



P A R E S A



ALL 90 MINUTES
BODY MASSAGES RECEIVE

A complimentary **Foot Massage 30 minutes**

For more information and reservation, please dial "6"



THE SPA BY PARESA

Our Thai sanctuary of calm and well-being 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.

The Spa by Paresa is a heavenly sanctuary inspired by Thai ancient healing, utilizing natural luxury Thai ingredients to purify, rejuvenate and heal. Our therapists blend together the ancient physical and spiritual healing of the spa, creating an almost sacred harmony for physical and spiritual nourishment.

We encourage all our guests to come for a free consultation to establish your body's needs and tailor your treatments to you.



AROMATIC OILS

The essential oils used in our spa treatments are 100% natural and completely free from chemicals, fillers, artificial colours and fragrances. Made locally in Thailand using natural ingredients sourced from South East Asia, Africa & India, they are all chosen due to their natural healing properties.

The Spa by Paresa offers 4 sensual oils for you to choose during your treatment. Your birth month also denotes your intrinsic 'element' of Fire, Wind, Water or Earth.

(January, February, March)

'Fire' Increases Energy - Strengthens the body, revitalises the mind and brightens the spirit, with a blend of peppermint, eucalyptus and tea tree oil.

(April, May, June)

'Wind' Invites Beauty – Tones up your body, clarifies the mind, and rejuvenates the spirit, with a blend of lemongrass, ginger and plai oil.

(July, August, September)

'Water' Release Stress - Relaxes the body, soothes the mind and calms the spirit, with a blend of lavender, rosemary tea tree and eucalyptus oil.

(October, November, December)

'Earth' Restores Balance - Cleanses the body, fortifies the mind and replenishes the spirit, with a blend of jasmine, ylang ylang, bergamot and lavender oil.



BODY MESSAGES

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

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 is not suitable for sunburnt skin.

Traditional Thai Massage **60 minutes** **THB 3,000**
(Without Oil) **90 minutes** **THB 3,500**

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

Paresa Senses Signature Massage* **90 minutes** **THB 4,500**
(With Hot Oil - 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 minutes** **THB 3,200**
(Medium - Strong Pressure) **90 minutes** **THB 4,000**

This relaxing massage with the specially blended oil of your choice, de-stress and unwind during this full-body massage, personalized 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 Sport Massage **60 minutes** **THB 3,200**
(Strong Pressure) **90 minutes** **THB 4,000**

This strong massage technique is focused on the deeper layers of tissue, it releases the tension through long slow strokes.

Swedish Massage **60 minutes** **THB 3,200**
(Medium Pressure) **90 minutes** **THB 4,000**

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.



Hot Stone Massage

90 minutes

THB 4,800

A deeply relaxing massage utilizing heated basalt stones to warm, soothe and heal the body. Oiled stones are massaged across the body and placed on energy points to penetrate deep within. This treatment helps to ease away muscle tension, removing blockages and dissolving stress.

Jetlag legs

45 minutes

THB 2,200

Tired, jetlagged, overworked...always standing...then this treatment is for you...specially created by Paresa's spa team to indulge after a lengthy flight.

It will improve blood circulation, prevent varicose veins, remove toxins, alleviate sore muscles and reduce swelling. Centuries-old Issarn in Eastern Thailand is the home of foot massage balm. This luxurious massage assists in the relief of stress, and tension and revives tired feet. Mild reflexology is applied to treat physical ailments by using pressure points in the feet leaving you feeling revived & rejuvenated.

Pregnancy Massage

60 minutes

THB 3,150

90 minutes

THB 3,950

An oil base massage designed specifically to relax, relieve tension and soothe mum-to-be. The technique allows for comfort and support of both mother and baby and offers a feeling of secure pampering. Recommend only for pregnancies over 16 weeks.

MASSAGE ON THE SPOTS

Indian Head Massage

30 minutes

THB 2,000

Head & Shoulder Massage

30 minutes

THB 2,000

Back Energy

30 minutes

THB 2,000

Siam Foot Relax

30 minutes

THB 2,000



BODY POLISHERS

Thai Coconut Butter

45 minutes

THB 2,300

Reveal softer, glowing skin with gently exfoliating coconut husks and ground coconut shells in a creamy, moisturizing scrub.

Lemongrass & Cucumber Cleanser

45 minutes

THB 2,300

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.

Himalayan Salt Scrub

45 minutes

THB 2,300

This ionic salt is the result of over-million years of substance accumulation on rock salt. Himalayan Salt creates a "vacuum effect" via the tiny electrical impulse thus playing a major role in detoxification and rejuvenation in this formula. Formulated with a luffa exfoliator to eliminate dead cells and impurity residues on the skin surface, this unique scrub also contains Thanaka and Mint Herb Powder delivering the properties of toxin-absorbing, soothing, astringent, and sublimating skin. As an immediate effect, the purified skin looks resplendent and reborn with its silky smoothness and radiance restored. The skin tone is evened out.

