

WELCOME TO A WORLD OF WELLBEING

A sanctuary of vitality awaits, inviting you to relax, refresh and rebalance Step into paradise on earth and be transported to an holistic realm of well being. Having mapped your journey in consultation with your intensively trained therapist, your personalized mind- and body-awakening and soul-stirring voyage of discovery begins.



Treat yourself to a blissful pampering, deep rebalancing and exceptional beautification techniques. Discover a spa for health lovers and impression makers wise to the rejuvenating powers of nature. Your mind, body and soul are set to feel as vital, healthy and free as can be. Let mindfulness and wellbeing wisdom weave their spell to replenish your senses.

Rejuvenation and wellbeing beyond the ordinary

SENSE OF WELLBEING SIGNATURE RITUALS

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PINDA SWEDANA MASSAGE 90/120 min (2,160 / 2,640 THB)

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Pinda Swedana is a traditional Ayurvedic therapy with profound healing and renewal properties. In this therapy, a warmed cloth, prepared with herbs, milk and rice, massages your body. The heat of the herbal compress opens the body's energy channels and enables the herbalized milk to penetrate deeply into underlying tissue. Pinda Swedana enhances circulation, improves muscle tone, strengthens the nervous system, and restores vitality to the entire body.

Experience the liberating impacts of a combination of four massage techniques: Thai, Swedish, Shiatsu and Lomi Lomi. The deeper pressure of Eastern massage paired with soothing Western movements deeply relax and unfold a wonderfully therapeutic overall effect. It will leave you feeling younger, happier and readier than ever to take on the world.

AYURVEDIC ABHYANGA MASSAGE
90/120 min (2,160 / 2,640 THB)

A blissfully relaxing massage with warm oil. At once purifying and invigorating traditional massage techniques are complemented with acupressure applied to the body's marma points, or junctions where different tissues meet, to promote deep healing. As the warm oil harmonizes, the whole body is rebalanced and vitality is regenerated.



SENSE JOURNEYS

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Our signature retreat programs combine compatible treatments in ways that bring bliss to the boil.











Su Kwan or Rub Kwan is a traditional welcoming treatment of northern Thai people. The treatment is given to newly-arrived visitors after a long journey to visit friends or family. Its powers work especially well on jet lag. Reducing muscle tension and stress of travel, body and mind are fully renergized and refreshed. The journey of recovery begins with an Aromatic Bath followed by Body Exfoliation. Next comes an uplifting Jet Lag Massage and the journey concludes with a special Hair Treatment. Thus harmony is orchestrated throughout the body especially including the mind.



Traditional southern Thai long-term care. Start with a Himalayan Salt Sauna and Southern Herbal Body Scrub to gently exfoliate your body. Follow with a Langka-Suka Massage, a special technique that begins by massaging the solar plexus in combination with acupressure holds and warm compresses steeped in a marvelous Thai massage oil formulated from southern Thai herbal extracts blended with black cumin oil, known to stimulate blood flow and relieve muscle tension. Finally, a tailored Facial Treatment lifts and brightens your complexion.



Your transformative journey begins with Herbal Foot Soak in a concoction of sea salt, green tea and grape that counters inflammation and improves blood circulation. The treatment continues with an Aromatic Bath, a Mulberry Body Scrub with golden silk that deep cleanses, and a White Orchid Body Mask that brightens the face with a new radiance. The following Thai Loincloth Stretching Massage, or Pha-Kao-Ma as it is known locally, is a variation on traditional Thai massage. The therapist uses the loincloth to stretch and knead your body, relieving muscular aches and tiredness without pain or discomfort.











Himalayan Salt Sauna promotes circulation and invigorates. Jasmine Rice Body Scrub, combined with lotus seed pomelo extract and rice bran oil good for the skin, refreshes the senses. Swedish Massage gently disperses physical tension from the body, loosening tight muscles and reducing stiffness. A Foot Massage manipulates points on the feet, balancing energy flow around the body. Conclude with a Moisturizing Facial Treatment that will make your complexion glow with vitality.



This signature classic relaxing massage promotes a powerful sense of wellbeing. First, your body is refreshed in a Milk Bath that stimulates blood circulation. Next a Body Scrub exfoliates and cleanses your skin. Then a Body Mask moisturizes and smooths, leaving you feeling fresher than ever. A Facial Comforting Treatment nurtures and softens sensitive skin areas while a personalized Hair Treatment does a simila job on your hair.



