



## Spa Menu 2009

### SIGNATURE TREATMENT

<b>Athénée Retreat</b>	<b>130 minutes</b>	<b>5,500</b>
Foot Ritual * Exotic Ginger Body Polish * Exotic Ginger Bath * Shower * Energizing Massage * Refreshment		

### SPA PACKAGES

Escape the limits of time and immerse yourself in one of our perfectly packaged recipes for relaxation. Each can be shared with a loved one while you enjoy a side by side relaxing treatment in one of our twin spa suites. Perfect for couples celebrating their honeymoons or friends relaxing together.

<b>Romance (Couple)</b>	<b>180 minutes</b>	<b>15,000</b>
Foot Ritual * Mocha Java Body Mask * Thai Herbal Steam Bath * Shower * Aromatherapy Massage * Ta Souay Facial * Refreshment		

<b>Joie de Vivre</b>	<b>145 minutes</b>	<b>7,500</b>
Foot Ritual * Aromatherapy Massage * Elemis Oxygen Skin Calm Facial * Refreshment		

<b>Radiance</b>	<b>120 minutes</b>	<b>5,400</b>
Foot Ritual * Black Glutinous Rice Scrub * Thai Herbal Steam * Shower * Aromatherapy Massage * Refreshment		

<b>Oriental Healing</b>	<b>190 minutes</b>	<b>5,800</b>
Thai Herbal Steam * Foot Ritual * Traditional Thai Massage * Oriental Foot Massage * Refreshment		

<b>Express Reviver</b>	<b>75 minutes</b>	<b>4,200</b>
Foot Ritual - Elemis Mini Facial - Head & Shoulder Massage - Mini Foot Massage - Refreshment		

### Massage

<b>Elemis Deep Tissue Muscle Massage</b>	<b>60 minutes</b>	<b>4,500</b>
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Focusing to relieve specific stress and muscle tension, this deep rhythmic pressure massage gives the whole body a vigorous workout. This treatment can be tailor-made to suit your individual needs.

- **Stress-a-Way:** soothe and relax with a 'de-stress' blend of Lavender, Chamomile, Melissa, Geranium and Bergamot Essential Oils
- **Spirit Reviver:** uplift, detoxify and renew your zest for life with 'Cellutox' blend of Lemon, Lime, Peppermint & Grapefruit Essential Oils
- **Muscle Melt:** ease away tired, aching muscles with the 'Musclease' blend of warming Rosemary, Juniper, Thyme, Birch & Chamomile Essential Oils. Excellent for rheumatic or sport related pain
- **Chakra Balancing:** bring your body and emotions into total equilibrium with the Chakra balancing blend of Ylang Ylang and Geranium, or the exotic essence of Frangipani to seal in moisture



**Aromatherapy Massage** 60 minutes 3,000  
Our most aromatic and relaxing massage with a choice of four specially blended oils, Athénée, Harmony, Thailand Spice and Tranquility. Using a combination of strokes and acupressure techniques, this soothing and gentle massage allows the healing properties of these natural oils to penetrate into the skin leaving you relaxed and with a sense of well being. A definite jetlag tonic.  
Shower \* Foot Ritual \* Aromatherapy Massage \* Refreshment

**Traditional Thai Massage** 90 minutes 3,200  
Exotic, unique and an ultimate subliminal body workout that has been passed down through generations. The traditional Thai Massage employs pressure points and stretching techniques to release tension and increase vitality and flexibility.  
Foot Ritual \* Thai Massage \* Refreshment

**Oriental Foot Massage** 60 minutes 2,200  
An age-old therapy that links the reflex zones on the feet to specific parts of the body. Relief from pain, illness and stress comes by putting pressure on the appropriate reflex zones of the feet.  
Foot Ritual \* Oriental Foot Massage \* Refreshment

**Head & Shoulder Massage** 60 minutes 2,500  
Not to be missed, never to be forgotten. This mini express treatment is suitable for those pressed for time but is in need of relaxation and tension relief.  
Foot Ritual \* Head & Shoulder Massage \* Refreshment

## Body Treatments

### Body Scrubs

**Elemis Exotic Lime and Ginger Salt Glow** 45 minutes 3,600  
An exotic exfoliation ritual to invigorate and revitalize the body. A luxurious and sublime treatment, that leaves your skin feeling deeply cleansed, replenished and softened to perfection.

