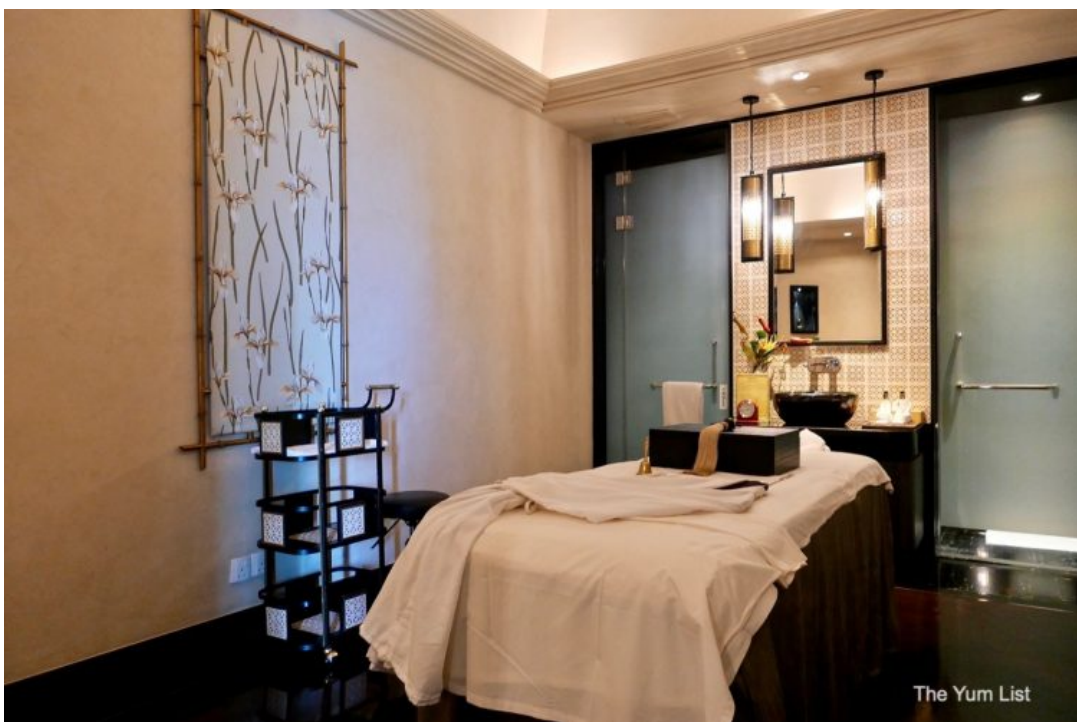
PAÑPURI Organic Spa Penang

PAÑPURI Organic Spa Penang is located in the Victory Annexe of the Eastern & Oriental Hotel in Penang. Set against a backdrop of sea views and landscaped gardens, the polished interiors gleam with shiny brass and opulent marble, composing a mood of timeless elegance.

Hosting three single treatment rooms, two couple's rooms, a reception and relaxation lounge, the spa makes good use of space. Our couple's area has a Jacuzzi designed so that we can soak while enjoying ocean views, yet ensures privacy with a secluded balcony and potted plants. Included also are twin treatment beds, an area for a foot ritual, locker, shower, sauna, toilet and dresser.



Couple's Treatment Room



Single Treatment Room

Couple's Package

We've signed up for a couple's package at PAÑPURI Organic Spa Penang, the Cerita Dongeng "Fairy Tales" Journey of Reminiscence (RM 1012 per couple, 165 minutes). It includes an organic tea tree oil foot ritual, honeymoon bath, natural body scrub and wrap, and a 90-minute massage.

The team go above and beyond in entertaining the smallest of details. As we walk to the room, our elbows are gently touched with a calm word to mind our step. Bathrobes and slippers are superiorly lush. Mesh underwear (no puffy pants) keeps things sleek and comfortable. Beds have adjustable heating pads, and I find the increased temperature wonderfully relaxing. Organic bath products, shampoo, conditioner, make-up remover, moisturizer, hairdryer and other amenities are provided, so we leave looking sharp rather than dishevelled.

Alongside the facilities, the expert communication skills of the team make PAÑPURI Organic Spa Penang stand out. The sequence of treatments and ingredients in products are clearly explained. Our comfort levels are regularly checked in on, and we're encouraged to voice anything that could be adapted to make the experience better. By the same token, our therapists know when it's time to quieten and allow us to go inside our own heads during the session.



Foot Ritual



PAÑPURI Organic Spa Products

Couple's Spa Package Penang

The foot ritual relaxes us and slows our bodies, preparing us mentally and physically for the three-hours ahead. Continuing to lower our heart rates, we spend around 15 minutes in the Jacuzzi scented with Thai jasmine. We have time to appreciate the stunning location with our window framing the sea and outdoor garden as if a postcard. Taking things at our own pace, we ring a bell when we're ready to continue and our therapists, Jess and Joyce reenter.

