



Welcome to
Paya Beach
Spa and Dive Resort

Activities

* Public liability insurance is free for all Paya Beach Resort activity centre guests

VIRTUAL REALITY GAME MACHINES



RM20/game

TRANSPARENT KAYAK



SCUBA WALKER



Age: 8 to 70

Price: RM200/Hour (15 minutes briefing, 45minutes activity)

Outfit: Flexible

Schedule: Available **daily** at **9am, 1030am, 1pm, 230pm, 4pm, 530pm**

- *Maximum of 6 person per trip
- There will be 1 or 2 safety divers around the customers underwater
- No swimming skills required, you will breathe as per normal
- Spectacles can be worn underwater

Kindly enquire at our Activity Desk for more information

FREE SNORKELLING LESSON



Sign up for a free snorkelling lesson! After the lesson, feel free to explore snorkelling at the beach.

- lesson starts at 5pm daily
- equipments are not provided (Rent from Activity Desk)
- minimum 2 person

Kindly enquire at our Activity Desk for more information

SNORKELLING VIA BUMBOAT



Dual destination bumboat trip

- Renggis Islands (45 min)
 - Marine Park (45 min)
- 8.30am gather at the activity desk after registering & collecting equipments
 - equipments are included in this package

RM 50 per adult

RM 30 per child

AIR SOFAS & FLOAT RENTAL



Air Sofa Rental - RM5/hour



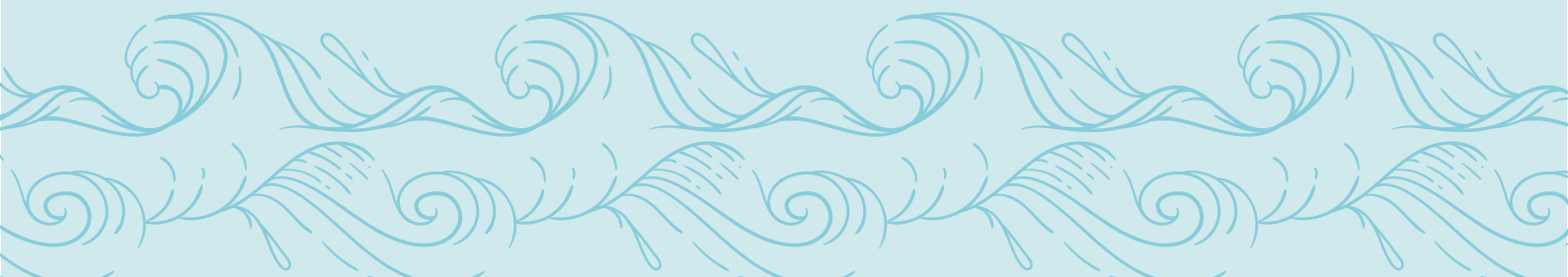
Float Rental - RM10/hour

ATV RENTAL



Our All-Terrain Vehicles are a great way to explore the nature of Tioman Island. Come and enjoy spectacular views and the unique ecosystem!

Please approach our friendly staff at the Activity Counter for more information



POOL TABLE



RM3/play at the Beach Bar



BEACH VOLLEYBALL



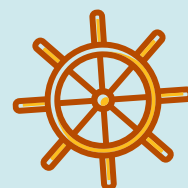
Volleyball rentals are available from our Activity Desk



BOARD GAMES



Board game rentals are available from our Front Office



SPEEDBOAT TOUR TO CORAL ISLANDS (TULAI ISLANDS)



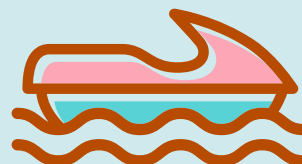
- 4 destinations speedboat trip
- i. white sand beach (tulai islands)
 - ii. telok kadok (tulai islands)
 - iii. salang village
(rest & lunch, lunch not provided)
 - iv. marine park (snorkeling)
 - v. renggis islands (snorkeling)
- 9am-3pm
 - minimum 6 persons

RM 90 per pax

RM 50 per pax

for 3D2n Fullboard Package guests

Kindly register at our activity desk



SPEEDBOAT TOUR TO EXPLORE TIOMAN ISLAND

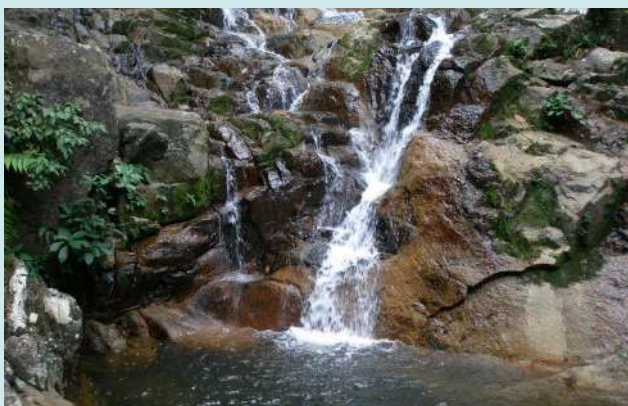


- 4 destinations speedboat trip
- i. mukut asah waterfall
 - ii. juara village (lunch stop)
 - iii. marine park (snorkeling)
 - iv. renggis islands (snorkeling)
- 9am-3pm
 - minimum 6 persons

