



# Escape

SPA

SPA PACKAGES

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# Escape SPA



Pamper Yourself with many indulgent spa packages on offer; this is the ideal place to soothe your mind and body.

## Massages



### Anti-stress

Duration : 30 mins

The perfect introductory oil massage, for those who are high on stress or are short of time; focusing on the back, neck and shoulders to relax this particularly tension-filled area.

### Indian Head

Duration : 30 mins

Start off with a relaxing sensation as warm virgin oil is poured on the scalp, followed by an invigorating head massage. Not only is this massage relaxing, but it also nourishes the scalp and hair follicles.

### Boran or Thai Massage

Duration : 60 / 90 / 120 mins

Originating some five thousand years ago, this Thai massage, is performed on the application of pressure, gentle stretching of the muscles, and acupresure to stimulate the energy meridians of the body.

### Benefits of Thai Massage

Helps loosen joints, stretch and tone the body, induces a feeling of deep relaxation.

### Swedish

Duration : 60 / 90 mins

An invigorating and relaxing massage that helps reduce stress soothes sore muscles and refines circulation.

### Sport

Duration : 60 mins

An absorbing muscle massage that combines all forms of massage to loosen tight muscles.

### Benefits of Sport Massage

Works with the body's innate healing mechanism to manipulate damage tissue and stimulates blood tissue promoting recovery.



All of the above rates are subject to 10% service charge and relevant current Government tax applications

# Massages



## Aromatic

Duration : 60/90 mins

Our massage uses palms and fingertips to apply pressure that flow rhythmically from one to the other to stimulate blood circulation, relieve tightness and promote relaxation. The oil enriches the skin and combines with the massage techniques to refresh and renew the body.

### 4 Benefits of Aromatic Massage

Perfect for stress relief, while oil heal by therapeutically stimulating the olfactory senses, circulatory and respiratory functions.

## Fusion

Duration : 90 mins

Our signature massage is a combination of various massage techniques. Involving varied pressure techniques and muscle stretching to loosen tight muscles and reduce fatigue whilst improving circulation.

## Lymphatic Drainage Massage

Duration : 90 mins

This massage for detoxifying increases blood and lymphatic circulation. Ideal for anyone on our detox; this is a special massage performed with detoxifying blend of pure natural oil to gently stimulate and heal the body system.

### Benefits of Lymphatic Drainage Massage

Helps to reduce fluid retention and cleanse toxic build up; making it an ideal adjunct to slimming.

## Pregnancy Nurturing Massage

Duration : 90 mins

The nine-month journey is a special time; connecting with the mother through the power of touch, working with two heartbeats as one. Combines tried and tested safe pregnancy massage techniques adapted to each stage of pregnancy. The massage includes the whole body excluding the abdominal and lower back and it helps to relieve tension in lower and upper back and alleviate any swelling in the feet while easing the mind and uplifting the spirit.

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# Massages



## Hot Stone Massage

Duration : 90 mins

Smooth, water- heated basalt stones of varying sizes are rubbed and placed on key points of the body. The direct heat relaxed muscles and uses traditional strokes of Swedish massage of a deeply soothing, relaxing massage.

### Benefits of Hot Stone Massage

Assists with muscular aches, poor circulation, rheumatic and arthritic conditions, anxiety, tension, insomnia and depression.

## Foot Reflexology

Duration : 60 mins

The ancient Chinese art of healing using pressure point massage techniques, mainly on the feet to remove blockages, restores the flow of energy and addresses overall health problems. It works on the principle that the foot is a map of the body so reflex points on the feet correspond with our organs, glands and other body parts.

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## Benefits of Foot Reflexology

It brings about balance where there is imbalance, stimulates the body's natural self – healing abilities and alleviates pain.

## Foot Spa

Duration : 90 mins

A pampering session; commencing with a foot soak in warm water with essential oils followed by sesame foot scrub that removes all rough and callused skin. Followed by foot mask with a freshly blended natural herbs. Continued by a slow and intense foot massage, and a sesame heat compress.

## Thai Herbal Heat Compress Massage

Duration : 60 mins

A traditional herbal recipe of steaming plai, tamarind, turmeric, bergamot, camphor and lemon grass in a cotton poultice that is applied directly to the body. Through massage, the herbs will penetrate the skin and relax aching muscles.

# Body Scrubs



A Scrub is a 30 – 40 minutes body exfoliating treatment which is best performed before a body wrap or body massage. Therapist applies a product onto the skin which is rubbed in to remove the outermost layer of dead skin cells leaving the skin feeling velvety soft. The treatment ends with a shower or bath to rinse off the product's residue.

## Natural Thai Herbal Scrub

Duration : 60 mins

A refreshing natural scrub of plai, honey, tamarind and bergamot to soften and rejuvenate the skin, followed by a lotion massage.

## Coffee Scrub

Duration : 60 mins

This exfoliation ritual invigorates the skin and energizes your body. An exhilarating scrub blend that stimulates and refreshes while cleaning away dead skin. The treatment will finish with a soothing body lotion leaving the skin feeling clean and soft.

