SALA SPA

Discover Tranquility Embrace Wellness

Our Philsophy

At SALA Spa, we embrace a philosophy deeply rooted in the belief that true wellness extends beyond mere relaxation—it is a transformative journey that nourishes the soul and revitalizes the entire being. Our approach transcends traditional spa experiences, aiming to cultivate healing from within, radiating outwards to leave our guests feeling utterly renewed.

We understand that each individual is unique, with their own set of needs and aspirations. Therefore, our commitment to holistic wellness is centered on tailoring personalized experiences that address the mind, body, and spirit in unison.

Through a harmonious blend of ancient healing practices, modern techniques, and genuine care, we strive to guide our guests towards achieving a state of balance and harmony.

At SALA Spa, all treatments are imbued with intention and purpose, aimed at nurturing not only the physical body but also the emotional and spiritual dimensions of well-being. Our therapists are not merely practitioners but compassionate guides on your journey to self-discovery and renewal.

MASSAGE THERAPY

SALA Signature

60 or 90 Minutes

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.

Hot Stone Therapy

90 Minutes

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.

Peace & Calm

60 or 90 Minutes

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 absorb into the body, releasing their aromas and enhancing both physical and mental wellbeing. A blissful full-body experience.

Stress Release

60 or 90 Minutes

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.

MASSAGE THERAPY

Senses Of Siam

60 or 90 Minutes

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.

Relieve Foot

60 or 90 Minutes

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.

Mother Pampering

60 or 90 Minutes

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 alleviateswelling in the hands or feet. Your comfort and safety are assured with supportive pillows and sweet almond oil.

Indian Head

60 Minutes

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 revitalization and healthy hair.

BODY THERAPY

Siam Benzoin Body Scrub

60 Minutes

Cardamom oil can help soothe your mind and body, while the Siam Benzoin's rich antioxidant content works to prevent signs of aging and promote radiant skin. Additionally, the Flavonoids Turmeric Extract combines with crystal starch from jasmine rice to exfoliate your skin. For optimal moisture, the high vitamin E levels found in organic white sesame are beneficial.

Aloe Vera Soother Gel

60 Minutes

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 harmonized to promote relaxation, leaving only smooth, supple skin and physical and emotional wellbeing.

Blue Water Lily Body Scrub

60 Minutes

The blend of floral fragrances has a stimulating effect on blood circulation while providing a refreshing experience. The inclusion of Cinnamon aids in relieving muscle aches and pains, leading to a state of relaxation. Moreover, the organic white sesame is enriched with high levels of vitamin E, which deeply nourishes and moisturizes the skin.

Coconut Body Scrub

60 Minutes

Enveloping your entire body in the veil of invigoration after exfoliating away all the excess oil and dead cells with the gentle touch but potent charcoal and coconut shell scrubs, cucumber extract soothes away the irritating while kaolin White clay with coconut oil base pampers the demanding skin the caressing formula. Lightly scented with the tropical essence, the polished skin looks with refined and resilient touch.

Mulberry Fruit Body Scrub

60 Minutes

Indulge in the rejuvenating benefits of Citronella oil, which nourishes both the mind and body. Mulberry Fruit, abundant in antioxidants, combats the effects of aging and promotes radiant skin. The natural exfoliant, crystal starch from jasmine rice, delicately polishes the skin to leave it supple and refreshed, whilst delivering an antioxidant boost. Meanwhile, organic white sesame works tirelessly to maintain optimal skin hydration levels, owing to its rich source of vitamin E.

FACIAL THERAPY
BY DERMALOGICA

Hyaluronic Acid Treatment

60 Minutes

Ideal for Dehydrated skin condition. This treatment focuses on deep hydration. Each step aims to bring moisture back to your skin. Attract moisture and bind it to skin, leaving it hydrated and supple while prevent moisture loss.

Ultracalming Treatment

60 Minutes

The Dermalogica Ultra Calming™ treatment is serious relief for sensitized skin that calms, soothes and replenishes the most aggravated, irritated and inflamed skin. By the targeting the triggers behind redness, itching and stinging This treatment will help recover skin health for long-term relief from flare-ups.

Retinol Ionactive Treatment

60 Minutes

The most powerful treatment for prematurely aging, mature, or devitalized skin is designed to nourish, energize, and regenerate the skin. It helps reverse the signs of aging caused by biochemical reactions, promoting healthy tissue.

Double Bright Treatment

60 Minutes

This effective treatment is the best for all skin with signs of sundamaged or post inflamatory induce hyperpigmentation. Accelerate brightening, improve skin tone, melasma, freckle, enhance skin clarity. Powerful exfoliants smooth skin and slough off dulling surface cells, helping to minimize the appearance of sun and age spot.

SALA
Spa Journeys

The Choice is Yours

120 Minutes

Experience the perfect blend of indulgence. Pair your favourite 30-minute body scrub with a luxurious 90-minute body massage of your choice. Choose from our selection of revitalizing scrubs to exfoliate and nourish your skin, followed by a tailoured massage session to melt away tension and promote inner harmony.

Pamper Me

150 Minutes

This journey serves to combine the many forms of nourishment into an immersive experience that benefits every aspect of the individual. It begins with a 60-minute Peace & Calm Massage, a transcendent escape meticulously tailored to alleviate stress, foster serenity, and restore equilibrium to both body and mind. Followed by a 30-minute Relieve Foot Massage, skillfully crafted to alleviate tension and promote holistic well-being, and completed with a 60-minute Hyaluronic Acid Facial – a luxurious ritual designed to replenish and revitalize your skin's luminosity.

SPA ETIQUETTE

At the time of reservation

Please inform the Spa Specialist of the following:
- Allergies or medical conditions including pregnancy
- If you have a request for a specific therapist
- If you are celebrating any special occassions

Cancellation Policy

4 hours' notice is required for all services. Rescheduling of appointment is subject to availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for no-show.

Personal Belongings

For your convenience and peace of mind, we kindly recommend storing all valuables in your in room safe, as the spa is unable to assume responsibility for personal belongings brought into the spa or left in lockers.

Age Requirements

You must be of 12 years or older, and accompanied by a guardian or parent throughout the duration of your treatment.

Arrival Time

Please arrive at least 15 minutes prior to your scheduled treatment. This will allow time to use the steam room and spa facilities.

Contact

SALA Samui Chaweng Beach Resort
Operating hours: 10.00 am - 09.00 pm
T: +66 77 905 888
E: spamgr@salachaweng.com