



P A R E S A

COMBINE A 90 MINUTE PARESA SENSES SIGNATURE MASSAGE

Together with a 30 minute Indian Head Massage
for **THB 5,000++ per person**

Available from now – 31 May 2023

For more information and reservation, please dial “6”



THE SPA BY PARESA

11.00 – 20.00 hrs.



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 from during your treatment. Your birth month denotes your intrinsic 'element' of Fire, Wind, Water or Earth.

'Fire' Increases Energy

January, February, March

Strengthens the body, revitalises the mind and brightens the spirit, with a blend of peppermint, eucalyptus and tea tree oil.

'Wind' Invites Beauty

April, May, June

Tones up your body, clarify the mind, and rejuvenates the spirit, with a blend of lemongrass, ginger and plai oil.

'Water' Release Stress

July, August, September

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

'Earth' Restores Balance

October, November, December

Cleanses the body, fortifies the mind and replenishes the spirit, with a blend of jasmine, ylang ylang, bergamot and lavender oil.



SPA PACKAGE

Heavenly Bliss

210 minutes

THB 12,000

Draw in the tranquility of this ultimate pampering session that combines invigorating herbal steam, refreshing lemongrass body scrub and honey body mask followed by aroma relaxes 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.

- 30 minutes: Lemongrass scrub
- 30 minutes: Gold aloe vera & honey body mask
- 30 minutes: Relaxing milky bath
- 60 minutes: Aroma relax massage
- 60 minutes: Relax & detoxify facial treatment

Queen's Indulgence

180 minutes

THB 9,500

Pamper with a green tea body wrap, ease muscle tension with a hot stone massage and relax your feet with a soothing foot massage.

- 60 minutes: Anti-oxidant green tea body mask
- 90 minutes: Hot stone massage
- 30 minutes: Siam foot relaxation massage

Well-Being

180 minutes

THB 7,900

Heavenly experience with holistic health care discovers a path of pampering, relaxation, healing and rejuvenation, bringing balance to your life.

- 60 minutes: Yoga session
- 30 minutes: Red wine milky foam bath with fresh young coconut juice.
- 60 minutes: Aroma relax massage

The Royal

180 minutes

THB 7,500

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.

- 20 minutes: Thai herbal steam
- 40 minutes: Gold body scrub
- 30 minutes: Red wine milky foam bath
- 90 minutes: Paresa senses signature massage



SPA PACKAGE

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".

- 45 minutes: Gold body scrub
- 45 minutes: Gold body mask
- 60 minutes: Gold aroma relaxing massage

His & Her Indulgence

135 minutes

THB 12,000 per couple

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

- 60 minutes: Your choice of body massage
- 45 minutes: Mini cleansing facial treatment
- 30 minutes: Milky foam bath

Relaxation

120 minutes

THB 5,500

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

- 60 minutes: Your choice of body scrub
- 60 minutes: Your choice of body massage



BODY MESSAGES

Paresa Senses Signature

90 minutes

THB 4,500

Hot Oil & Medium Pressure

An exclusive massage unique to Paresa, combining East meets West techniques to help improve blood circulation, release muscular tension ending a state of deep relaxation.

Aroma Relax Massage

60 minutes

THB 3,200

Oil & Soft – Medium Pressure

90 minutes

THB 4,000

This relaxing massage with a specially blended oil of your choice, de-stresses and unwinds you with continued fluid movements over your body.

Swedish Massage

60 minutes

THB 3,200

Oil & 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 and eases muscle tension.

Deep Tissue Sports Massage

60 minutes

THB 3,500

Oil & Strong Pressure

90 minutes

THB 4,200

This strong massage technique is focused on the deeper layers of tissue. It releases tension through long slow strong strokes and is useful for the physically active person.

Hot Stone Massage

90 minutes

THB 4,800

Oil & Medium Pressure

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 ease muscle tension, removing blockages and dissolving stress.

Pregnancy Massage

60 minutes

THB 3,300

Oil & Soft Pressure

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

Thai Boran Massage

120 minutes

THB 4,000

Without Oil

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.

Traditional Thai Massage

60 minutes

THB 3,000

Without Oil

90 minutes

THB 3,500

This classic Thai massage combines elements of yoga, shiatsu, and acupressure, working with the body's energy pathways and therapy points.



FACIAL TREATMENTS

Lift & Glow

75 minutes

THB 4,000

Visible radiance is proven to perform with the latest 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. It helps to lift & glow, rendering your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

Relax & Detoxify

75 minutes

THB 3,500

A delightful aromatic blend of pure essential oils, neroli, and lavender to repair and nourish, while regulating your skin's delicate moisture balance. This experience includes a cleansing, gentle exfoliation, and a facial aromatic massage. The ideal mask suite for all skin types.

Mini Cleansing

45 minutes

THB 2,500

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

Anti-Aging

60 minutes

THB 2,500

A firming & moisturizing facial massage with a remarkable blend of the organic "miracle oils" moringa and argan. Argan oil is considered the 'liquid gold' of age-defying skin care.

Soothing

60 minutes

THB 2,500

A deeply cleansing & gentle facial treatment using the remarkable anti-microbial & skin healing properties of coconut sugar & pure honey.



STEAM & BATH THERAPY

30 minutes

Thai Herbal Steam

THB 500

Inspired by the healing properties of Thai herbs and helps to stimulate the circulatory systems and ease away muscle aches and pain.

Relaxing Herbal Milky Bath

THB 800

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 mentally racing mind and pamper tired physical bodies.

Red Wine Milky Foam Bath

THB 800

Enter the luxury experience of the most indulging, pampering, and rejuvenating bath with red wine's potent anti-oxidant and skin regenerative powers.

Detoxifying Crystal Bath

THB 800

Marine salt crystal is rich in minerals and helps boost the glands' stimulation 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 for eliminating uric acid and treating cellulite and water retention. The perfect blend to stimulate and purify the body and spirit.



SHORT BREAK MASSAGES

30 minutes: THB 2,500

If you are short of time or interested to experience the spa, try one of the below selections. If you like it, you can come back for more. A selection of:

- **Indian Head**
- **Head & Shoulder**
- **Back Energy**
- **Siam Foot Relax**

BODY POLISHERS

60 minutes: THB 2,500

Scrub away and exfoliate your body, leaving you fresh and glowing. A selection of:

- **Thai Coconut Butter**
- **Lemongrass & Cucumber**
- **Gold Body**
- **Moisturizing Black Sesame**
- **Thai Tamarind**
- **Black Coffee**

BODY CONDITIONERS

60 minutes: THB 3,100

Wraps and masks to cleanse and refresh. A selection of:

- **Sport Body Moor Wrap**
- **Anti-Cellulite Body**
- **Gold Body**
- **Anti-Oxidant Green Tea**
- **Sun Kissed Soother**



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 have a treatment, accompanied by an adult. Cellular phones and electronic devices are discouraged.

Reservations: Advanced bookings before 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 before 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 daily from 11:00 – 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: Treatment 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.