



THE SPA by Paresa

Our Thai sanctuary of calm and wellbeing between earth and water is the scene for your journey to rejuvenation. With local Thai respiration and organic products, our spa menu includes remedies and rituals to soothe the mind and nourish the body.

Your therapists will consult with you on your body's needs and wants and tailor your treatments to you. Alternatively you can choose from our menu of enchanting experiences and our nurturing Thai therapists await.

All the prices are in Thai Baht and are subject to 17.7% service charge and applicable government taxes



SPA MENU

Spa Packages

Heavenly Bliss

210 minutes

11,000++THB

Draw in the tranquility of this ultimate pampering session that combines an invigorating herbal steam, refreshing lime body scrub, honey body mask followed by aroma relax massage and aromatic Thai facial to give your body a tune-up from head to toe. An aromatic milk bath completes this surreal experience.

- *Floral Foot Ritual*
- *Thai Herbal steam*
- *Refreshing Lime Body Scrub*
- *Honey body Mask ,*
- *Mind Body Spirit Aromatic Milk bath*
- *Aroma relax massage*
- *Anti-Aging Pearl Facial*
- *Refreshment*

Oriental Thai

180 minutes

7,500++THB

A perfect combination based on traditional Thai therapy, this ancient treatment is promoted to purify and pamper your body, mind and soul through the power of healing herbs and spices.

- *Floral Foot Ritual*
- *Thai Herbal steam*
- *Oriental Herb Aromatic body Salt Soak*
- *Thai Boran Massage*
- *Aromatic Thai Facial*
- *Refreshment*

Royal Paresa

150 minutes

6,500++THB

Brighten your skin with a pure gold scrub with fresh aloe vera, to restore your skin's natural radiance, then relax with a deep Paresa Senses Massage.

- *Floral Foot Ritual*
- *Thai Herbal steam*
- *Gold body scrub*
- *Oriental Sensuality Aromatic Milk Bath Oil*
- *Paresa Senses massage*
- *Refreshment*

Paresa Spiritual

150 minutes

5,900++THB

This traditional Indonesian ritual, Javanese lulur is an ancient beauty treatment beginning with a deep tissue massage, followed by a Javanese lulur body scrub and yogurt splash to achieve softly smooth, glowing skin.

- *Floral Foot Ritual*
- *Thai Herbal steam*
- *Deep Tissue Massage*
- *Javanese Lulur Body Scrub*
- *Yogurt Splash*
- *Mind Body Spirit Aromatic Milk Bath*
- *Refreshment*

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Ultimate Beauty **120 minutes** **4,200++THB**

Comprising a series of basic elements, this treatment is an essential top to toe body care.

- Choice of Facial Treatment
- Manicure or Pedicure

Paresa Indulgence **120 minutes** **4,900++THB**

Combine your choice of body scrub and a complimenting full body massage for a revitalizing treat that provides a sense of renewal for your body. Drift away to a total bliss as the session soothes your senses and softens your skin, uncovering the new you.

- Floral Foot Ritual
- Choice of 60 minutes body scrub
- Choice of 60 minutes body massage
- Refreshment

Body Massage

Thai Boran Massage **120 minutes** **4,000++ THB**

No oil is used in this classic ritual dating back 2,500 years - This Thai style massage concentrates on the body pressure points and includes stretching to stimulate blood circulation and ease muscle tension. A rhythmic massage utilizes scented herbal pouches that are heated and applied to the body at pressure points to relax the muscles and release tension.

- Heated herbal pouch treatment not suitable for sun burnt skin.

Traditional Thai Massage **60 minutes** **3,000++THB**

(without oil)

90 minutes **3,500++THB**

This Thai style massage combines element yoga, shiatsu and acupressure, working with the energy pathways of the body and the therapy points.

Paresa Senses Massage **90 minutes** **4,100++THB**

(Signature massage and Soft – Medium Pressure)

An exclusive massage unique to Paresa, this massage is using a combination of East meets West techniques to help improve blood circulation and release muscular tension from the body and lure it into a state of deep relaxation.

Aroma Relax Massage **60/90 minutes** **3,200++/4,000++THB**

(Soft – Medium Pressure)

This relaxing massage with the specially blended oil of your choice, (balance oil, anti-oxidant green tea oil, anti-stress oil and oriental herb oil) de-stress and unwind during this full body massage, personalised to meet your individual needs. Our relaxation massage will realign and soothe your body through soft to medium pressure and precision, aromatherapy oil will transport you to a tranquil state of peace.



