

A contemporary haven of equilibrium and wellness
Inspired by tradition and technique



Welcome to the SALA Spa....

A contemporary haven of equilibrium and wellness where you can leave behind the stresses of everyday life and begin to synchronise the subtle energies of your inner being.

Escape the limits of time and immerse yourself in one of our perfectly suited Spa journeys for your complete rejuvenation.

Explore a range of alluring Spa Signature rituals or combine modern and ancient techniques to mould your treatment to suit your wishes.

Indulge with luxuriant product treatments exclusively by Pevonia Botanica the hallmark of American luxury and beauty 100% natural plant extracts and pure essential oils, designed to eliminate toxins and invigorate the skin, they will leave you looking refreshed, revitalised and beautifully radiant.



STRESS BREAKERS...

SALA SELECTIONS MASSAGE

SALA's signature massage is a truly sublime and unforgettable spa experience. The technique combines four different massage styles of Thai massage, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using specially-blended massage essential coconut oil. The gentle and healing hands of our therapist will help to calm the nervous system, warm and relax muscle tissue and promote the growth of healthy, new skin cells, ultimately resulting in total relaxation and suppleness of the skin.

TRI PHASE STONE THERAPY MASSAGE

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to melt away tension.

AROMATIC SWEDISH MASSAGE

This classical European technique of manipulating muscles with the use of aromatic massage oils is both relaxing and invigorating. While providing tonic for the soul, the Swedish massage can help improve the function of circulatory, lymphatic, muscular and the nervous system.

CONCENTRATED ANTI STRESS MASSAGE

Using an oil to massage around the back, neck and shoulders, this massage relieves stress, tension and improves circulation. A great compliment to any other massage or treatment if additional work on these areas is required!



WELL BEING...

ASIAN COMBINATION MASSAGE

Your massage is personalised to focus on your body's areas affected by tension and stress. Special blends of oils are prepared to penetrate your skin to soothe tired and aching muscles. This massage is designed to increase flexibility, relieve tightness and improve circulation and recovery time.

SOOTHING AROMA MASSAGE

A gentle, relaxing massage in which our therapists apply long strokes and use their thumbs on the body's pressure points to achieve a full body balancing. The natural healing powers of the essential oils penetrate the body through massage to enhance both physical and mental well-being.

TRADITIONAL THAI MASSAGE

Developed centuries ago in Thailand, this firm, dry massage is the ultimate subliminal body workout. Thai massage is a masterful fusion of Indian Ayurvedic stretching techniques which release tension, re-align the body and restore suppleness, and the Chinese method of deep tissue pressure point massage to stimulate blood flow and release toxins.

THAI HERBAL HOT COMPRESS

Tensions drift away during this traditional, hot Thai massage. The "LukPrakob" has been used for many centuries in Thailand for the relief of pain and inflammation. Following a traditional Thai massage, a selection of therapeutic herbs including prai, ginger, turmeric and lemongrass are wrapped in a muslin compress, steamed and then applied to the body in gentle circular and rolling movements. As the pores open and allow the herbs to take effect, ailments such as stiff, sore or pulled muscles and ligaments, back pain, migraines, stress and anxiety are almost instantly relieved.

FOR SOMETHING SPECIAL...

MOTHER-TO-BE

Specifically designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet while uplifting your spirit. Your comfort and safety is assured with supportive pillows and sweet almond oil.

A HEAD ABOVE

Warm coconut oil is drizzled and massaged into the scalp for a calm conditioning treatment combined with an energising scalp massage. A perfect choice for revitalisation and healthy hair!

STIMULATE THE SOLE

A dynamic treatment that is based on the principles of reflexology, linking the reflex zones on the feet to organs and systems in the body. Pressure is applied to various zones on the feet using thumbs, fingers and palms to induce relief from pain, illness and stress. Combined with a nourishing cream, this massage is particularly beneficial for the relief of tension headaches, poor circulation and a sluggish digestive system.

BY THE BEACH...