SENSE OF WELLBEING BODY MASSAGE







BALANCING MASSAGE 60/90/120 min (1,800 / 2,500 / 2,900THB)

Rebalance your energies with this therapeutic massage tailored to relie ving travel stress from long-haul flights. The deeply relaxing technique resets your body clock and revives your energy level overall.

AROMA SANCTUARY MASSAGE 60/90/120 min (1,800 / 2,500 / 2,900 THB)

An intensely sensory and relaxing massage applying essential oils to relax the body and awaken the mind. Smooth, soothing movements create a deep-rooted sense of peacefulness and serenity.

SWEDISH THAI FUSION MASSAGE
60/90 min (1,800 / 2,400 THB)

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A deep massage at times bordering on a healing kind of pain but in an eminently elevating way. This treatment will leave you singing the praises of its therapeutic effects. You will especially relish how dexterous pressuring and soothing stretches melts away muscular tension and knots. Sweet moments of trial unfold blissful revitalization.

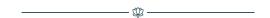
HIMALAYAN SALT STONE MASSAGE
90/120 min (2,160 / 2,640 THB)

In the dexterous hands of your therapist, warmed Himalayan Salt Stones massage away tension from your limbs to your muscles and sinews. As the salt crystals are absorbed by the skin, a sharpened sense of wellbeing emerges, firmly rooted in enhanced circulation and natural balancing of the nervous system. You'll sleep better too.

DEEP TISSUE MASSAGE
60 /90 min (2,160 / 3,000 THB)

Encompassing a set of powerful intuitive hand movements, this invigorating treatment combines classical Swedish-style massage with compression and trigger point techniques. Soothing and stimulating muscles in your thighs, shoulders, arms and back fades all soreness away.

SENSE OF WELLBEING BODY MASSAGE









Matchless Thai traditional body massage needs no oils or lotions. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. Such remarkable techniques accentuate flexibility, relieve muscular tension and leave you walking on air.



A Thai-inspired ritual combining deep tissue massage techniques with a hot herbal compress, pleasantly releasing tension in the shoulders and back muscles. Compresses blend coarse medicinal herbs that massage movements penetrate deeply into tissues. The full body massage soothes muscle tension and stiffness, capping a thoroughly elevating experience.



A dynamic treatment mastering the principles of reflexology. Linking the reflex zones on the feet to organs and systems in the body, tension is relieved and wellbeing revived.

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| ANTI-STRESS | HEAD/BACK/SHOULDER | MASSAGE |
| | 60/90 min (1,200 / 1,560 THB) | |
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A proven technique for soothing away tensions in the upper body, breaking down knots and accentuating flexibility. By stimulating nerves and blood circulation around the scalp, the technique also brings headache relief. Sweet release results.

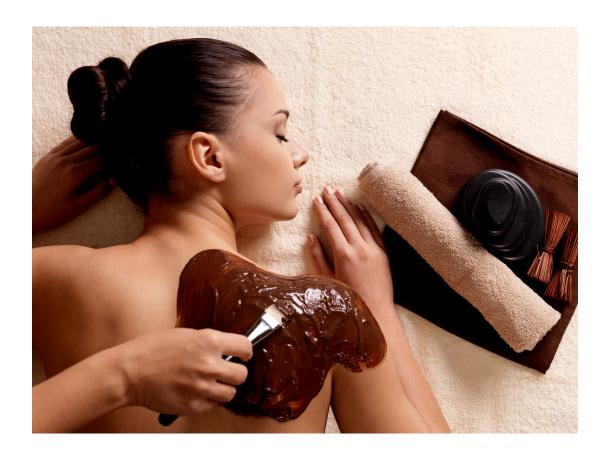


BODY TREATMENTS



Body-Nourishing Scrubs and Wraps

Our body scrubs use mildly abrasive minerals and natural materials to 'exfoliate' or remove dead cells from the outer layer of your skin. By stimulating skin cell turnover, smoother, brighter skin takes charge.