Next, we get really clean with an organic body scrub followed by a black clay wrap. In between each, we shower and are thankful for dual showerheads; no sharing required. Usually, I'm not fond of body wraps as I don't like lying in sticky goo. With a heated panel lining the bed, however, I take a 20-minute power nap and awake feeling wonderfully relaxed.

Without exception, massage is what I enjoy most when visiting the spa. And, this round at PAÑPURI Organic Spa Penang is no different. Guests can choose from three signature massages curating the session to individual desires. The Mali Moonlight offers soft to medium pressure aimed at relaxing and soothing. The Prana Stress is good for relief of muscle tension or those trying to rein in jet lag. The combination of Thai and Balinese techniques is perfect for removing tightness from the body. Lastly, Soontharee Absolute reaches deep into the tissue, similar in style to a sports massage. We both choose the Prana Stress and attest to its effectiveness in loosening our bodies (and minds). Joyce and

Jess alternate the use of pressure, long deep strokes, and shorter kneading with thumbs, heels of hands and forearms. Superb!

To finish, we move to an elegant relaxation area with textured walls and windows looking over tropical greenery. Sitting in wing-back armchairs, we're served hot lemongrass and stevia tea. A selection of dried fruit replenishes energy and prepares us to reenter the world.



PAÑPURI Organic Spa Penang Relaxation Lounge

PAÑPURI Organic Spa Penang Review

Our experience at PAÑPURI Organic Spa Penang was exceptional. The facilities are top-notch, the products are high quality and organic, and the therapists are expert in their technique and communication.

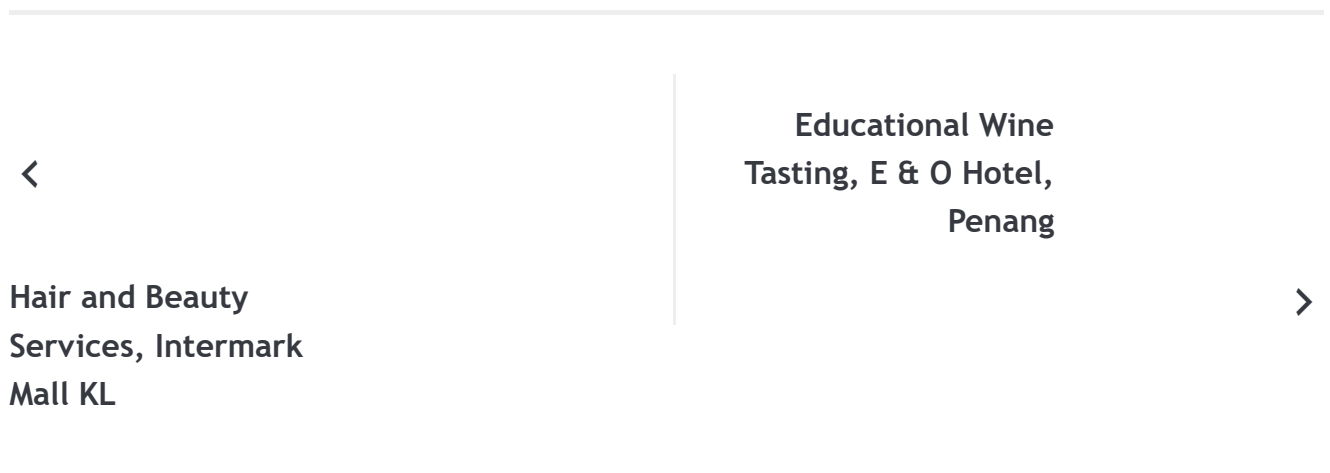
- Please note we visited just a few days before the MCO. The spa has reopened again for the first time today, September 18th, and will continue, for now, to open on Fridays, Saturdays and Sundays. SOPs and length of treatments have no doubt changed so do check directly with the spa as to current packages.

Reasons to visit PAÑPURI Organic Spa: quality facilities; skilled therapists; organic products.

PAÑPURI Organic Spa Penang
6th Floor Victory Annexe
Eastern & Oriental Hotel Penang
10, Lebuhraya Farquhar
10200 Penang, Georgetown
Malaysia
+(6) 04 222 2000
luxury@eohotels.com
www.eohotels.com
panpuriorganicspa.com

PAÑPURI Organic Spa Penang Opening Hours
Fridays, Saturdays & Sundays, 10 am - 9 pm

Check out more on the [spa and beauty scene in Malaysia here](#) and find more [things to do in Penang here](#).



4 COMMENTS


KYspeaks

September 18, 2020 at 2:14 pm · Reply

My memory of E&O remains at that night of partying some 30 years ago as a high schooler, no alcohol involved. 😊

Monica Tindall

September 19, 2020 at 7:05 am

This is a great place to visit if you'd overindulged the evening before


sandy mayen

September 18, 2020 at 9:29 pm · Reply

Hello Monica,

Too many choices for me to try. It seem calm and peaceful. Say no more -
(Thai and Balinese techniques, lemon grass and stevia tea !!! am looking
forward to visiting Penang). Thank you.

Sandy

Monica Tindall

September 19, 2020 at 7:05 am

This was really a tip-top experience.