Available in our beachside salas between 10am to 5pm. (weather permitting)

BEACH BREAK MASSAGE

- Thai massage 60 minutes
- Scalp reflexology 30 minutes

SUN DOWN MASSAGE

- Rejuvenating after sun massage with aloe vera lotion 60 minutes
- Foot massage 30 minutes





SKIN CONSCIOUS...

SALT GLOW SKIN BODY SCRUB

Sea salt compounds exfoliate leaving the skin smooth and fresh. The qualities of Ylang Ylang and lavender oils act on anti inflammation whilst easing tension.

SILKY SKIN BODY SCRUB

A granular cream removes superficial impurities whilst jojoba beads, sage, allantoin and rosemary smoothes roughness and leaves your skin radiant and silk-soft, safe for even the most sensitive of skin.

DELIGHT SKIN TONING BODY SCRUB

Smoothing, mineralising, healing and anti-oxidant, this aromatic de-aging saltmousse delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and repairing tropical fruit extracts are quickly absorbed. The skin emerges smooth to the touch and visibly brightened.

Main ingredient: Sea salt, squalane oil, carrot seed oil, mango extract, passion-fruit extract

ADVANCE BODY SKIN SMOOTHING WRAP

Anti-aging, brightening, yoghurt wrap drenched with mango-passion fruit extracts. This tropical wrap is rich in key anti-aging ingredients such as repairing vitamin "C". As the creamy yoghurt formula is applied all over your body, you are transported to a sublime tropical oasis where your senses are gently awakened and phenomenal visible results are obtained. Your skin emerges revived, refresh, smoother and firmer.

Main ingredient: Collagen polypeptides (marine), retinol, vitamin C, mango, passion fruit, hyaluronic acid.

WATER LILY AFTER SUN SOOTHING WRAP

Immediately relieve your sun damaged or sun sensitive skin with this cooling wrap. Soothing and desensitising water lily, green tea, and chamomile, relieve the discomfort caused by prolonged sun exposure. Alleviating your skin's burning and stinging sensation, this treatment heals, desensitises, and decreases skin temperature.

Main ingredient: Water lily, green tea, chamomile, sorbitol, proline (amino acid).

SEAWEED DETOXIFYING BODY WRAP

Designed to detoxify and improve circulation, this smoothing micronised algae wrap improves your skin's tone on problem areas such as: waist, hips, abdomen, thighs and buttocks for a sleeker, silkier contour.

Main ingredient: Laminaria digitata (algae) micronised powder, fucus vesiculosus (algae) micronised powder.

AROMATIC MOOR MUD BODY WRAP

A warm Aromatic Moor Mud rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain or fatigue, rheumatism/arthritis, muscular fatigue and post sports injuries.

Main ingredient: Natural moor mud, pine essential oil.

YING YANG TREATMENT

Warm up with a full body Aromatic Moor Mud wrap, this phase focusing on joint and muscle issues, then followed by a cooling massage cream blend with water lily after sun soothing wrap and vitality aromatherapy massage oil; powerful ingredients known for their relaxing, soothing, detoxifying and rejuvenating effects. It also inspires emotional calmness and stability. This gentle treatment is suitable for all skin types.

Main ingredient: Water lily, green tea, chamomile, natural moor mud, pine essential oil, rosemary oil.



THE SENSORIAL FACIAL TREATMENTS BY PEVONIA BOTANICA

LESS OIL MORE GRACE FACIAL

For Deep Cleansing / All Skin Type

Optimise your skin's health and radiance with a mask treatment that specifically addresses your skin type. It gently buffs away impurities, refines skin texture and improves tone. Your skin is rendered wonderfully smooth and rejuvenated.

Main ingredient: Pineapple & papaya enzyme, chamomile, kaolin.

FLAWLESS & SPOTLESS FACIAL

For Oxygenating / Brightening

Boost your skin radiance with rejuvenating "C" complex. This unique micro emulsified gel is quickly absorbed to render your skin bright and smooth. Vitamin C and hyaluronic acid work together to hydrate, increase oxygenation, correct photo-damage and drench your skin with repairing antioxidants for a revitalised, youthful appearance.

Main ingredient: Vitamin C with oxzomes, hyaluronic acid.