Deep Tissue Massage **60/90 minutes** **3,200++/4,000++THB**
(Medium to Strong)
This strong massage technique is focused on the deeper layers of tissue, it release the tension through long slow strokes.

Swedish Massage **60/90 minutes** **3,200++/4,000++THB**
(Medium Pressure)
This classic massage was developed by a Swedish physiologist, Henri Peter Ling in 1812 as “The Swedish Movement Cure” it promotes relaxation, eases muscle tension and creates other health benefits.

Heaven on Earth Massage **60/90 minutes** **3,200++/4,000++THB**
(Soft Pressure)
The massage technique banishes fatigue and sluggishness associated with jet lag. The movements are designed to stimulate and invigorate your entire body, using balance massage oil to leave you with a feeling of renewal.

Massage on Spot

Indian Head	30 minutes	2,000++THB
Head & Shoulder	30 minutes	2,000++THB
Back Energy	30 minutes	2,000++THB
Siam Foot Relax	30 minutes	2,000++THB

Body Polisher

Thai Coconut Butter **45 minutes** **2,300++THB**
Reveal softer, glowing skin with gently exfoliating coconut husks and ground coconut shells in a creamy, moisturising scrub.

Lemongrass & Cucumber Cleanser **45 minutes** **2,300++THB**
This scrub incorporates the detoxifying and cleansing benefits of lemongrass and cucumber to improve circulation and speed up the process of detoxification. The skin is purified and appears soft and radiant.



Dead Sea Salt Scrub **45 minutes** **2,300++THB**

This ancient treatment helps to remove the dead skin cells to reveal a younger looking, smooth skin and improves skin hydration by nourishing the skin with the essential minerals.

Gold Body Cleanser **45 minutes** **2,300++THB**

Re-moisturising the natural pure gold flakes have known nourishing and anti-aging properties, while aloe vera extract helps to reduce dryness and irritation, leaving the skin silky smooth.

Javanese Lulur Cleanser **45 minutes** **2,300++THB**

This luxurious body scrub is believed to be one of nature's best exfoliating methods. This sumptuous traditional Javanese health and beauty ritual, cleanses, smoothes, softens and rejuvenates the skin.

Body Conditioner

Jasmine Rice Body Mask **60 minutes** **3,000++THB**

White kaolin clay, is ideal for sensitive skin and helps stimulate circulation to the skin while rice bran oil protects and soothes the skin from irritation caused by heat and sunlight, while reducing roughness and boosting natural moisture to leave skin bright, soft and smooth.

Anti-Oxidant Green Tea **60 minutes** **3,000++THB**

The green tea is intended to moisturise, soothe and protect skin along with essential oils, this treatment is designed to stimulate the lymphatic system, increasing detoxification. Green tea is said to contain high levels of vitamin rich antioxidants, which protects the skin from environmental pollutants.

Coconut Butter Body Mask **60 minutes** **3,000++THB**

The extraordinary healing properties of coconut oil combats premature aging, also nourishes and heals the skin, leaving it smooth, silky and beautiful.

Sun Kissed Soother **60 min-sessions** **3,000++THB**

The moisturising properties of aloe and honey based gel helps reduce dryness and irritation, while pure gold act as an anti aging, property to soothe the skin and restore balance. Recommended as an after sun treatment.



Seaweed Body Wrap

60 minutes

3,100++ THB

Seaweed may not look that great when you spot in on the beach, but this slippery, stringy sea plant contains powerful ingredients that can benefit your skin. In The Spa by Paresa we collect our own Andaman seaweed from the nearby rocks & crevices and make our very own body wraps by combining local seaweed with hot water, essential, clay and other skin care ingredients. A thick paste is formed and spread over your entire body. Your body is then wrapped in a heated towel while the paste soaks into the skin and helps to eliminate toxins from your body.

The paste is applied to the body warm, causing you to sweat while your body is eliminating impurities. These are then brought to the surface of the skin and rinsed away when the wrap is washed off. Dead skin prevents your body from absorbing moisture so while you sweat during a seaweed wrap, not only are toxins remove from the body, but dead skin is loosened as well. The seaweed itself is full of proteins, vitamins, minerals and lipid that easily soak into the skin to add moisture.