Gold Body Cleanser

45 minutes

THB 2,300

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

THB 2,300

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.

Pomegranate Body Scrub

45 minute

THB 2,300

Pomegranate (*Punica granatum*), a native fruit of Persia is packed with nutrients & antioxidants and has been revered as a symbol of health, fertility, and eternal life for decades. This magical fruit has a hard leather-like skin and will only reveal its ruby red piths once peeled. The sweet heavenly nectar is full of powerful antioxidants and vitamins which can delay the process of aging. This treatment will refine the pores, and remove excess sebum, leaving the skin glowing and radiant.



Golden Mango Body Scrub

45 minutes

THB 2,300

This body scrub is fragranced with Golden Mango and combined with gently scrubbed particles of rice, corn cob, and walnut shell powder which gently eliminate dead skin cells, dirt, and residue to reveal young and thoroughly cleansed skin. Contains Avocado Butter, Jojoba Oil, and Sweet Almond Oil help to improve skin smoothness and maintain natural moisture balance, Cucumber extract, and Vitamin E which increases skin moisture and makes the skin soft, fresh, and healthy. Returns your skin to a more even-toned and younger look, and the sweet mango fragrance eases tension to leave you feeling relaxed.

BODY CONDITIONERS

Jasmine Rice Body Mask

60 minutes

THB 3,000

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 Body Mask

60 minutes

THB 3,000

The green tea is intended to moisturize, soothe and protect the 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 protect the skin from environmental pollutants.

Coconut Butter Body Mask

60 minutes

THB 3,000

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

Sun Kissed Soother

60 minutes

THB 3,000

The moisturizing properties of aloe-based gel help reduce dryness and irritation, while cucumber extract, Centella extract, and algae extract helps prevents free radical damage caused by sun exposure and pollution. Recommended as an after-sun treatment.



Seaweed Body Wrap

60 minutes

THB 3,100

Seaweed may not look that great when you spot it 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, essentials, clay, and other skincare 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 removed from the body but dead skin is loosened as well. The seaweed itself is full of proteins, vitamins, minerals, and lipids that easily soak into the skin to add moisture.

Sport Body Moor Wrap

60 minutes

THB 3,100

This scientifically-proven holistic, healing black magma dates back to ancient civilizations. A warm aromatic moor mud rich in natural vitamins, minerals, and enzymes, is generously applied to your entire body. Sore muscles, aches, and pain are alleviated as your body's circulation is stimulated and musculoskeletal stress vanishes. Ideal for athletes and those prone to chronic pain, rheumatism/arthritis, muscular fatigue, and post-sports injuries.

Gold Body Mask

60 minutes

THB 3,000

The mixture with natural mud, gold powder, and fruit extracts which are apple and pineapple helps to remove excess oil and dead skin cells and enhances natural exfoliating action. While the extract from Witch Hazel helps to moisturize the skin, helping to nourish and strengthen the skin. Leaves skin smooth, soft, moist, and fresh.



FACIAL TREATMENTS

Pevonia Lift & Glow

75 minutes

THB 4,000

Visible radiance is proven to perform with the latest in freeze-dried technology to deliver instant results and cumulative skincare benefits. The ideal is for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best, the Pevonia Lumafirm lift & glow facial renders your skin ultra-Luminous with a firmer, tighter, and more youthfully defined appearance.

Pevonia Relax & Detoxify

75 minutes

THB 3,500

A delightful aromatic blend of pure essential oils, Neroli and Lavender Essential oil repair and nourish, while regulating your skin's delicate moisture balance. This experience includes a cleansing, gentle exfoliation, and faces aromatic massage. The ideal mask is suited for all skin types.

Pevonia Mini Cleansing Facial

45 minutes

THB 2,000

This treatment is designed to deep clean and clarify the skin. The exfoliation technique will leave you with a perfectly balanced. An ideal treatment is for all skin types.

Organic Anti-Aging Facial

60 minutes

THB 2,750

A firming & moisturizing facial massage with a remarkable blend of the organic "Miracle Oils" Moringa, Argan. Argan oil in particular is considered the 'liquid gold' of age-defying skin care. The facial finishes with the application of Siam Botanicals Rudis Oleum Day Serum, a light and moisturizing blend that leaves your skin revitalized & glowing.

Organic Soothing Facial

60 minutes

THB 2,750

A deeply cleansing & gentle facial treatment using the remarkable anti-microbial & skin healing properties of coconut sugar & pure honey. The facial finishes with a gentle facial massage using Siam Botanicals Rosehip & Jojoba oil which contains oils renowned for their skin-nourishing properties.



