



## MORINGA WELLNESS PACKAGE

Moringa Oleifera, originating from the Himalayan foothills, has been used for centuries in Ancient Egypt and Indian Ayurvedic medicine for its powerful healing properties. The oil extracted from mature pod seeds is a liquid gold, rich in vitamins, minerals, antioxidants, and amino acids. This potent combination of nutrients makes Moringa Oleifera a highly sought-after natural remedy.

Don't miss out on the chance to experience its amazing benefits!



### Enjoy 120-minute spa treatment

- Body scrub 30-minute
- Body massage 60-minute
- Miracle facial 30-minute
- An exclusive gift

**THB 9,500 per person**





# **THE SPA BY PARESA**

10.00 – 23.00 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 Rose, Moke, and Frangipani 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.

## WELLNESS PACKAGE

*(For all Wellness Packages, please make a reservation one day before the treatment)*

<b>Well-Being</b>	<b>180 minutes</b>	<b>THB 11,000</b>
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Heavenly experience with holistic health care discovers a path of pampering, relaxation, healing, and rejuvenation, bringing balance to your life.

- 60 minutes: Choice of a Wellness program
- 30 minutes: Mineral Relaxing Milky Bath with fresh young coconut juice.
- 90 minutes: Paresa Signature Massage

<b>Stress Management: Calmness</b>	<b>210 minutes</b>	<b>THB 13,000</b>
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Stress management is crucial for maintaining both physical and mental well-being, and one of the key components of managing stress is cultivating calmness. Calmness helps reduce the impact of stress by allowing you to respond thoughtfully rather than react impulsively. Here are some strategies to cultivate calmness in the face of stress.

- 60 minutes: Choice of a Wellness program
- 15 minutes: Thai Herbal Steam with fresh young coconut juice.
- 45 minutes: Moringa Scrub
- 90 minutes: Paresa Signature Massage

<b>Wellness Program</b>	<b>60 minutes</b>	<b>THB 4,000</b>
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- Traditional Hatha Yoga
- Yogic Breathing Exercises
- Mindful Movement
- Thai Massage Yoga
- Prenatal Yoga
- Kids Yoga
- Kalari Yoga
- Indonesian Jaipong Dance
- Mat Pirates
- Aqua yoga

## SPA PACKAGE

### Queen's Indulgence

180 minutes

THB 13,000

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

- 45 minutes: Sport Body Moor Wrap
- 90 minutes: Hot stone massage
- 45 minutes: Mini Cleansing, Plus Vitamin

### The Royal

180 minutes

THB 11,000

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: Mineral Relaxing Milky Bath
- 90 minutes: Paresa senses signature massage

### Golden Sensation ★

150 minutes

THB 10,000

After this 2.5-hour 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 ★

150 minutes

THB 18,000 per couple

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
- 60 minutes: Miracle Moringa Rejuvenate
- 30 minutes: Mineral Relaxing Milky Bath

### Relaxation

120 minutes

THB 8,500

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 MASSAGES

### **Himalayan Salt Hot Therapy**

**90 minutes**

**THB 6,800**

*Oil & Medium Pressure*

The artisan, hand carved salt crystal stones, ethically sourced with 8 minerals and trace elements are warmed up to massage the body, melt away pains and tight muscles. Stimulate circulation, detoxify the body, and rematerialize the skin, promote pure relaxation. The cold salt crystal stones are used alternately to soothe and balance the body.

### **Hot Stone Massage**

**90 minutes**

**THB 6,500**

*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.

### **Paresa Senses Signature** ★

**90 minutes**

**THB 6,300**

*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 4,900**

*Oil & Soft – Medium Pressure*

**90 minutes**

**THB 5,300**

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

### **Deep Tissue Sports Massage**

**60 minutes**

**THB 4,900**

*Oil & Strong Pressure*

**90 minutes**

**THB 5,300**

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.

### **Swedish Massage**

**60 minutes**

**THB 4,900**

*Oil & Medium Pressure*

**90 minutes**

**THB 5,300**

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.

### **Miracle Moringa Massage**

**60 minutes**

**THB 4,900**

*Oil & Medium Pressure*

**90 minutes**

**THB 5,300**

Moringa Oil boosts the immune system and enhances well-being. Moringa Oil is high in fatty acids, antioxidants, vitamins, and minerals that nourish, protect, and replenish the skin. It has antibacterial, anti-ageing and antioxidant properties that help with various skin problems, including sun damage and dry or sensitive skin. Perfect for relaxation and revitalization.

**Thai Boran Massage****120 minutes****THB 5,300***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 4,300***Without Oil***90 minutes****THB 4,800**

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

**Pregnancy Massage****60 minutes****THB 4,800***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 20 weeks.

**Kids Massage****45 minutes****THB 4,000***Oil & Soft Pressure*

The benefits of massage are enormous for your kids' physical and mental health. It promotes their growth and development, makes them happy and cheerful, improves their academic performance, enhances sleep quality, and strengthens their immune system. It is recommended for 5 years old and above.

## FACIAL TREATMENTS

### Lift & Glow, Plus Vitamin

90 minutes

THB 6,000

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 ageing 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, Plus Vitamin

90 minutes

THB 5,500

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.

### Miracle Moringa Rejuvenate

60 minutes

THB 4,800

Moringa is a highly nutritious and medicinal plant, rich in antioxidants and omega-9 fatty acids. It has powerful healing properties that nourish and protect the skin, reducing signs of ageing and improving overall skin health. This rejuvenating facial treatment includes a cleansing, toning, rice scrub, and brightening clay mask, followed by a Gua Sha massage to lift and bring back your natural glow.

### Mini Cleansing, Plus Vitamin

45 minutes

THB 5,000

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.

### Cryotherapy Facial

30 minutes

THB 3,500

The cold therapy treatment uses cryogenically cooled air to expose the skin surface to sub-zero temperature whilst stimulating skin receptors. The cool air will safely reduce inflammation and puffiness, stimulate collagen production, and tighten pores. The Cryotherapy facial is completely tolerable and safe. Suitable for all skin types, the treatment delivers instant results, completely rejuvenating the complexion, revealing a healthier, brighter, tighter skin."





## STEAM & BATH THERAPY

(Price for up to 2 persons)

### Thai Herbal Steam

30 minutes

THB 700

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

### Mineral Relaxing Milky Bath

30 minutes

THB 1,500

(Vanila, Rose, Jasmin)

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.

### Detoxifying Crystal Bath

30 minutes

THB 1,500

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.

### Ice Bath & Herbal Steam Therapy

90 minutes

THB 2,500

A type of cryotherapy that involves submerging your body in cold water for a short period of time. They are often used by athletes to help with recovery after intense exercise. Reduced inflammation, Improved circulation, Pain relief, Improved mood, Faster recovery



## **SHORT BREAK MASSAGES**

**30 minutes: THB 3,500**

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 4,200**

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 4,200**

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

- **Sport Body Moor Wrap**
- **Gold Body Wrap**
- **Thai Coconut Mask**
- **Anti-Cellulite 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 10:00 – 23:00 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.



# Private Yoga Class

Join us to practice the ancient art of Yoga, brought to you by our very experienced instructor.

Relax your mind and body while taking in the breathtaking views of Kamala Bay. We focus on relaxation and inner stillness by combining physical postures, breathing techniques, and meditation in various styles of yoga.

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**Time:** 7:00 - 18:00 hrs.

**Price:** THB 4,000 per person per hour

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## Remark

- Please reserve a day in advance.
- Cancellation less than 24 hours, 100% charge.
- All our prices are in Thai Baht and include taxes and service charge.



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