



SALA SPA






SALA SPA

SALA Spas are a true escape from the hectic pace of daily life, where the treatments are thoughtfully designed to promote overall well-being through a range of massage therapies and beauty treatments conducted using the finest natural products in a serene and tranquil atmosphere.

MASSAGE THERAPY


SALA Signature

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.

 60/90 Minutes

Hot Stone Therapy

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.

 90 Minutes




MASSAGE THERAPY




Peace & Calm

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.

 60/90 Minutes

Stress Release

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.

 60/90 Minutes

Senses Of Siam


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.

 60/90 Minutes

MASSAGE THERAPY


Relieve Foot

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.

 60/90 Minutes


Indian Head Massage

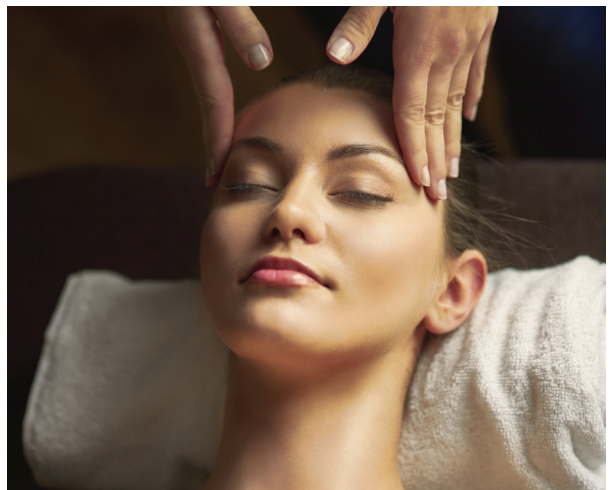
Experience a wonderful sensation that will nourish your hair and scalp. Warm coconut oil is drizzled onto the head and massaged in gently, focusing on the important pressure points to awaken the senses. This energizing massage and conditioning treatment is a perfect choice for sensory revitalization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

 60 Minutes

Mother Pampering

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

 60/90 Minutes





BODY THERAPY

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.



60 Minutes

Coconut Body Scrub

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.



60 Minutes

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.



60 Minutes

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



60 Minutes

FACIAL THERAPY BY DERMALOGICA

Hyaluronic Acid Treatment

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.



60 Minutes

Retinol Ionactive Treatment

The most powerful treatment for Prematurely Aging, Mature or Devitalised skin. Designed to nourish, energise, regenerate skin and helps reverse the signs of aging caused by biochemical reactions. Promoting healthy tissue



60 Minutes

Ultracalming Treatment

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



60 Minutes

Double Bright Teatment

This effective treatment is the best for all skin with signs of sundamaged or post inflammatory 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.



60 Minutes





SALA JOURNEY

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



120 Minutes

Pamper Me

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

Hyaluronic Acid Facial

60 minutes

Relieve Foot Massage

30 minutes

Peace & Calm Massage

60 minutes



150 Minutes

FAQ

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

To get the most from a spa experience, please arrive 15 minutes before your treatment to use complimentary steam facilities.

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 valuables at home.

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, who will need to stay in the massage room for the duration of the massage treatment. Please ask our spa team members for guidance on choosing the treatment that best suits your child needs.

DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications.

WHAT IS THE 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 a 'no-show'.





SALA SPA SAMUI CHAWENG BEACH RESORT

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OPEN DAILY
from 10:00 a.m. – 9:00 p.m.

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