LUMINOUS "C" AND "SEA" FACIAL

A potent blend of stabilised vitamin "C" combines with the latest high-tech formulation of freeze-dried seaweed. Ideal for reducing fine lines, strengthening elasticity and providing relief for dull, sun-damaged skin. Your complexion resurfaces renewed, firm and extremely smooth with a luminous glow.

Main ingredient: Vitamin "C", seaweed, squalane oil, alginate, calcium sulphate.

LIFT - CUTOX ANTI-AGING FACIAL

For Lifting & Wrinkles

Pevonia exclusive, anti-aging freeze-dried treatment. The combination of Pevonia escutox patented blend of oligosaccharides, pure french seaweed extract and phyto-squalane and elastine marine elastine peptides. This treatment specifically targets lifting and wrinkles. Your skin looks wonderfully young.

Main ingredient: Hydrolysed hibiscus esculentus extract, algae oligosaccharides, squalane.

INTENSIVE RENEWING FACIAL

For Loss of elasticity / Sagging

A powerful treatment blend that visibly firms and rejuvenates the skin with a high concentration of sorghum (rich in vitamin B2 and C with a high concentration of polysaccharides). This powerful treatment effectively helps prevent premature slackening of the skin and delivers hydrating and tightening benefits for an instant firmer, more youthful appearance. Recommended for all skin types with lack of luster and loss of elasticity.

Main ingredient: Marine elastin polypeptides, sorghum, jasmine oil.



pevonia®
BOTANICA



LIFT & GLOW FACIAL

For Anti-Aging, Lifting up, Dull, Result-oriented

Bring on visible radiance, proven to perform. Redefining radiance and facial contouring, its exclusively formulated treatment features the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. Ideal for any skin type showing sign of aging, or as the perfect instant repair boost when you want to look your absolute best. The Pevonia lumafirm® lift & glow facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

Main ingredient: Sorghum, diacetyl boldine, palmitoyl tetrapeptides, kombucha.

ESCUTOX FREEZE DRIED ANTI WRINKLE FACIAL

For Anti-Wrinkle (Natural Botox Concept)

Pevonia exclusive, patented blend of oligosaccharides, pure French seaweed extract and phyto-squalane. In clinical studies, Escutox proved effective in reducing skin folds by 48% and increasing firmness by 45%. This freeze-dried treatment mask is a stand-alone treatment or can be used as an anti-aging facial upgrade to any existing Pevonia facial.

Main ingredient: Hydrolysed hibiscus esculentus extract, algae oligosaccharides, squalane.

MYOXY CAVIAR AND PEARL FACIAL

The most advanced defense against aging. This opulent anti-aging treatment lavishes your skin with pure caviar, Asian pearl and a revolutionary blend of phyto- extracts: Escutox®. Improving wrinkles, elasticity and texture. This luxurious anti-aging mask increases skin oxygenation and suppleness. Promoting rejuvenation, dramatically reduces facial expression lines and wrinkles.

Main ingredient: Caviar, shea butter, safflower, vitamins A, C & E, lemon, chamomile.

ESPECIALLY HIS FACIAL

Counteract men's aging process with an effective and advanced treatment. Rejuvenating caviar, vitamins, enzymes and freeze-dried Escutox®, replenish skin while combating aging processors, visibly resurfacing. This masculine treatment promotes healthy youthful skin.

Main ingredient: Blend of hibiscus esculentus (okra seed extract), seaweed extract, squalane oil, caviar extract, marine collagen, marine elastin.

SKIN RECOVERY FACIAL

For Sensitive skin

Desensitise for visible improvement! creamy and gently alleviating, sensitive skin mask immediately calms your skin with a select combination of zinc oxide and shea butter. These ingredients harmoniously blend with other key agents to diffuse redness and soothe irritation for a calm, smooth appearance.

Main ingredient: Zinc oxide, shea butter, chamomile, aloe, azulene.