## Chocolate and Almond Scrub

Duration 60 mins

For centuries, Chocolate has magic to induce a state of self-satisfaction and well being. Once eaten the active ingredients of the Chocolate induces a feeling of satisfaction as various mood-elevating endorphins are released into the brain. While Chocolate is rich in fats it is also rich in essential nutrients like vitamin B, B2, potassium, magnesium, calcium and iron. Complete with body lotion to moisturize your skin, a soft glowing appearance is the result.

## Honey & Sesame Seed Scrub

Duration 60 mins

An invigorating rather than relaxing route to soften skin. This body scrub ritual from Thailand exfoliates and polishes the body leaving the skin soft and shiny. When soaked Sesame Seed with Honey is applied on the body, your skin is nourished and moisturized. Responds well to all types of skin. Followed by a lotion massage to nourish and soften your skin.

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# Body Scrubs



## Herbal Back Clean

Duration 75 mins

An area we don't often see, or even think about most of the time. Your back can be an overlooked part of the body where the skin becomes clogged, dry and neglected.

Using a mask with premium grade Thai herbal, combined with cleansing oriental massage techniques, this treatment acts like a facial for the back, helping to cleanse and replenish, leaving your skin radiant and glowing (include a back massage )

## Ao Thai Salt Glow

Duration : 60 mins

Specially blended essential oils and freshly grounded salts stimulate and cleanse the skin's pores; followed by a lotion massage that leaves one's skin as smooth as silk.

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## Natural Thai Herbal Polish

Duration : 60 mins

An aromatic blend of Thai herbs that serves to stimulate one's senses as it exfoliates away dry, roughened skin generating a softer appearance.

## Cellulite Reduction

Duration : 60 mins

Our cellulite reduction process: This treatment produces a heat effect on the skin which stimulates the microcirculation of the blood and causes an increased flow of blood around the cellulite tissue. We then add a wrap around area and finished by applying a firming gel.

\* Series of 5 treatments

# Body Wraps



A wrap is the application of a therapeutic product, such as a lotion, cream, special mud, and seaweeds, over the entire body (excluding the head). The body is then wrapped in either a plastic film and thermal blanket for 30 – 40 minutes (depending on the product and type of treatment) to keep the body warm and allow the skin to fully absorb its therapeutic benefits.

## 8 Benefits

- A detoxifying wrap uses seaweeds, white mud to stimulate the metabolic system, speeding its ability to carry away waste products.
- A hydrating wrap uses chocolate wrap and lotion to soften the skin, and stimulate circulation and relaxation.

### Natural White Mud Body Wrap

Duration : 60 mins

A white mud, yoghurt, and turmeric nourished the skin, warm herbal wrap to increase circulation.

### Chocolate Body Wrap

Duration : 60 mins

Chocolate is now recognized for its anti-aging and toning properties. Chocolate rich in antioxidants for healing and overall wellness, soften your skin, plumps out wrinkles, tone the skin, plus endorphins, for mental uplifting.



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# Body Scrubs



### Seaweeds Body Wrap

Duration : 60 mins

Our seaweed wrap is similar to the natural white mud wrap. The only real difference is that it's wrapped with a seaweed mud wrap that will increase your circulation.

### Sunburn Soother

Duration : 60 mins

Fresh aloe vera with natural ingredients which are renowned for their hydrating and soothing properties which are ideal for sun-burned, irritated and weathered skin. It cools down the skin and reduces the body temperature as it generates new cell growth.



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# Facials

## FACIAL TREATMENT By GUINOT PRODUCT



### Guinot Facial Treatments

Duration : 60 mins

Tiredness, Stress or passing time can contribute to loss of radiance. The complexion appears dull and congested. One Guinot Facial Treatment will remove dirt and dead cells and help the skin to breathe again. Facial Massage with Collagen and Ginseng extract to stimulate the blood circulation and make your skin tightened and firmed. Deep nourishing the facial with the mask cream and moisturizer according to the skin type. You will discover a fresh complexion, more beautiful and more radiant. Products made of exclusively selected plant extracts cater to our patrons' individual needs:-

- Soothing facial for sensitive skin
- Revitalizing facial for aged skin
- Nourishing and Radiance facial for dry skin
- Deep Cleanse and Purify facial for oily skin
- Lightening facial for pigmentation

### Guinot Facial For Men

Duration : 60 mins

A treatment to eliminate the impurities, dead cells and excess sebum that dull the complexion. This treatment will cleanse and freshen, brighten the skin.

- To cleanse and exfoliate the skin by sodium laureth sulfate, coconut starch and microspheres of jojoba and silicon grains.
- To purify and tighten pores by birch extract.
- To moisturize and soften the skin by glycerin and microsphere of jojoba.



