

Ayus Wellness at Mulu Marriott becomes first Healing Hotel in Malaysia
New program includes forest immersion, wild swimming, and rainforest yoga



Cologne, Germany, July 23, 2019 – With an innovative new program that harnesses the healing power of the natural world, Ayus Wellness at Mulu Marriott Resort & Spa has become the first hotel in Malaysia to join the Healing Hotels of the World.

Located in Mulu National Park, the hotel was originally opened in 1993 as the Royal Mulu Resort, and rebranded under the Marriott name in 2013. Ayus Wellness is a new program created by Dr Gerry Bodeker, an academic at both the University of Oxford and Columbia University in New York. Dr Bodeker is a long-time proponent of the importance of mental wellness, and has teamed up with Robert Geneid, one of the owners of Mulu Marriott, to bring a new level of healing programming to the resort.

The 52,000 hectares of ancient primary rainforest surrounding the resort serve as the canvas for Ayus Wellness, which has crafted personalized, science-based programs that are effective in enhancing mood and mind. The extraordinary natural environment of Mulu allows Ayus Wellness to employ the novel approach of using nature as one of its primary tools of therapy, through forest immersion and other experiences in the rainforest, including yoga, meditation, silent canopy walks, and swimming in the bracing, mineralized waters of Clearwater Pool, which are filtered through 60-million-year-old limestone caves.

“Having experienced Ayus Wellness first-hand, I can say that the power of the pristine natural landscape is extraordinary,” says Anne Biging, Co-Founder of Healing Hotels of the World. “From swimming in the natural forest pools, to dining on incredible local vegetarian fare, to sharing in the culture of the indigenous people – the whole experience at Ayus Wellness is a beautiful, healing journey.”

Ayus takes its name from the Sanskrit, meaning *the sense of life*, from its most microscopic cellular level to its simultaneous vastness, including the movement of galaxies and universes.

Borneo food traditions, local Sarawakian ingredients and flavors, and even wild-crafted foods from the grounds of the resort itself have been used to craft a unique wellness cuisine for Ayus Wellness. The gourmet vegetarian menu includes a unique power shot made from gotu kolu (*Centella asiatica*), known locally as Pegaga.

“At Ayus Wellness at Mulu Marriott, we recognize a deep kindredness between our vision and goals and those of The Healing Hotels of the World,” says Robert Geneid, Managing Director of Mulu Marriott. “Being part of a like-minded community reinforces our commitment to cherished values, and creates an opportunity to learn even more from those on the same path. By being a Healing Hotel of the World, Ayus Wellness at Mulu Marriott is immediately understood by the type of guest that wants this high-quality healing and hospitality experience. Membership also allows us to draw on deep expertise from Healing Hotels of the World in shaping the future standards and direction of Ayus Wellness in Mulu and beyond.”

The resort adjoins the UNESCO World Heritage Site of Mulu National Park, one of the few sites in the world which satisfies all four of the criteria for the World Heritage List. One of the most important tenets of Ayus Wellness is its capacity for building employment among the indigenous local community; nearly 200 members of the indigenous community have been trained in roles from hotel management to running the national park.

Mulu Marriot features 101 guest rooms, including nine suites, as well as a ballroom that can accommodate 200 guests; a restaurant offering both air-conditioned indoor dining or al fresco poolside dining and an extensive menu of vegetarian, vegan and non-vegetarian food; a well-equipped gym; a spa facility with four treatment rooms; a yoga studio and bar.

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About Healing Hotels of the World:

Healing Hotels of the World is a global brand with more than 100 hotels and resorts worldwide committed to healing. It was founded by Anne Biging and Elisabeth Ixmeier in 2006 to promote the extraordinary potential these hotels and resorts offer to change the lives of their guests for the better. As hubs of a holistic lifestyle, Healing Hotels are comprised of passionate advocates for all facets of this lifelong and enriching endeavor.



COMMITTED TO HEALING

*Laura Lucchese • Intern
Im Zollhafen 24 • 50678 Cologne • Germany
phone: +49 (0) 221 2053 1175
l.lucchese@healing-hotels.com • healinghotelsoftheworld.com*



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