



# SPA MENU

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# SALA SPA

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Step into a haven of tranquillity at this award-winning spa nestled in the quiet confines of SALA Phuket Mai Khao Beach Resort. Experience a collection of all-rounded treatments to relieve tension in your body and mind and revitalise your skin from inside out. Your well-deserved ritual to nourish the body and soul.





# RELEASE

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## SALA Signature

60 / 90 minutes

A truly sublime and unforgettable spa experience. This technique combines four different massage styles: traditional Thai, Hawaiian Lomi Lomi, Swedish and Balinese. Performed using a blended massage oil, the gentle hands of our therapist will help to soothe muscles, ease tension and promote the growth of healthy new skin cells.

## Essence of Luk Pra Kob

90 minutes

Specially designed to effectively release inflammation, stiffness, soreness and anxiety, this treatment has been in use for centuries in Thailand.

Following a traditional Thai massage, the "Luk Pra Kob", also known as the Thai Herbal Compressor is applied to the body in rolling movements to help relieve tension and achieve complete relaxation.

## Sense of Siam

60 / 90 minutes

Developed centuries ago in Thailand, this firm and dry massage fuses classical Indian Ayurvedic stretching techniques with the Chinese method of deep tissue pressure point massage, this invigorating treatment helps to release tension, realign the body, restore suppleness, stimulate blood flow and release toxins.

## Relaxation Massage

60 / 90 minutes

An indulgent experience that mixes long strokes and pressure points to balance the entire body. Experience the natural healing power of essential oils that penetrate the body through a soothing massage to help keep skin soft and smooth, boost circulation and enhance your physical and mental wellbeing.

## Hot Stone Therapy

90 minutes

This therapeutic treatment alleviates stiffness and soreness while restoring energy and balance to the body. Relax the muscles and soothe your emotions as smooth, warm stones glide across your body in long, flowing strokes. Other stones are placed on your body's energy points to melt away tension.

## Sound Awaken

90 minutes

Release the tiredness and worries that have been accumulated for a long time with the power of sound waves from Tibetan Singing Bowls. The sound will help balance life energy and when combined with specially designed massage techniques of SALA Spa you will feel recharge and re-energise.

## Asian Combination

60 / 90 minutes

This exquisite treatment combines the ancient art of traditional Thai massage with the use of aromatic oils. The Thai massage will focus on pressing and stretching the body, helping to stimulate the circulation and ease muscular tension, while the aromatic oils will refresh the body and invigorate the senses.



# EXPERIENCES

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## *Anti-stress*

60 / 90 minutes

This massage is designed to relax your body, increase your flexibility and relieve muscular tightness. Special oil blends are prepared and applied to your skin to soothe tired and aching muscles. This blissful massage is designed to increase your flexibility, relieve muscular tightness and improve throughout the body.

## *Foot Rejuvenate*

60 minutes

Based on the principles of reflexology, this massage links the feet's reflex zones to the organs of the body. Pressure is applied to the feet using thumbs, fingers and palms, helping to relieve pain and stress. Combined with a nourishing cream, this massage is ideal for guests who suffer from headaches, poor circulation and slow digestion.

## A Head above Massage

60 minutes

Warm coconut oil is drizzled and massaged into the scalp for a calm conditioning treatment. The energising scalp massage will also help ease tension throughout the entire body, whilst also helping to nourishing your hair and scalp.

Suitable for guests who suffer with upper-body tension, including headaches.

## Mother Pampering

60 / 90 minutes

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. Your comfort and safety is assured with supportive pillows and sweet almond oil.







# BODY

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## Silky Skin Body Scrub

45 minutes

A granular cream removes superficial impurities from the surface of the skin, while natural ingredients including jojoba beads, sage and rosemary help smooth roughness and leave your skin looking radiant and feeling silky-soft. This scrub is suitable for sensitive skin.

## Aloe Vera Soothing Gel Wrap

60 minutes

Bringing oxygen to the skin cells and providing natural moisture, feel the healing effects of fresh aloe vera. Ideally suited for sunburn therapy, dressing wounds, reducing scars and encouraging skin rejuvenation, this treatment incorporates lavender and chamomile leaving you feeling calm and at ease.

## Roselle Body Wrap

60 minutes

Specially formulated for dry skin, expect softer and smoother skin. Using a mix of red clay and roselle flower that is rich in alpha hydroxy, a natural skin exfoliator, this wrap will help remove dead skin cells, detoxify the body and boost circulation.

## Tamarind Body Scrub

45 minutes

Rich in vitamins, liquorice and tamarind combine to create an outstanding purifying scrub. With a natural oriental scene that relieves both mind and body, the treatment is perfect for deep cleansing leaving your skin with a natural glow. When frequently used will help prevent pigmentation.

## Siamese Sesame Purifying Scrub

45 minutes

Rejuvenate your body with sesame, rich in anti-oxidants and therapeutic power. Combined with exotic sea salt and green beans, this will gently cleanse and soothe your skin whilst safflower, coconut and sesame oil will deeply nourish the skin for a supple touch.



# FACIAL

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## Hyaluronic Acid

60 minutes

Enhance your skin's health and radiance with this must-have treatment that reduces appearance of wrinkles, hydrates and improves skin health.

Suitable for dry skin.

## Ultra Calming

60 minutes

Dermalogica Ultra Calming™ treatment super-soothing skin treatment helps bring relief for patients who suffer from irritated, reactive and sensitive skin. It calms and soothes by targeting the triggers behind redness, itching and stinging, while helping to recover skin health for long-term relief from flare-ups.