Facial Treatment

Anti-Aging Pearl Facial

60 minutes

3,500++THB

Repair your skin while deeply nourishing and replenishing with natural pearl extract, a protein complex, amino acid and natural UV protection to promote new cell growth, maintain skin tone for radiant, healthy and youthful skin

Aromatic Thai Facial

60 minutes

3,500++THB

A facial for all skin types, with a rich blend of essential therapeutic oils, plant vitamins and trace minerals from sweet and flowery essential oils, leaving the skin replenished and purified.

Energizing Facial

60 minutes

3,500++THB

Deep pore cleansing, restoring and relaxing, for clean skin and a radiant complexion, this treatment includes six successive, gentle cleansing steps.



Beauty Treatment

Natural Manicure **60 minutes** **1,700++THB**

A relaxing manicure with cleansing, natural herbal mask and massage, leaving your hands refreshed and smooth, Finish off with buffed and shines or beautiful painted nails.

Natural Pedicure **60 minutes** **1,700++THB**

Tired, sore and neglected feet are gently treated and pampered with a natural herb mask. Cuticles are trimmed and tidied, then painted with your choice of polish, or buffed to a lovely sheen.

Nail Polish **300++THB**

Depilatory Waxing

Lips or Eye Brows **700++THB**

Underarm **1,100++THB**

Half Legs **1,400++THB**

Full Legs **1,700++THB**

Bikini Line **1,200++THB**

Back **1,500++THB**

Steam & Bath Therapy

Thai Herbal Steam **30 minutes** **1,000++THB**

Spirit Aromatic Milk Bath **30 minutes** **1,200++THB**

Oriental Aromatic Salt Soak **30 minutes** **1,200++THB**

Sensuality Aromatic Milk Bath **30 minutes** **1,200++THB**



Outsource Practitioner

Julie Hirunchai

60 minutes

3,500++THB

Julie is a yoga alliance certified teacher specializing in ashtanga yoga. She also teaches hatha yoga asanas (postures), but focuses on the ashtanga yoga sequence for its use of the breath, as well as its strength building capabilities.

Panatee Thongnopkun

60 minutes

3,500++THB

Khun Panatee is a yoga instructor with over 10 years experience working in many five star establishments throughout Thailand. She is a registered yoga instructor (YICC) with the Indian Yoga Institute (SVYASA). Her areas of expertise cover hatha yoga, pranayama (Concentration of breathing) and kriya (purification of the yoga process).

Nikorn Banjerdert

Khun Nikorn is a reiki master and a former Buddhist Monk. A down to earth gentleman, his Buddhist beliefs show in his areas of specialisation.

Reiki – Energy Healing

60/90 minutes

5,000++/7,500++THB

Meditation / Mind Training

60/90 minutes

5,000++/7,500++THB

Patrycja Rogers

Patrycja offers holistic therapies that are subtle yet powerful, restoring harmony throughout your whole being including **Reiki**- experience deep relaxation, stress relief and balanced energy, **Emotional Freedom Technique**- find a new perspective and release emotional blockages, **CranioSacral Therapy**- a gentle therapy for physical and emotional pain relief, as well as private or group **yoga, meditation** and **pilates** classes.

CranioSacral, Reiki, EFT

60/90-minutes session

4,000++/5,500++THB

Yoga, Meditation, Pilates

60/90-minutes session

3,000++/4,000++THB



Spa Etiquette

Etiquette: To maintain a relaxing environment so guests can enjoy the peaceful sanctuary of Paresa Spa, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

Attire: Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available and must be worn during spa treatments.

Reservations: Advanced bookings prior to your arrival are recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

Check-in: Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours: The Spa is open from 10am to 8pm daily. Last treatment finishes at 8 pm. In-villa spa treatment are available from 10am and last treatment ends at 7pm. Its available for Dima Spa Suite only.

Special Consideration: Guest who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctors before signing up for any spa services. Please make your spa therapist aware of any medical conditions.

Cancellation Policy: A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

Valuables: A box for valuables is provided in the treatment rooms, but we recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

Refund Policy: Treatments packages are non-refundable. Unused portion of the packages are non-transferable or non-exchangeable.

Payment: We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Thai Baht and are subject to service charge and applicable government tax. Prices are subject to change without prior notice.