

# Traditional Steam Spa 'Native style'



## Serai wangi

***Cymbopogon nardus* L.** or Citronella is a tall fragrant tropical grass, closely related to the lemongrass (*Citronella citratus*). Citronella, the more aromatic of the two, is normally applied externally while lemongrass is confined to internal use. The citronella oil is often used in lotion, soaps and as an insect repellent.

**Plant Part Used:** Leaves

**Traditional use:** Citronella oil is used to treat skin disease; a tea is made from the root and consumed to flush out the digestive tract by inducing sweat and urination. It is a mosquito repellent and is used in perfumery and soap-making. In Malaysia, the Citronella oil is given in small doses to comfort the stomach and to aid digestion. A decoction of the citronella leaves with Gendarusa and Betel Pepper is used as an after-childbirth wash.

**References:** <http://www.forestry.gov.my>



## Sembong

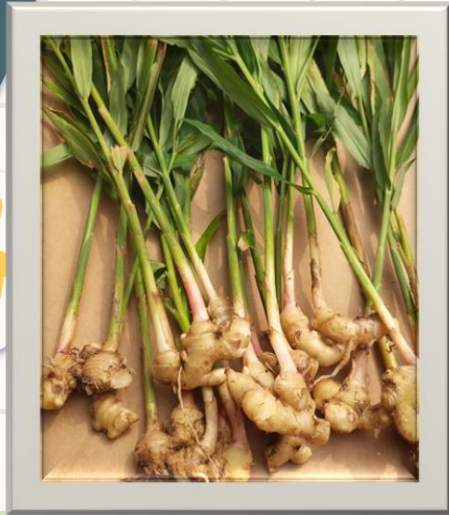
***Blumea balsamifera*** is an aromatic herb that colonises newly harvested rice field or open roadsides and grows to 3 m tall. The plant has a strong camphor smell.

**Plant Part Used:** Whole plant

**Traditional use:** The Ibans use the plant during confinement. The plant is boiled in a big pot of water and the warm solution is used for bathing or as a steam bath. The steam bath is prepared by boiling the leaves and the patient is made to sit near the pot with the boiling solution while a blanket is held over her head to keep the hot vapour from escaping. Roots and leaves are pounded and used as herbal treatment for fevers. It is applied with a soft cloth over the forehead, underarms and other body parts to bring down the body temperature.

**References:** Medicinal Plants of Sarawak by Paul Chai P.K.

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## Halia Dayak (Local Ginger)

*Zingiber officinale* is a common ginger plant that grows to 40 cm tall. Its rhizome is yellow and its leaves linear in shape, less than 2.3 cm wide.

**Plant Part Used:** Rhizomes

**Traditional use:** The plant is used during postpartum and to regain energy after childbirth by consuming a tea of ginger. The ginger is also made into a paste and massaged on the abdomen. The rhizomes can be eaten fresh or pounded into poultice to treat physical injuries.

**References:** Medicinal Plants of Sarawak by Paul Chai P.K.



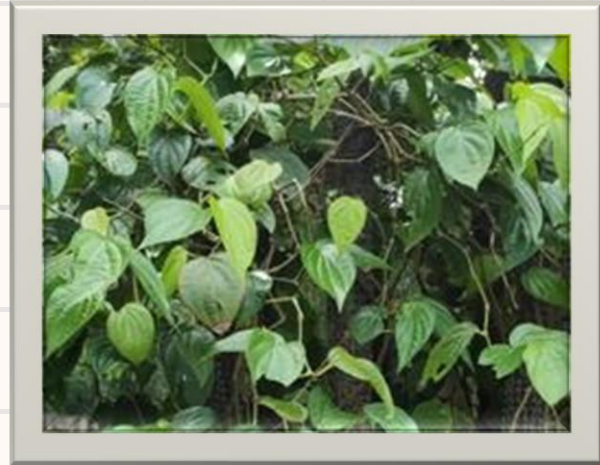
## Tepus (Wild Ginger)

*Etilingera coccinea* is a wild ginger with strongly scented shoots. The scent is distinctive, and unpleasant to some people, who liken it to that of a stink-bug. 'Coccinea' means red, and refers to the amazingly bright, scarlet and yellow flowers, which like most *Etilingera* gingers, are produced from underground stems at ground level, rather than on a tall stalk.

**Plant Part Used:** Young shoot

**Traditional use:** It is believed to reduce high blood pressure and is also used to cleanse the blood. It also has been used by various indigenous communities in parts of Asia as a traditional remedy for food poisoning, stomachache, and gastric problems.

**References:** <https://www.researchgate.net/publication>



## Sirih (Local Piper)

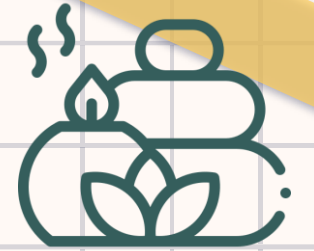
*Piper betle L* or commonly known as Daun Sirih is a widely known creeping plants that are used for its medicinal value.

**Plant Part Used:** Leaves

**Traditional use:** The combination of leaves, betel nut (fruit of *Areca catechu*) and hydrated lime has stimulating properties when chewed. The Malays and Ibans uses the leaves to treat bruises and stomach-ache by pounding the leaves into poultice.

**References:** <https://www.nparks.gov.sg/florafaunaweb/flora/1/4/1490>

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**1** A steam hut will be prepared in a traditional setting which features local and indigenous plant materials as ingredients.

**2** A pot of water boiled in the centre of the set-up and addition of herbs or aromatic plants to the water to infuse the steam with fragrance and therapeutic properties.

**3** Take this opportunity to facilitate moments of silence, reflection, or meditation during the steam session while connecting to nature, and the spiritual aspects of the experience.