## Retinol Ionactive

60 minutes

Designed to nourish, energise, regenerate skin and reverse the signs of aging caused by biochemical reactions. Recommended for mature or prematurely aged skin, this treatment best combat aging skin, while reducing fine lines and pore size.

## Radiance & Renewal

60 minutes

A high intensity skin treatment with the use of vitamin C as the key ingredient for an out-of-this-world glow. This powerful antioxidant facial heals blemishes and diminishes visible signs of skin aging.

# SALA JOURNEYS

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## Better Together

210 minutes

Indulge and unwind with a loved one, with a pampering retreat for him & her.

- Aromatic Herbal Steam
- Romantic Milk Bath
- Body Scrub of choice
- Body massage of choice
- Choice of Hyaluronic Acid or Ultracalming Treatment

## The Choice is Yours

120 minutes

Recharge your body with a body scrub and massage of your choice.

- Body Scrub of Choice
- Body Massage of Choice

## Pamper Me

150 minutes

A luxuriously pampering package for one. Awaken the sense with a select of our most decadent treatments.

- Siamese Sesame Purifying Scrub
- Relaxation Massage
- Hyaluronic Acid Treatment

# SALA SIGNATURE

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## Three Day Wellness Programme Designed for Spa Advocates

Everyone deserves a moment of pampering.

Nourish the soul with SALA Spa Journey, a three-day wellness programme with an emulsion of treatments tailored to your exact needs and focused on enlivening your body and clarifying your mind.

### Day One 120 minutes

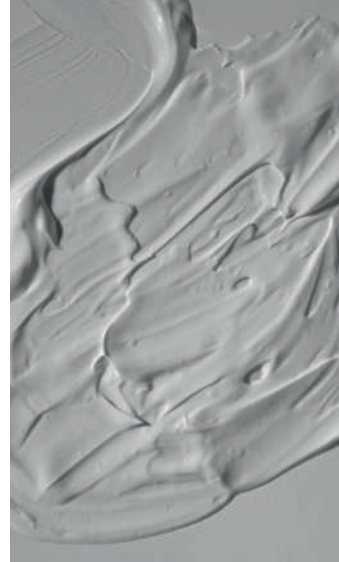
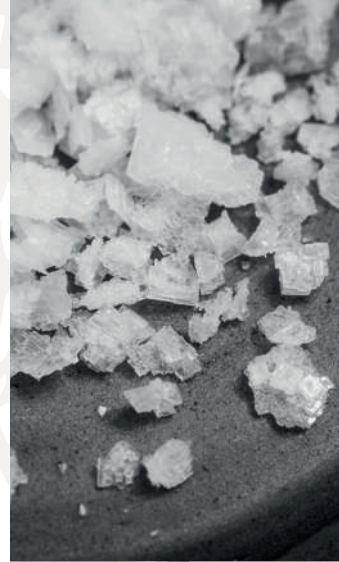
- Body Scrub of Choice
- Body Wrap of Choice
- Relaxation Massage

### Day Two 120 minutes

- Sound Awaken
- A Head Above

### Day Three 120 minutes

- Hyaluronic Acid Treatment
- Foot Rejuvenate



# GUIDELINES

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## Reservation

Please inform the reservation agent of the following:

- Existing medical conditions and allergies, including pregnancy
- If you are celebrating any special occasions
- If you have a request for a specific therapist

## Arrival Time

Hotel guests may arrive at least 10 minutes prior to your scheduled appointment. This will allow time to enjoy the sauna and steam room.

## What Should I Wear?

Disposable garments, sarong, and bathrobe are provided for your convenience at the spa.

## What Should I Bring to The Spa Treatment?

We recommend leaving your valuables at home or in your room safe.

## Are Children Allowed in The Spa?

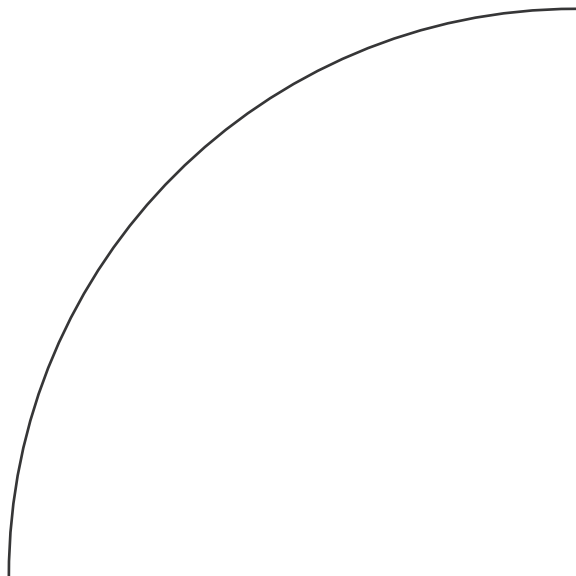
Children above the age of 12 are allowed in the spa but must be accompanied by a parent or guardian.

Please ask our spa team members for guidance on choosing the treatment that best suits your child needs.

## Cancellation Policy

A 50% cancellation charge will be incurred for any treatments at least 4 hours prior to appointment. A full charge will be imposed for a “no-show”.

Rescheduling of appointment is subject to availability.



# SALA PHUKET MAI KHAO BEACH RESORT

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