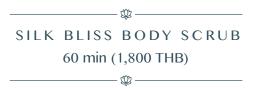




Rice is the root of Thai life and the essence of every meal. Here the fragrant goodness of Khao Hom Mali, known around the world as Jasmine Rice, is the basis of a protein-rich scrub that nourishes and renews the skin through gentle exfoliation. Besides jasmine rice extract, the scrub is blended with rice bran oil, pomelo extract, lotus seed extract and black rice; a potent potion that relaxes as it rejuvenates.



With its anti-inflammatory and antimicrobial properties, tea leaf scrub has long been a popular detox for dead skin as well as a remedy for acne. Blended with green tea extract, longan seed extract, safflower oil, and strawberry seed, this original advanced formula leaves your skin smooth, glowing and clear.



Silk proteins reduce fine wrinkles by smoothing, firming and increasing elasticity of the skin. This treatment optimizes skin texture and hydration. Golden silk blended with tamarind extract, Indian gooseberry extract, mulberry and luffa, offers a moisturizing, anti-aging, and anti-pollution solution to general wear and tear. Your skin is ultimately restored to its natural radiance.











Algae extracts, cashew nut extract and coconut shell sand packed with vitamins and minerals proves a potent protection formula for your skin. Algae is also rich in anti-oxidants that disarm free radicals that are the primary cause of aging. Better yet, algae boosts the body's collagen and elastin production, winning the war against wrinkles. Taken altogether, it leaves your skin toned, firmer and healthier.

WHITE ORCHID BODY MASK 60 min (1,800 THB)

Enriched with extracts of white orchid, gold leaf powder, diamond powder and silica, this body mask represents a bar-raising innovation in skin lightening. Antioxidants, multivitamins and beauty enzymes impart a fairer more radiant skin tone. Scientifically refined botanical extracts further lighten and brighten.



FACIAL TREATMENTS

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From sea to skin

PHYTOMER regenerates your natural vibrant beauty by harnessing the power of pristine ingredients from the sea. Every application procures the feel-good sensations of a revitalizing dip in the ocean.



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| PHITOMER CLASSICAL SOOTHING FACIAL TREATMENT | |
| 60 min (2,520 THB) | |
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| An exceptionally nurturing facial treatment that softens and hydrate sensitive skin and strengthens defenses with results at once sooth and aesthetic. | |
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| PHITOMER MOISTURIZING FACIAL TREATMENT | |
| 60 min (2,160 THB) | |
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A plumping thirst-relief facial with organic algae, a skincare essential that pairs moisturizing performance with intense relaxation. Organic ingredients, sense-awakening textures and intuitive massage leave your skin soothed and glowing, plumped and rested.

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| PHITOMER WHITE LUMINATION FACIAL TREATMENT |
| 60 min (2,160 THB) |
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An ultra-comprehensive anti-aging treatment that brightens skin tone. Dark spots, wrinkles and other complexion flaws are dialed way down, leaving the skin radiant, smoothed and even.

| PHITOMER ANTI-WRINKLE FACIAL TREATMENT |
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| 60 min (2,520 THB) |
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A wrinkle correcting and firming treatment in three steps. This high-performance anti-aging treatment smooths skin, inflates away wrinkles and restructures facial contours. Wrinkles are less visible and the skin is firmer and more radiant, leaving you looking youthful.

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| PHITOMER CLASSIC FACIAL POUR HOMME (FOR ME | N) |
| 60 min (2,160 THB) | |
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Banish blemishes with this effective flaw-fading men's facial treatment. Healthier, clearer skin, a fresher complexion and accentuated handsomeness unfold.

SENSE JOURNEYS



Treat yourself to a private bathing ritual. There's nothing like hydrotherapy for relieving physical distresses and experiencing purification.



AROMATIC FLOWER BATH
30 min (850THB)

Immerse in a rejuvenating tropical-style bath filled with a multicolor palette of fragrant fresh flowers. The mind is soothed as the body is relaxed and the skin is smoothed.