SALON TREATMENTS

NAILS

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

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

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

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 **THB 850**

DEPILATORY WAXING

Underarm **THB 1,100**

Half Legs **THB 1,400**

Full Legs **THB 1,700**

Bikini Line **THB 1,200**

Brazilian Hollywood **THB 1,800**

Back **THB 1,500**



STEAM & BATH THERAPY (Per couple)

Thai Herbal Steam **30 minutes** **THB 1,000**
Inspired by the healing properties of Thai herbs and helps to stimulate the circulatory systems and ease away the muscle aches and pain.

Relaxing Milky Bath **30 minutes** **THB 1,500**
Enjoy a relaxing atmosphere from the relaxing aroma. Lavender-a queen of relaxing, Bergamot-a great benefit of balancing and calming, and Chamomile are perfectly blended to calm and soothe the mental racing mind and pamper tired physical.

Red Wine Milky Foam Bath **30 minutes** **THB 1,500**
Enter the luxury experience of the most indulging, pampering, and rejuvenating bath with the potent anti-oxidant and skin regenerative power of Red Wine.

Detoxifying Crystal Bath **30 minutes** **THB 1,500**
Marine Salt Crystal is rich in minerals and helps to boost the stimulation of the glands for toxins discharge. Green Tea herb powder is an antioxidant and has a great firming effect. Juniper and Grapefruit are the most effective detoxifiers and diuretics. They are useful to eliminate uric acid and the treatment of cellulite and water retention. This blend in all stimulates and purifies the body and spirit.

SPA PACKAGES

Heavenly Bliss **210 minutes** **THB 11,000**
Draw in the tranquility of this ultimate pampering session that combines invigorating herbal steam, refreshing lime body scrub, honey body mask followed by aroma relax massage and Pevonia relax & detoxify facial to give your body a tune-up from head to toe. An aromatic milk bath completes this surreal experience.

- Foot Ritual
- Thai Herbal Steam
- Lemongrass Scrub
- Gold Aloe Vera & Honey Body Mask
- Relaxing Milky Bath
- Aroma Relax Massage
- Pevonia Relax & Detoxify Facial
- Refreshment



Oriental Thai

180 minutes

THB 7,500

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.

- Foot Ritual
- Thai Herbal Steam
- Detoxifying Crystal Bath
- Thai Boran Massage
- Pevonia Relax & Detoxify Facial
- Refreshment

Royal Paresa

150 minutes

THB 6,500

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.

- Foot Ritual
- Thai Herbal Steam
- Gold body Scrub
- Red Wine Milky Foam Bath
- Paresa Senses Massage
- Refreshment

Paresa Spiritual

150 minutes

THB 5,900

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.

- Foot Ritual
- Thai Herbal Steam
- Deep Tissue Massage
- Javanese Lulur Body Scrub
- Yogurt Splash
- Relaxing Milky Bath
- Refreshment

Paresa Indulgence

120 minutes

THB 4,900

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.

- Foot Ritual
- Choice of 60 minutes Body Scrub
- Choice of 60 minutes Body Massage
- Refreshment



His & Hers Royal Indulgence

135 minutes

THB 10,000 (per couple)

Kindling romance. Experience a 60-minute oil massage of your choice and glow from both inside and out with Pevonia mini cleansing facial and exotic milk bath.

- Foot Ritual
- Choice of 60 minutes Body Massage
- 45 minutes Pevonia Mini Cleansing Facial
- 30 minutes Red Wine Milky Foam Bath
- Refreshment

Paresa Golden Sensation

150 minutes

THB 6,500

After this 2.5 hours journey, this treatment will alleviate your senses of well-being, leaving you enriched and feeling "Golden" like an Emperor or Empress!

- Foot Ritual
- 30 minutes Gold Body Scrub
- 60 minutes Gold Aloe Vera & Honey Body Mask
- 60 minutes Aroma Relax Massage
- Refreshment

Queen of Paresa Royal Indulgence

180 minutes

THB 9,500

Pamper with a seaweed body wrap, ease away muscle tension with hot stone massage and relax your feet with foot massage.

- Foot Ritual
- 60 minutes Seaweed Body Wrap
- 90 minutes Hot Stone Massage
- 30 minutes Siam Foot Relax Massage
- Refreshment



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. Late arrival will result in a shortened treatment to accommodate other guests.

Spa Treatment Hours: The Spa is open from 9:00 – 20:00 hrs. daily. In-villa at Spa Pool Suite, spa treatments are available from 12:00 hrs. and the last treatment ends at 20:00 hrs.

Special Consideration: Guests 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. The unused portion of the packages is 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 charges and applicable government tax. Prices are subject to change without prior notice.