RELAX & DETOXIFY FACIAL (HIM OR HER)

Nourishing / Detoxification for all skin types

Essential nourishment drench your skin with this silky textured aromatherapy face oil "Douceur" hazel nut oil blended with neroli and lavender essential oils repair and nourish, while regulating your skin's delicate moisture balance.

Main ingredient: French rose, naroli, lavender essential oil.

ESCUTOX FREEZE-DRIED ANTI-WRINKLE EYE TREATMENT

Anti-wrinkle (Natural Botox Concept)

Pevonia exclusive, patented blend of oligosaccharides, oligopeptides, pure French seaweed extract and phyto-squalane. In clinical studies, escutox proved effective in reducing skin folds by 48% and increasing firmness by 45%. This freeze-dried treatment mask is a stand-alone treatment or can be used as an anti-aging eyes upgrade to any existing Pevonia facial.

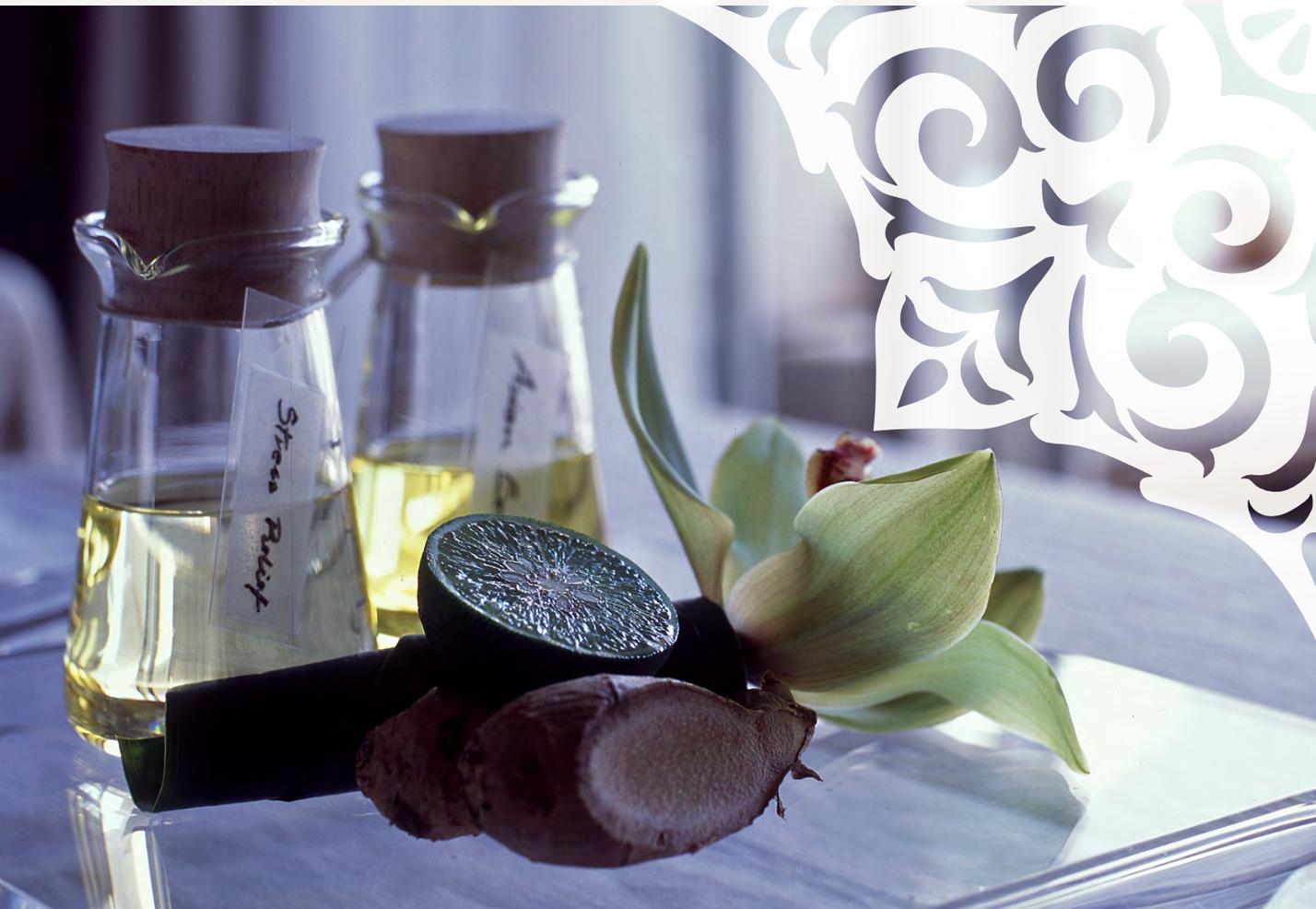
Main ingredient: Hydrolysed hibiscus esculentus extract, algae oligosaccharides, squalane.