**Exotic Ginger Body Polish** 60 minutes 2,500  
This treatment is a gentle exfoliating scrub of lavender, orange and the natural wonder of ginger, using super fine granules of walnut to slough off dead skin cells and rejuvenate the appearance and texture of your skin.  
Foot Ritual \* Exotic Ginger Body Polish \* Shower \* Body Lotion \* Refreshment

**Black Glutinous Rice Scrub** 60 minutes 2,500  
Rice bran oil and oryza extract which are found in ground organic black glutinous sticky rice stones are known for being rich in vitamin B. All elements combine to soften and smooth the texture of the skin. This treatment helps remove dead skin cells and gives your body's circulation a boost and natural fragrances from the rice delivers aromatic benefits of relaxation.  
Foot Ritual - Black Glutinous Rice Scrub - Shower - Body Lotion - Refreshment

### Body Wraps

**Elemis Exotic Frangipani Body Nourish Wrap** 60 minutes 4,000  
This nourishing body wrap drenches the skin with moisture for immediate softness and suppleness. Exotic, aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce the luxurious Monoi oil, for the ultimate in skin radiance, vitality and all over body glow.



**Elemis Exotic Coconut & Milk Ritual Wrap**                      60 minutes                      4,000  
A ceremony of pure sensuality to tantalize and delight! A traditional Balinese recipe of Coconut, Mungbean, Spices and Lavender is combined with Exotic Frangipani Monoi Moisture Melt to polish the skin and stimulate the sense. Warmed Skin Nourishing Milk Bath is then poured over your entire body before being cocooned in a comforting foil wrap. This opulent exotic wrap is excellent for skin smoothing and softening, all combined with a facial pressure point massage and de-stress scalp treatment.

**Mocha Java Body Mask**    60 minutes                      3,200  
Delicious to the nose and beneficial for the skin, caffeine and coffee extracts combine to form a strong vasodilator that stimulates your cellular micro-circulation by reducing puffiness. It can also help to reduce cellulite between connective tissues by stimulating fat degradation. In other words it speeds up the burning of fat!  
Foot Ritual - Salt Scrub - Mocha Java Body Mask - Shower - Refreshment

**Mud Therapy**    60 minutes                      3,200  
A deeply purifying treatment that combines the richness of sea plants and algae to detoxify, decongest and stimulate the body system to generate new skin cells for a smooth beautifully toned skin.  
Foot Ritual - Warm Compress - Mud Therapy - Shower - Refreshment

## Facial Treatment

**Elemis Pro Collagen Marine Facial**                              75 minutes                      6,100  
**For fine lines and wrinkles**  
Producing immediate results in the fight against time! This exceptional face and eye treatment helps to slow down the signs of premature ageing and reduce the appearance of fine lines and wrinkles. Powerful anti-ageing ingredients, combined with specialized lifting massage techniques help the skin to have a more youthful appearance after just 1 treatment.  
Course: Recommended 1 treatment every 4 weeks. Course of 6

**Elemis Visible Brilliance Facial**                                  75 minutes                      6,100  
**For ageing, stressed and slackened skin**  
Clinically trialed with revolutionary results, this unique face and eye treatment instantly firms, rejuvenates and plumps up the skin, whilst smoothing, sculpting and restoring its youthful tone and texture. Miniaturization levels of the skin are proven to increase by up to 38% and elasticity by 28% after just 1 treatment.  
Course: Recommended 1 treatment every 4 weeks. Course of 6

**Elemis Oxygen Skin Calm Facial**                                  75 minutes                      4,900  
**For sensitive skin**  
This face and eye treatment is pure soothing heaven for sensitive skins. Helping to calm and rebalance delicate and fragile skin, this superior treatment combines soothing actives with a unique Japanese Silk Mask that helps to reduce redness and offer immediate comfort.  
Course: Recommended 1 treatment every 4 weeks. Course of 6

**Elemis S.O.S. Purifying Facial**                                      75 minutes                      4,900  
**For oily, problem and congested skins**  
This powerful purifying face and eye treatment helps to absorb excess sebum, regulate and balance the function of the skin, whilst helping to repair scarring. A unique Japanese Mask combined with Vita-C Booster Serum helps to calm and rebalance oil-rich pores, leaving beautiful matte skin.  
Course: Recommended 1 treatment every 4 weeks. Course of 6