RM 100 per pax

Kindly register at our activity desk

SPEEDBOAT TOUR TO WATERFALL



Speed boat to Mukut Asah waterfall

- 9am-12pm or 2pm-5pm
- minimum 6 persons
- life jacket included

RM 70 per pax

Kindly register at our activity desk before 8.30am



FISHING TRIP VIA BUMBOAT



Half Day Trip **RM 70 per pax**

- 9am–1pm or 2pm–6pm
- minimum 4 persons

Full Day Trip **RM 140 per pax**

- 9am–5pm
 - minimum 4 persons
- includes life jacket, bait-squid, hand line

Kindly register at our activity desk.

TREKKING TRIP



Engage all your senses in a trek through Tioman Island dense tropical rainforest.

- minimum 4 persons

RM 50 per pax

Kindly register at our activity desk.

ROCKFALL & MOTHER WILLOW TREE



Located just behind our resort, this area is a peaceful sanctuary hidden away from sight. Relax in the peace and quiet of nature and enjoy the cold water from the rock falls!

DIVING (DISCOVER SCUBA)



Experience our Discover Scuba Program at **RM 160 per pax.**

Kindly approach our friendly staff at the dive centre for more details

BICYCLE RENTAL



Kindly approach our friendly staff at the activity desk for more details.

BEACH FRISBEE



KIDS FRIENDLY ARCHERY



Kindly approach our friendly staff at the activity desk for more details.

SKY LANTERN



Kindly approach our friendly staff at the beach bar to make a purchase.

MORNING BEACHFRONT YOGA



7-8am Daily

Free of charge for in-house guests.

Kindly register at the Front Office.

SPA SERVICES



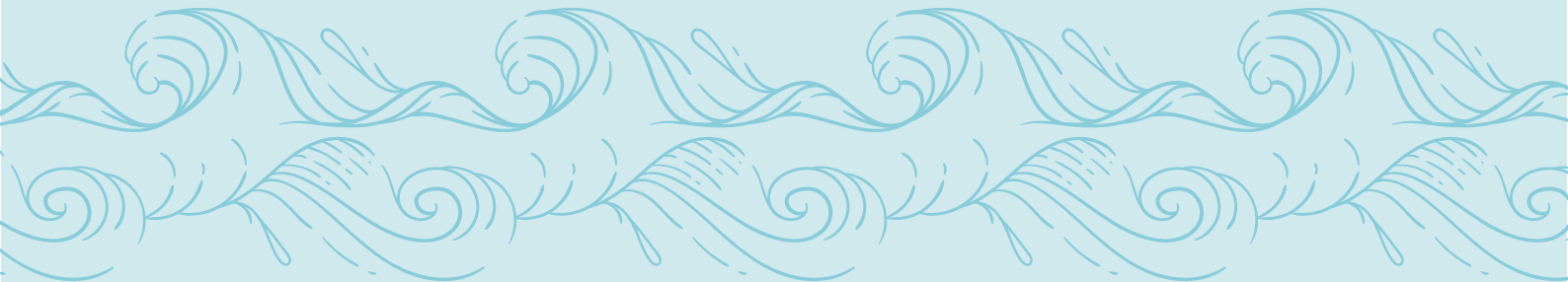
Welcome to our Tropical Holistic Spa.

Relax and rejuvenate your mind, body and soul at our Paya Tropical Holistic Spa.

The spa is open from 10:00am to 10:00pm
(last session at 9:00pm).

To make a reservation or find out more on our special promotion, call extension "215".

*Special
promotion*
AVAILABLE FOR ALL
IN-HOUSE GUESTS





Paya Classic Massage (1 HR or 1.5 HRS)

A soothing aromatherapy massage to relieve stress, tension and fatigue. It improves blood circulation and flexibility while removing toxins, repairs worn tissues and stimulates the body's nerve endings.

Warm Stone Massage

The treatment begins with an aromatherapy massage that culminates in having warm river stones placed over your body's acupressure points to release retained heat from your body, leaving skin visibly smooth.



Traditional Herbal Heat Massage

This age-old treatment begins with an hour-long session aromatherapy massage. A steamed poultice of fresh Kaffir lime leaves, turmeric, ginger and lemongrass cleanses the body of excess gas and eases sore muscles and back pain.

Herbal Body Scrub, Wrap & Bath

Paya Holistic Spa's exclusive body treatment exfoliates dead skin cells, reduces cellulite and tones your skin. Using the freshest herbs and organic products, a body-polishing wrap leaves your skin moisturized and silky-soft.



Ayurvedic Scalp Massage & Hair Treatment

Give your hair that sleek, shiny texture Asian women are renowned for. A relaxing scalp massage using aromatic coconut oils followed by a natural hair mask rejuvenates your hair, from root to tip.

Mangrove Mystique

A full body scrub with calming sandalwood, rice & tumeric. Followed by a hydrating natural body wrap. An invigorating full body aromatherapy massage before a very refreshing facial treatment.





Paya Beach Spa & Dive Resort

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