SPA & WELLNESS PROGRAM
MASSAGE THERAPIES
SALA Signature Massage

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.

Hot Stone Therapy Massage

This therapeutic treatment alleviates stiffness and soreness while restoring energy and balance to the body. Smooth, warmed stones glide across your body in long, flowing strokes, relaxing the muscles and soothing your emotions. Other stones are placed on your body’s energy points to melt away tension.
Candle Therapy Massage

The candle massage is a wonderful unique way to relax. A simple and soothing therapy, this massage uses a special wax prepared with essential oils. The melted liquid wax is applied to your body while it is still warm, releasing its sensual aromatic scent. This will enhance your mind and alleviate stress.

Thai Aroma Essence Massage

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.

Jet Lag Therapy Massage

This special jet lag massage is designed to help travellers revive and relax their body and mind following a long haul-flight. Combining a back and foot massage, this treatment helps to reduce fatigue and release tension from the muscles around the neck, shoulders and back, whilst also easing swollen feet.
Asian Combination Massage

This massage is designed to focus on your body’s specific areas of tension and stress. 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 circulation throughout the body.

Soothing Aroma Massage

This is a gentle, relaxing massage in which our therapists apply long strokes and use their thumbs on the body’s pressure points to balance the entire body. The natural healing powers of essential oils penetrate the body through a soothing massage to enhance physical and mental wellbeing and keep the skin soft and smooth.

Traditional Thai Massage

Developed centuries ago in Thailand, this firm, dry massage is the ultimate body workout. Fusing 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.
**Thai Herbal Compress Massage**

Tensions drift away during this hot Thai massage. The “luk prakob” compress has been used for centuries to relieve pain and inflammation. Following a traditional Thai massage, a hot blend of therapeutic herbs is wrapped in cloth and applied to the body, opening the pores and alleviating stiffness, soreness, muscle pain and anxiety.

**Mother-to-be Massage**

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.
**A Head Above Massage**

Warm coconut oil is drizzled and massaged into the scalp for a calm conditioning treatment. The energizing scalp massage will also help ease tension throughout the entire body, whilst also helping to create perfectly healthy hair! This is ideal for guests who suffer with upper-body tension, including headaches.

**Foot Massage**

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

**Beach Break Massage**

- Thai Massage
  - 60 minutes
- Scalp Massage
  - 30 minutes

**Sundown Massage**

- After-Sun Massage with Aloe Vera Gel
  - 60 minutes
- Foot Massage
  - 30 minutes
**Body Scrubs**

**Salt Glow Skin Body Scrub**
Refined marine salt is extra soft and fine, making it ideally suited to even the most sensitive skin types. Lavender essential oil helps to soothe the skin and relieve stress. This natural treatment will leave your mind and body feeling fully refreshed and your skin glowing.

**Siamese Sesame Purifying Scrub**
Rejuvenate your body with sesame, which is 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.
Tamarind Body Scrub

Liquorice and tamarind are rich in plant acid and vitamins, creating an outstanding purifying scrub. This makes it perfect for deep cleansing and creating a natural glow. Frequent use will help prevent pigmentation, while the natural oriental scent revives both mind and body.

Coffee Body Scrub

Coffee is rich in caffeine and vitamin B, which helps to stimulate blood circulation. Caffeine is known for its firming effect and is often used in slimming products. This highly aromatic scrub can enhance a tired mind while natural ingredients replenish moisture in the body.

Silky Skin Body Scrub

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 even the most sensitive skin.

Delight Skin Toning Body Scrub

This aromatic anti-aging salt mousse delivers an aroma-sensory experience. Its fluffy lather removes impurities and toxins by gently polishing your skin. As the salt dissolves, negative ions and tropical fruit extracts are absorbed and the skin emerges looking bright and feeling smooth.
**BODY WRAPS**

**Roselle Body Wrap**

Specially formulated for dry skin with red clay and roselle flowers, this wrap will help to detoxify your body and boost circulation. Roselle is rich in alpha hydroxy acid, a natural skin exfoliator which helps to remove dead skin cells, resulting in softer and smoother skin. Natural plant oils are then applied to moisturise the body.