NATURAL FACIAL FINESSE....

THAI HERBAL FACIAL

Traditional and natural blend of herbal extracts that gently nourish and hydrate skin.

Main ingredient: Yoghurt, brown sugar, natural honey, cucumber and oatmeal.









STAY A LITTLE LONGER

Our highlight combination packages are designed to offer a more personalised experience at reduced rates.

THE CHOICE IS YOURS

Combine your choice of body scrub with massage and take a little time out for “you”.

- Body scrub of choice 30 minutes
- Body massage of choice 90 minutes

PAMPER ME

A select combination of some of our more decadent treatments, treat yourself.

- Salt glow body scrub 30 minutes
- Aromatic moor mud body wrap 60 minutes
- Soothing aroma massage 90 minutes

BETTER TOGETHER

Spend some time with your special someone and our couples’ selection.

FOR HER

- Aromatic herbal steam 15 minutes
- Silky skin body scrub 30 minutes
- Soothing aroma massage 60 minutes
- Luminous C and Sea facial 75 minutes
- Aromatic milky bath 30 minutes

FOR HIM

- Aromatic herbal steam 15 minutes
- Salt glow body scrub 30 minutes
- Asian combination massage 60 minutes
- Especially His facial 75 minutes
- Aromatic milky bath 30 minutes



SALA

SPA JOURNEYS

SIGNATURE PROGRAMS FOR THE SPA ADVOCATES...

SALA Spa Journeys combine a variety of harmonised treatments and therapies to provide a complete and balanced experience.

Our trilogy of SALA Spa Journeys have been specifically designed to offer your choice of lifestyle, cultural or indulgence influenced three day value added programs featuring exclusive treatments.

SALA LIFESTYLE JOURNEY

6 hrs

The SALA Lifestyle Journey combines therapies and treatments to stimulate, rejuvenate and detoxify the body. The Lifestyle Journey is designed to revitalise your body whilst releasing tension, reviving skin cells and improving circulation.

