



WELCOME TO SALA SPA CHAWENG





SKIN CONSCIOUS

SALA SIGNATURE MASSAGE

SALA's signature massage is a truly sublime spa experience. The technique combines four different styles of massage: Hawaiian, Lomi Lomi, Swedish and Balinese. Performed using a specially-blended massage oil, the 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 complete relaxation and improved suppleness.

TRI-PHASE STONE THERAPY MASSAGE

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stones glide across the body in long, flowing strokes, relaxing the muscles and easing the emotions. Simultaneously, other hot stones target the body's energy points to melt away lingering tension.

AROMATIC SWEDISH MASSAGE

This classical European massage technique uses aromatic massage oils to manipulate the muscles, leaving you feeling both relaxed and invigorated. The Swedish massage can help improve the functions of the circulatory, lymphatic, muscular and nervous systems, whilst also being deeply soothing – a true tonic for the body and soul.

CONCENTRATED ANTI-STRESS MASSAGE

This highly focused massage uses oil to target the back, neck and shoulders, helping to relieve tension and improve circulation. It can also help to alleviate stress-related conditions such as headaches or neck pain, which are common among office workers. This treatment can be taken in combination with another massage or therapy.

ASIAN COMBINATION MASSAGE

This blend of Asian techniques can be tailored to focus on your body's specific areas of tension and stiffness. A special blended of oils is applied to smooth your skin and soothe tired and aching muscles, whilst the 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 smooth strokes and use their thumbs to target the body's pressure points. The natural healing powers of the essential oils absorbed into the body, releasing their aromas and enhancing both physical and mental wellbeing. A blissful full-body experience.

TRADITIONAL THAI MASSAGE

Developed centuries ago, this firm, oil-free massage is the ultimate body workout. Thai massage is a masterful fusion of ancient Indian Ayurvedic stretching techniques, which release tension, realign the body and restore suppleness, and the Chinese deep tissue pressure point massage, which stimulates blood flow and releases toxins.

THAI HERBAL HOT COMPRESS

Tensions drift away during this traditional, hot Thai massage. The *luk prakob* has been used in Thailand for centuries to relieve pain and inflammation. Following a traditional Thai massage, an herbal compress is applied to the body, opening the pores, soothing the muscles and almost instantly relieving pain, anxiety and stress.



FOR SOMETHING SPECIAL

MOTHER-TO-BE

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

A HEAD ABOVE

Experience a wonderful sensation that will nourish your hair and scalp. Warm coconut oil is drizzled onto the head and massaged in gently, focusing on the important pressure points to awaken the senses. This energizing massage and conditioning treatment is a perfect choice for sensory revitalisation and healthy hair!

STIMULATE THE SOLE

This dynamic foot treatment is based on the principles of reflexology, which links areas of the feet to organs and systems in the body. Pressure is applied to specific parts of the feet using thumbs, fingers and palms, which helps to relieve pain, illness and stress. This massage can also help to ease tension headaches and improve circulation.

SKIN CONSCIOUS

FLEUR FLEUR BODY SCRUB

A blend of floral extracts is used to help remove dead cells, resulting in softer and firmer skin. A natural charcoal scrub deeply cleanses without damaging the skin, and plant-based oils provide hydration. An aromatic blend of ylang ylang, geranium and lemon oils complement the floral tone with a slight hint of citrus.

LEMONGRASS BODY SCRUB

Aromatic lemongrass is a popular spa ingredient, and this soothing scrub helps to tone the body, rebalance oily skin and open tight pores. Apricot is blended in the formula to help purify skin, while natural plant-based oils are used to soften and nourish the complexion. The result is reinvigorated skin with a soft, smooth touch.

HIMALAYAN SALT SCRUB

Enriched with almost 50 types of minerals, this ancient salt creates a vacuum effect via tiny electrical pulses, eliminating dead skin cells and impurities. This unique scrub also contains thanaka, mint, and four essential oils, blended for their heavenly scent and therapeutic effect, leaving the skin looking purified and silky smooth.

ROSELLE BODY WRAP

Specially formulated for dry skin, with red clay to boost circulation, this nourishing wrap is a detoxifying treatment that promotes lymphatic circulation and hormonal balance. Roselle is rich in alpha hydroxy acid, a natural exfoliator which removes dead skin cells, resulting in softer and smoother skin tone and texture.

ALOE VERA SOOTHER GEL

Feel the healing properties of aloe vera, a natural source of sunburn therapy and skin renewal which helps to treat wounds, reduce scars and promote moisture. The aloe strengthens the skin while lavender and chamomile are harmonised to promote relaxation, leaving only smooth, supple skin and physical and emotional wellbeing.