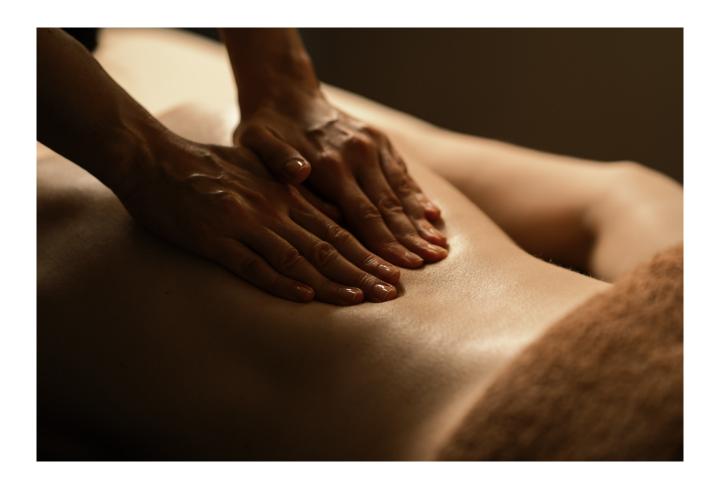
THAI HERBAL BATH
30 min (850THB)

Dip into a revitalizing bath combining the healing power of aromatic Thai herbs with the detoxifying effects of sea salt. As the minerals draw out toxins and impurities from the body, the mind is elevated to a higher plane.

Immerse in this divine creamy milk bath. The closely-guarded formula provides long-lasting nourishment and hydration for your skin. The wonderfully soothing effect is intensified by fresh rose petals strewn on the surface.



EXPRESS SPA



Maximum Results in Minimum Time





An intensive massage focused on the back, neck and shoulders that rapidly releases pain and tension. Ideal for those with little time on their hands.



This holistic head massage is a healing, rejuvenating and thoroughly stimulating experience. Action on vital energy points on the face, upper back, shoulders and neck promotes high-level alertness and focused concentration.



A purposely-composed facial massage technique achieving a healthier, smoother complexion.



HAIR TREATMENT - MANICURES PEDICURES







Recondition and remodel your hands, feet and hair with a restorative soak, skin exfoliation, nail care, buffing and moisturizing. Conclude with a soothing scalp massage and hand or foot massage.

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| Nail Express | 30 Minutes | 490 Baht |
| Gentlemen's Manicure | 30 Minutes | 590 Baht |
| Gentlemen's Pedicure | 30 Minutes | 590 Baht |
| Classic Manicure | 45 Minutes | 890 Baht |
| Classic Pedicure | 45 Minutes | 890 Baht |
| Deluxe Pedicure | 60 Minutes | 1,290 Baht |
| Deluxe Manicure | 60 Minutes | 1,290 Baht |
| Exclusive Scalp & Hair treatment | 90 Minutes | 2,160 Baht |



SPA PRICE LIST

SENSE OF WELL-BEING SIGNATURE RITUALS

| Treatment | Duration (min) | Price (THB) |
|-----------------------|----------------|---------------|
| Pinda Swedana Massage | 90/120 | 2,160 / 2,640 |
| Siam Blended Massage | 90/120 | 2,160 / 2,640 |
| Abhyanga Massage | 90/120 | 2,160 / 2,640 |

BODY MASSAGE

| Treatment | Duration (min) | Price (THB) |
|--------------------------------|----------------|---------------------|
| Balancing Massage | 60/90/120 | 1,800 /2,500/ 2,900 |
| Aroma Sanctuary Massage | 60/90/120 | 1,800 /2,500/ 2,900 |
| Swedish Thai Fusion Massage | 60/90 | 1,800 / 2,400 |
| Himalayan Salt Stone Massage | 90/120 | 2,160 / 2,640 |
| Deep Tissue Massage | 60/90 | 2,160 / 3,000 |
| Thai Herbal Compression | 90/120 | 1,800 / 2,400 |
| Traditional Thai Massage | 60/90 | 1,200 / 1,560 |
| Oriental Foot Massage | 60/90 | 1,200 / 1,560 |
| Anti-Stress Head/Back/Shoulder | 60/90 | 1,200 / 1,560 |

BODY TREATMENT

| Treatment | Duration (min) | Price (THB) |
|------------------------|----------------|-------------|
| Khao Hom Body Polish | 60 | 1,800 |
| Tea Leaf Body Scrub | 60 | 1,800 |
| Bliss Silk Body Scrub | 60 | 1,800 |
| Algae Body Scrub | 60 | 1,800 |
| White Orchid Body Mask | 60 | 1,800 |