**Aloe Vera Soothing Gel Wrap**

Feel the healing effects of fresh aloe vera – one of nature’s most soothing plants. Ideally suited for sunburn therapy, dressing wounds, reducing scars and encouraging skin rejuvenation, aloe vera brings oxygen to the skin cells and provides natural moisture. Lavender and chamomile then leave you feeling calm and at ease.

**Detoxifying Seaweed Body Wrap**

Designed to detoxify the skin and improve circulation, this soothing algae wrap improves the skin’s tone in problem areas such as the waist, hips, abdomen, thighs and buttocks, leading to sleeker and silkier contours. This blissful body wrap will enhance your skin and boost your confidence.

**Aromatic Moor Mud Body Wrap**

Aromatic moor mud, rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Aches and pains simply float away as your body’s circulation is stimulated. This treatment is ideal for those prone to chronic pain or fatigue, rheumatism, arthritis, muscular fatigue and sports injuries.
LESS OIL MORE GRACE FACIAL
For Deep Cleansing / All Skin Types

Enhance your skin’s health and radiance with this mask treatment, which addresses your specific skin type. The treatment gently buffs away impurities, refines the skin’s texture and improves tone. Your skin is left looking and feeling wonderfully smooth and rejuvenated.

FLAWLESS & SPOTLESS FACIAL
For Oxygenating / Brightening

Boost your skin’s radiance with a unique micro emulsified gel, which is quickly absorbed into the face, leaving it looking bright and feeling smooth. Vitamin C helps to hydrate, increase oxygenation and repair the skin with antioxidants for a revitalised, youthful appearance.
LIFT – CUTOX ANTI-AGING FACIAL
For Lifting / Smoothing Wrinkles

Pevonia’s exclusive anti-aging treatment. The combination of Pevonia Escutox’s patented blend of ingredients, including pure French seaweed and other marine extracts specifically targets facial wrinkles and helps to lift the skin, leaving you looking wonderfully young.

LIFT & GLOW FACIAL
For Anti-Aging / Lifting / Brightening

Proven to perform, this facial redefines radiance and facial contouring. Freeze-dried technology is used to deliver instant results and long-term benefits. The Pevonia Lumafirm facial renders your skin ultra-luminous with a firmer, tighter and more youthfully defined appearance.
MYOXO CAVIAR FACIAL
For Anti-Aging / Deep repairs

The most advanced defence against aging, this opulent anti-aging treatment lavishes your skin with pure caviar, Asian pearls and a revolutionary blend of phyto-extracts: Escutox. This removes wrinkles while improving the skin’s elasticity, texture, oxygenation and suppleness.

SKIN FIT FACIAL
For Male Skin

Designed specifically for men, this advanced treatment uses rejuvenating caviar, vitamins, enzymes and freeze-dried Escutox to replenish skin and combat the aging process. This treatment blends okra seed extract, seaweed and to visibly enhance the skin.

SKIN RECOVERY FACIAL
For Sensitive Skin

Smooth, creamy and gentle, this sensitive skin mask immediately calms your skin with a select combination of zinc oxide and shea butter. These ingredients harmoniously blend with other natural products to diffuse redness and soothe irritation for a calm, smooth appearance.
Thai Herbal Facial

This traditional facial features a natural blend of herbal extracts, such as yoghurt, brown sugar, honey, cucumber and oatmeal, to gently nourish and hydrate the skin.
STAY A LITTLE LONGER

Our combination packages are designed to offer a bespoke wellness experience, with a choice of personalised spa treatments at reduced rates.

THE CHOICE IS YOURS

Take a little time out just for you with a combined body scrub and massage of your choice.

- **Body Scrub of Choice**
  - 30 minutes

- **Body Massage of Choice**
  - 90 minutes

PAMPER ME

A select combination of our most decadent treatments. Go on, treat yourself!