DAY One

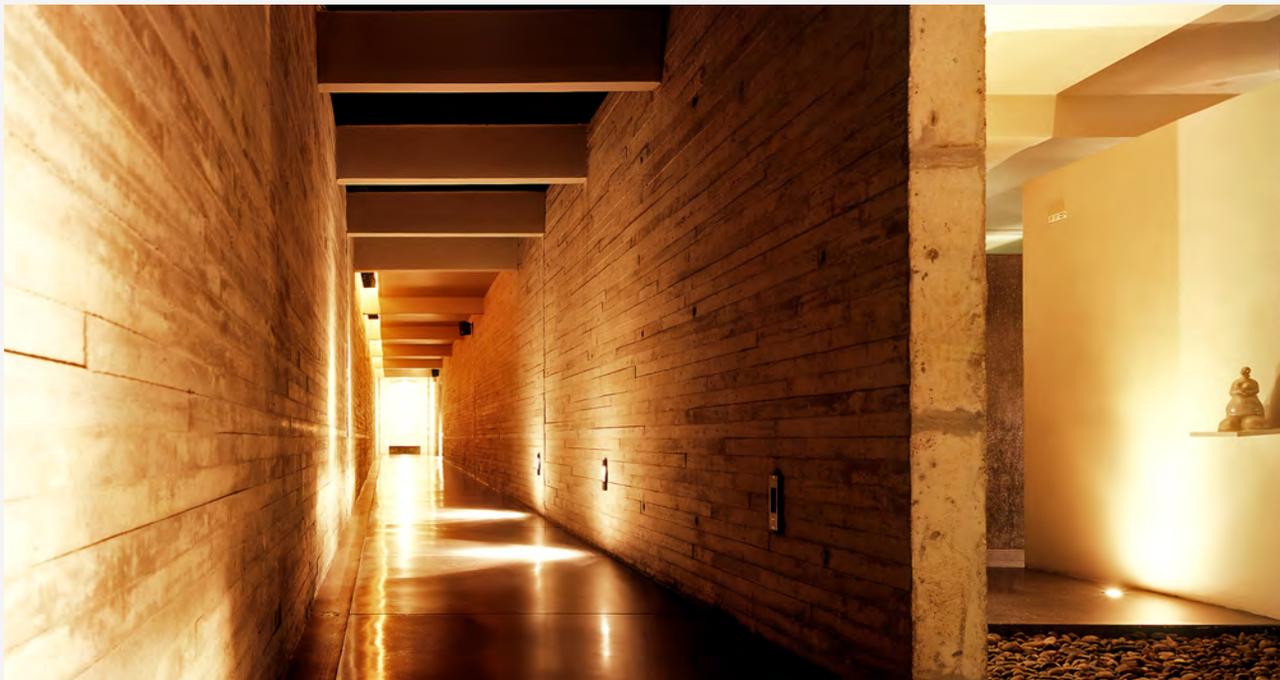
Silky skin body scrub 45 minutes
Soothing aroma massage 60 minutes

DAY Two

Aromatic swedish massage 60 minutes
Luminous C and Sea facial 75 minutes

DAY Three

Advance body skin smoothing wrap 60 minutes
Asian combination massage 60 minutes



SALA SIAM EXPERIENCE JOURNEY

6 hrs

The SALA Siam Experience Journey brings together indigenous resources, folk wisdom and traditions that have been practiced over centuries. Natural remedies and traditional massage coupled with holistic healing and therapeutic skin treatments combine to offer a truly cultural spa experience.

DAY
One

Salt glow skin body scrub 45 minutes
Traditional Thai massage 60 minutes

DAY
Two

Thai herbal compress 90 minutes
A Head Above 45 minutes

DAY
Three

Thai herbal facial 60 minutes
Stimulate the sole 60 minutes



SALA INDULGENCE JOURNEY

6 hrs 45 min

Spoil yourself! The SALA Indulgence Journey combines the most decadent of treatments and therapies over three days of sheer pampering. Pearl and caviar extract, hot stone treatment and our signature massage all contribute to this luxury spa journey.

DAY One

Tri phase stone therapy massage 90 minutes

Escutox freeze-dried anti-wrinkle eyes treatment 45 minutes

DAY Two

Seaweed detoxifying body wrap 75 minutes

Soothing aroma massage 60 minutes

DAY Three

SALA selection massage 60 minutes

Myoxy Caviar & Pearl facial 75 minutes



SPA ETIQUETTE....

- When you arrive at the SALA spa you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our spa receptionist if you have any health concerns.
- While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.
- Mobile phones, while a necessary part of modern living, are not permitted in any of the treatment rooms or relaxation areas. In other areas please switch them to quiet or meeting mode.
- To ensure a peaceful, tranquil ambiance in the spa, children cannot accompany adults in the spa unless receiving a treatment.
- We supply disposable underwear for your privacy and our therapists will advise you of their use. Our therapists are fully trained to drape you to respect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at the SALA Spa.
- Gentlemen should shave a few hours before any facial treatment to increase comfort.
- If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower. Your skin will absorb the oils' properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform our spa receptionist or your therapist.
- Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment-massage pressure, room temperature or otherwise.
- The therapist reserves the right to terminate the treatment if she feels the clients' behavior is undesirable.

CANCELLATION POLICY...

- 4 hours notice is required to cancel or amend any reserved treatment.
- If less than 4 hours, 50% of the full treatment fee will be charged.
- In case of no-show, full treatment fee will be charged.
- All packages and products are non-refundable.