**Chum Chun quenching organic facial spa                      90 minutes                      3,800**

A quenching organic facial for normal to dry skin, using an intriguing blend of green tea and bamboo shoot extract to heal dull and congested complexions and hydrate thirsty skin. Exfoliating properties of Papaya and Tamarind extracts smoothen and soften the epidermis, while pure fossilized seaweed gently removes dirt and pollution from the deeper layers of the skin. Also enjoy the healing benefits of a Royal Thai massage that lulls you into a deep sleep by massaging marma points inspired by Ayurvedic healing principals. A natural toning and tightening mask completes the treatment. This organic facial treatment will leave your skin deeply cleansed, revitalized and lifted for a brighter complexion and a relaxed mind.

**Face, Ta Souay restorative eye treatment spa   60 minutes                      3,000**

Let your eyes be pampered and rejuvenated with this amazing eye treatment that combats fine lines, puffiness and dark circles. A secret blend of warm, botanical ingredients from our Asian garden will gently nourish and soothe your eyelids. Then, the light touch of shiatsu and lymphatic drainage massage, accompanied with a quenching floral serum, will reduce puffiness and dark circles. The treatment finishes with a cranial pressure points massage while your eyes rest under a relaxing aromatherapy eye cushion.

**Elemis Herbal Lavender Repair Facial                      60 minutes                      3,900**

For combination and oily skin

For perfect restoration of skin balance, this facial helps to heal and repair oily, problem and congested skin. Deeply cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts.

**Elemis Taster Facial                      30 minutes                      2,500**

The perfect way to experience a taste of the world renowned Elemis Facials. This introductory facial will give a quick and instant pick-me up for dull, lifeless skin, as well as an excellent pre-make-up facial for that very special occasion. Recommended: 1 treatment every 2 weeks

**Elemis Time for Men**

**Elemis Skin IQ Facial                      75 minutes                      6,100**

An intelligent anti-ageing facial that adapts to super boost the skin.

This high power anti-ageing facial is the ultimate skin overhaul for male skin. Prescribed to combat the demands of a hectic, modern lifestyle, this facial protects against the harsh, ageing effects of shaving and everyday environmental damage. Breakthrough technology is used to recharge and energize tired skin, by combining active therapeutic professional products with bespoke massage techniques to minimize the signs of ageing and calm irritation.

**Additional Services**

**Spa Bath Rituals**

**Ginger Bath                      30 minutes                      1,000**

This treatment helps to restore unity and call back harmony. To receive the maximum benefit, we recommend you to have "Exotic Body Ginger Polish" to adjust body balance before this service.

**Honey Milk Bath                      30 minutes                      1,000**

Indulge with pleasure like Cleopatra as you immerse yourself in the sweetness of our timeless Honey & Milk Bath.



### Steam Bath Rituals

#### Thai Herbal Steam Bath

30 minutes 1,000

Experience the therapeutic effects of Thai traditional herbs as you step into a dreamy, misty, heavily scented room. A dreamy place to soothe the body and clear the head.

### Beauty Treatments

		Her	Him
Hair Trim		550	550
Shampoo Blow Dry		650	550
Shampoo Set Blow Dry		750	
Shampoo Cut Blow Dry		1,200	1,100
Hair Cream Bath (without serum)	- Short	1,000	1,000
	- Long	1,500	1,500
Hair Cream Bath (with serum)	- Short	1,750	1,750
	- Long	2,250	2,250
Manicure / Pedicure		1,200	1,200
French Manicure / French Pedicure		1,450	1,450

### Depilatory

Lip	350	
Under Arm	950	
Bikini	1,250	
½ Leg	1,650	
Full Leg	1,950	
Back	2,250	2,750

### In Room Massage

Traditional Thai Massage	90 minutes	3,500
Oriental Foot Massage	60 minutes	2,400

### Pool Side Massage

Traditional Thai Massage	60 minutes	3,200
Oriental Foot Massage	45 minutes	2,200

All prices are in Thai Baht and are subject to 10% service charge and applicable Government Tax. Advance booking for Spa services are highly recommended to ensure availability. Appointments cancelled within less than 4 hours notice will incur a cancellation fee of 50% of the reserved treatment cost. In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or re-scheduled.

Operating Hours are 11:00 a.m. - 8:00 p.m.  
For reservation, please call Ext. 5001, 5010