THE SENSORIAL FACIAL TREATMENTS BY DII

DII FACIAL SENSITIVE (All Skin Types)

This sensitive facial treatment is suitable for all skin types. The Dii facial detox helps to cleanse the skin, reduce redness or inflammation, and combat the effects of pollution. An acupuncture point massage is combined with a red algae collagen massage to stimulate the flow of blood in the face and enhance the growth of new skin cells.

DII FACIAL DETOX LYMPHATIC DRAINAGE (For Oily Skin)

This sensitive facial treatment is suitable for oily skin types. The Dii facial detox helps to cleanse the skin and reduce redness or inflammation. An acupuncture point massage is combined with a hot stone facial massage to stimulate lymph nodes. The power of black jade will also detoxify the skin and restore balance to the face.

DII SILKY COCOON MELASMA DIMINISH (All Skin Types)

This brightening facial program is suitable for all skin types, but especially those with a dull complexion. The Dii facial detox helps to cleanse the skin, reduce redness or inflammation, while radiance will be enhanced with a Dii pearl facial scrub. A red algae facial massage with Dii serum can reduce the causes and effects of melasma.

DII MICRO ALGAE YIN YANG BALANCE (Aging skin)

This balancing facial program is perfect for aging skin. The Dii facial detox helps to cleanse the skin, reduce redness or inflammation, while radiance will be enhanced with a Dii pearl facial scrub. Dii micro algae oil and an Abhyanga face-lifting massage can reduce wrinkles, while a moisturizing facial mask can stimulate cell growth.

NATURAL FACIAL FINESSE

THAI HERBAL FACIAL

This natural facial treatment harnesses a traditional blend of herbal extracts to gently nourish and hydrate the skin, leaving the face feeling smoother and softer. Moisturising yoghurt, healing honey, cooling cucumber and nourishing oatmeal are blended together, creating a healthy and wholesome facial treatment.

BEAUTY THERAPY

- Her Pedicure/Gel Nail
- Her Manicure/Gel Nail
- Her Pedicure & Manicure/Gel Nail
- His Footcare
- His Hand Care
- His Hand & Foot Care



SIGNATURE PROGRAM

DIVANA ORGANIC GOLDEN SILK ROYAL PAMPERING

Inspired by the beauty of Thai silk, this luxurious treatment will naturally nourish the skin. Golden silk thread is rich in protein while the silk cocoons contain 18 essential amino acids for healthy hair and skin. This treatment balances moisture and restores radiance, leaving the skin feeling smooth, healthy-looking and reinvigorated. This indulgent pampering treatment is the ultimate personal luxury to be enjoyed on a carefree afternoon.

STAY A LITTLE LONGER

Our combined packages are designed to offer additional personalised pampering at reduced rates.

THE CHOICE IS YOURS

Enjoy a little extra “me time” by combining your favourite massage with a blissful body scrub.

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

PAMPER ME

Choose a combination of our more decadent treatments. Go on, treat yourself!

- Salt Glow Body Scrub (30 minutes)
- Roselle Body Wrap (60 minutes)
- Soothing Aroma Massage (90 minutes)

BETTER TOGETHER

Spend some quality time with your special someone with our couples' spa selection.

FOR HER

- Aromatic Herbal Steam (15 minutes)
- Fleur Fleur Body Scrub (30 minutes)
- Soothing Aroma Massage (60 minutes)
- A Head Above Massage (15 minutes)
- Dii Silky Cocoon Facial (60 minutes)
- Aromatic Milky Bath (30 minutes)

FOR HIM

- Aromatic Herbal Steam (15 minutes)
- Salt Glow Body Scrub (30 minutes)
- Asian Combination Massage (60 minutes)
- A Head Above Massage (15 minutes)
- Dii Micro Algae Yin Yang Facial (60 minutes)
- Aromatic Milky Bath (30 minutes)

SPA ETIQUETTE

- When you arrive at the SALA spa you will be asked to complete a brief lifestyle 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.
- The use of Mobile phone, whilst a necessary part of modern living, is not permitted in any treatment rooms or relaxation areas. In other areas, please switch them to quiet mode.
- To ensure a peaceful, tranquil ambience in the spa, children cannot accompany adults unless they are 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 respect your privacy at all times.
- Please remember to drink fluids, especially water, during and after your time at 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 two 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, such as a change of massage pressure or room temperature.
- The therapist reserves the right to terminate the treatment if she feels the clients' behaviour is inappropriate.

CANCELLATION POLICY

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



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