SPA MENU PRICE LIST

	TIME	PRICE
STRESS BREAKERS		
SALA Selection Massage (SALA Signature)	60 / 90 Minutes	3,000 / 3,500
Aromatic Swedish Massage	60 / 90 Minutes	2,800 / 3,400
Tri Phase Stone Therapy Massage	90 Minutes	3,700
Concentrated Anti Stress Massage	45 Minutes	2,200
WELL BEING		
Asian Combination Massage	60 / 90 Minutes	2,800 / 3,400
Soothing Aroma Massage	60 / 90 Minutes	2,800 / 3,400
Traditional Thai Massage	60 / 90 Minutes	2,300 / 2,800
Thai Herbal Hot Compress Massage	90 Minutes	3,500
FOR SOMETHING SPECIAL		
Mother-To-Be Massage	60 / 90 Minutes	2,800 / 3,400
A Head Above Massage	45 Minutes	2,100
Stimulate The Sole	60 Minutes	1,900
BY THE BEACH		
Beach Break Massage	90 Minutes	2,300
Sun Down Massage	90 Minutes	2,300
SKIN CONSCIOUS		
Salt Glow Skin Body Scrub	45 Minutes	1,900
Silky Skin Body Scrub	45 Minutes	1,900
Delight Skin Toning Body Scrub	45 Minutes	1,900
Advance Body Skin Smoothing Wrap	60 Minutes	2,300
Water Lily After Sun Soothing Wrap	60 Minutes	2,500
Seaweed Detoxifying Body Wrap	75 Minutes	2,900
Aromatic Moor Mud Body Wrap	75 Minutes	2,900
Ying Yang Treatment	75 Minutes	2,900
NATURAL FACIAL		
Thai Herbal Facial	60 Minutes	2,000
PEVONIA BOTANICA FACIAL		
Less Oil More Grace Facial	60 Minutes	2,500
Flawless & Spotless Facial	60 Minutes	3,000
Luminous C And Sea Facial	75 Minutes	3,600
Lift-Cutox Anti-Aging Facial	60 Minutes	3,000
Intensive Renewing Facial	60 Minutes	3,100
Lift & Glow Facial	60 Minutes	3,200

All prices are in Thai Baht; subject to 10% service charge and 7% value added tax.

SPA MENU PRICE LIST

	TIME	PRICE
PEVONIA BOTANICA FACIAL		
Escutox Freeze Dried Anti-Wrinkle Facial	60 Minutes	3,500
Myoxy Caviar and Pearl Facial	75 Minutes	4,600
Especially His Facial	75 Minutes	3,600
Skin Recovery Facial	60 Minutes	2,500
Relax & Detoxify Facial (Him or Her)	60 Minutes	2,500
Escutox Freeze-Dried Anti-wrinkle Eye Treatment	45 Minutes	2,000
STAY A LITTLE LONGER		
The Choice Is Yours	2 Hours	3,900
Pamper Me	3 Hours	4,900
Better Together (Couple)	3 Hours 30 Minutes	14,500
SALA SPA JOURNEYS		
SALA Lifestyle Journey	6 Hours	13,000
SALA Siam Experience Journey	6 Hours	10,500
SALA Indulgence Journey	6 Hours 45 Minutes	15,000
ENHANCEMENTS		
ALL ABOUT HAIR CARE		
Her Hair Treatment	Short / Long	1,900 / 2,400
Her Hair Cut, Shampoo & Blow dry	Short / Long	1,900 / 2,400
Her Shampoo and Blow Dry	Short / Long	1,200 / 1,500
Her Hair Styling	Short / Long	2,500 / 3,500
His Hair Cut and Wash		1,300
His Wet Shave		1,100
FINISHING TOUCHES		
Her Manicure/Gel Nail		1,200 / 2,000
Her Pedicure/Gel Nail		1,200 / 2,000
Her French Manicure/Gel Nail		1,400 / 2,200
Her French Pedicure/ Gel Nail		1,400 / 2,200
His Hand Care		1,000
His Foot Care		1,000

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