FACIAL TREATMENT

| Treatment | Duration (min) | Price (THB) |
|-------------------------------------|----------------|-------------|
| Classical Soothing Facial Treatment | 60 | 2,520 |
| Moisturizing Facial Treatment | 60 | 2,160 |
| Anti Wrinkle Facial Treatment | 60 | 2,520 |
| White Lumination Facial Treatment | 60 | 2,160 |
| Classical Homme Facial for Men | 60 | 2,160 |
| Eyes Treatment | 30 | 1,500 |

SENSE JOURNEYS

| Treatment | Duration (min) | Price (THB) |
|---|----------------|-------------|
| Su Kwan – Jet Lag Recovery (Aromatic Bath/body scrub/Jet lag Massage /Hair Treatment) | 150 | 3,840 |
| Langka - Suka (Himalayan Salt Sauna/Body | 180 | 5.040 |
| Scrub/Langka-Suka massage/Facial Treatment) | 180 | 5,040 |
| Cheevit Cheeva Isan (Aromatic Bath/Body | 150 | 2 840 |
| Scrub/ Body Mask/Pha-Kao-ma Thai Massage) | 130 | 3,840 |
| Piamsuk (Himalayan Salt Sauna/Body scrub/ | 180 | 5,040 |
| Swedish Massage/Foot Massage/Facial Treatment) | | 3,040 |
| Sabai Kai Sabai Jai (Milk Bath/Body Scrub/Body | 240 | 6,480 |
| Mask/Relaxing Massage//Facial Treatment/Hair Treatment) | | , |

BATHING RITUALS

| Treatment | Duration (min) | Price (THB) |
|----------------------|----------------|-------------|
| Aromatic Flower Bath | 30 | 850 |
| Thai Herbal Bath | 30 | 850 |
| Milk Bath | 30 | 850 |

EXPRESS SPA

| Treatment | Duration (min) | Price (THB) |
|------------------------|----------------|-------------|
| Tension Relief Massage | 30 | 850 |
| Ayurvedic Head Massage | 30 | 850 |
| Mini Facial | 30 | 850 |

ULTIMATE HAIR AND NAIL SOLUTION

| Treatment | Duration (min) | Price (THB) |
|--------------------------------|----------------|-------------|
| Nail Express | 30 | 490 |
| Gentlemen's Manicure | 30 | 590 |
| Gentlemen's Pedicure | 30 | 590 |
| Classic Manicure | 45 | 890 |
| Classic Pedicure | 45 | 890 |
| Deluxe Pedicure | 60 | 1,290 |
| Deluxe Manicure | 60 | 1,290 |
| Exclusive Scalp&Hair Treatment | 90 | 2,160 |









SPA INFORMATION

OPERATING HOURS

Open daily from 10am until 10pm (last appointment 8.30pm).

CONSULTATION

Prior to your treatment you will be asked to complete a strictly confidential spa consultation form to safeguard your wellbeing and comfort.

PREGNANCY

Please allow us to assist you in selecting suitable services at this special time. We recommend that you consult your physician prior to having spa treatments.

AGE REQUIREMENT

Children below the age of 16 must be accompanied by their parent and/or guardian to access and receive treatments at the spa.

Please contact our spa representatives for further information.

APPOINTMENTS

Being on time for your appointment is greatly appreciated in order for you to receive full service. Please arrive 15 minutes in advance of your appointment to allow time to complete a consultation form, get changed and enjoy the facilities before your treatment.

Late arrival is likely to result in reducing the scheduled treatment time.

CANCELLATIONS

To cancel or reschedule your spa appointment, please contact our spa team at least 2 hours prior to your scheduled treatment time.

Late notification will incur a 100% penalty charge. Rescheduling of appointments is subject to availability.

SPA ETIQUETTE

The spa environment is one of relaxation and tranquility.

Please respect the privacy of other guests. We kindly request that you refrain from using your mobile phone and camera in the spa.

Please leave valuables in your guest room safe. The spa assumes no liability for any loss or damage.

GIFT CERTIFICATES

Sense Cera gift certificates make thoughtful gifts for special people. Gift certificates are not refundable for cash or credit. Please review all Terms & Conditions.



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