- **Delight Skin Toning Body Scrub**
  - 30 minutes

- **Thai Aroma Essence Massage**
  - 60 minutes

- **Lift-Cutox Anti-Aging Facial**
  - 60 minutes
Our sublime couple’s spa selection lets you spend some quality time with your special someone.

**For Her**
- Aromatic Herbal Steam  
  15 minutes
- Silky Skin Body Scrub  
  45 minutes
- Soothing Aroma Massage  
  60 minutes
- Lift & Glow Facial  
  60 minutes
- Aromatic Milky Bath  
  30 minutes

**For Him**
- Aromatic Herbal Steam  
  15 minutes
- Salt Glow Skin Body Scrub  
  45 minutes
- Asian Combination Massage  
  60 minutes
- Flawless & Spotless Facial  
  60 minutes
- Aromatic Milky Bath  
  30 minutes
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 you a choice of three-day themed programs featuring exclusive treatments.
**Sala Lifestyle Journey**

**Three-Day Programme**

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

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<tr>
<th>Day One</th>
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<th>Day Three</th>
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**Sala Siam Experience Journey**

**Three-Day Programme**

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

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Our exclusive one-day programmes are deeply personal journeys that will help to transform your wellbeing. A private consultation will help to craft your perfect experience, including activity sessions, spa treatments, raw juice blends and a healthy cuisine.

1. One-Day Health & Detox Programme

8.00am : Yoga & Stretching  
9.30am : Spa Cuisine Breakfast  
11.00am : Detoxifying Seaweed Body Wrap  
12.30pm : Spa Cuisine Lunch  
2.30pm : Hot Stone Therapy Massage  
5.00pm : Cardio Workout with a Personal Trainer  
6.30pm : Spa Cuisine Dinner

2. One-Day Health & Recharge Programme

8.00am : Yoga & Balancing  
9.30am : Spa Cuisine Breakfast  
11.00am : Aromatic Moor Mud Wrap  
12.30pm : Spa Cuisine Lunch  
2.30pm : SALA Signature Massage  
5.00pm : H.I.I.T. with a Personal Trainer  
6.30pm : Spa Cuisine Dinner
Yoga & Stretching

Yoga improves the overall wellbeing of body and mind through gentle postures and poses. By stretching your body, you will also be relaxing and rejuvenating your senses and achieving an enhanced sense of peace and serenity. Classes are led by a specialist yoga master.

Advance Yoga & Pilates

Physical activity on a large inflatable ball enhances the connection between mind, body and spirit. Concentration and mental calmness can be boosted by controlled breathing, while balancing the body helps the spine and posture, relieves pain and reduces stress.

Circuit Training

Circuit training is a form of body conditioning that combines high-intensity endurance training and resistance training. It helps to build strength and muscular endurance. The time between exercises in circuit training is deliberately short, creating an intense physical workout.

H.I.I.T.

H.I.I.T. (high-intensity interval training) is a cardio session defined by short bursts of strenuous exercise. The point of H.I.I.T. is to push yourself to the max during every set. That’s why each activity is short – typically between 20 to 90 seconds. It’s the opposite of going for a long run.

T.R.X

T.R.X. (total resistance exercises) is a full-body workout that utilises a person’s own bodyweight instead of relying on machines or dumbbells. This type of routine is good for endurance athletes and fitness newbies alike, and offers a total body workout centered on your core strength.

Bodyweight Training

Bodyweight exercises use the individual’s own weight to provide resistance against gravity. These strength training sessions include classic movements such as push-ups, pull-up and sit-ups, which means it’s a great type of workout for beginners who don’t always have access to a gym.
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.
• Mobile phones, while a necessary part of modern living, are not permitted in any treatment rooms or relaxation areas. In other areas, please switch them to quiet or meeting mode.
• To ensure a peaceful, tranquil ambience in the spa, children cannot accompany adults unless they are receiving a treatment.
• We provide 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 – massage pressure, room temperature or otherwise.
• The therapist reserves the right to terminate the treatment if she feels the client’s behaviour is undesirable.

CANCELLATION POLICY

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