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# Facials

## FACIAL TREATMENT By GUINOT PRODUCT



### Hydradermie Facial Treatment

Duration : 75 mins

Through the application of galvanic current to remove dirt and grime from the deep layers of skin and iontophoresis to induce hydrating gels; this deep cleansing facial speeds up cellular renewal and is suitable for the following skin types:-

- Normal – Dry
- Combination – Oily
- Sensitive
- Aging
- Whitening

### Super hydradermie face, bust and décolleté treatment

Duration : 120 mins

A revolutionary treatment that revitalizes, firms and moisturizes one's most delicate areas through an extraordinary activation system that increases the absorption of skin care ingredients.

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### Super Hydradermie Face, Neck and Eye Treatment

Duration : 90 mins

A three-in-one facial treatment to cleanse, nourish and rejuvenate; whilst alleviating the fine lines and wrinkles around the eyes.

### Bust Hydradermie Treatment

Duration : 75 mins

Hydradermie massage application is used to penetrate active ingredients into one of the most delicate and sensitive areas – providing firming, shaping and toning effects.



# Baths

# Packages



## EXTRA INDULGENCES

### Thai herbal steam

Duration : 30 mins

### Floral bath

Duration : 30 mins

### Herbal bath

Duration : 30 mins

### Hydrotherapy bath (Soak with healing salt)

Duration : 25 mins

A special hydrotherapy bathtub, where the pressure exerted by water jets massages the body, provides an experience of weightlessness and relaxation.

### Benefits of Bath

Baths relieve general muscle tension and tiredness, improving the elimination of toxins and producing a general feeling of wellbeing.

## HONEY MOON PACKAGE

Duration : 255 mins

Beginning with a vitalizing aromatic floral bath and followed by body polish, fusion body massage and Indian head massage; this treatment is completed with an aromatic facial; an idyllic sensation for lovers.

- Floral bath 30 mins
- Body polish 45 mins
- Fusion massage 90 mins
- Indian head massage 30 mins
- Guinot facial 60 mins



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# Packages



## Serenity

Duration 150 mins

- Natural Thai herbal scrub 45 mins
- Thai white mud wrap 45 mins
- Thai massage 60 mins

## Bliss

Duration 150 mins

- Herbal steam 30 mins
- Thai herbal body scrub 45 mins
- Swedish massage 75 mins

## Euphoria

Duration 180 mins

- Hydrotherapy bath 30 mins
- Body polish 60 mins
- Fusion massage 90 mins

## Nirvana

Duration 210 mins

- Hydrotherapy bath 30 mins
- Thai white mud body wrap 40 mins
- Aromatic massage 80 mins
- Guinot facial 60 mins

## Azure

Duration 190 mins

- Hydrotherapy bath 30 mins
- Herbal heat compress 45 mins
- Foot reflexology 40 mins
- Hydradermie facial treatment 75 mins



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# Beauty



## Hair Care

- Wash and blow-dry
- Female's Haircut
- Men's haircut
- Hair colouring - short hair
- Hair coloring - long hair
- Highlights - short hair
- Highlights - long hair
- Hair straightening - short hair
- Hair straightening - long hair
- Hair straightening - permanent short hair
- Hair straightening - permanent long hair
- Perm - short hair
- Perm - long hair
- Hair set
- Plaiting - per plait
- Bride's make up
- Bride's hair styling

## Nails, Hands & Foot Care

- Manicure
- Manicure with paraffin treatment
- Pedicure
- Pedicure with paraffin treatment
- Polish change

## Waxing

- Legs - half
- Legs - full
- Bikini line
- Under arm
- Upper lip
- Arms
- Back
- Chest
- Eyebrows
- Chin



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# Spa Policies



## Appointments

To make an appointment you can call our spas directly at no. 538 for in house guest. For outside guest call ( 66 77) 422 008-10 ext. 538.

We suggest making appoints in advance; however, even at the last minute we will try our best to accommodate you.

A credit card number is required at the time of booking for non – resident guests.

## Cancellation

If you need to cancel a reservation or reschedule one, we require 4 notice for individual appointments. Canceling or changing appointment for groups of three or more requires 24 hrs notices.

## Check – in

Please arrive 10 minutes ahead of your scheduled reservation. This allows time for a leisurely check – in, a change of clothes and a moment to relax into the experience that awaits you. To keep the serenity of the spa, we ask that you turn off your cellular phone arrival. Please present all gift certificates and promotional coupons at the Spa check in counter. During this time we will provide a herbal drink and cold towel.

## No show

Will incur a 50% charge of the treatment for which you booked.

## Late comer

Reduction in treatment time. No refund is accounted for in lost time.

We kindly request that all guests keep noise to a minimum. Cellular phones and electronic devices are discouraged.

- Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are advised to consult their doctor before signing up for any spa services. Please highlight your medical condition to the spa manager.
- Smoking and consumption of alcohol within the spa is prohibited.

**Operation hours: open 10.00 am to 21.00 pm.  
Daily**

# スパポリシー

## ご予約 (Appointments)

ご宿泊のお客様はスパへの直通538にて、外部からのお客様は(6677)422008-10直通538にお電話いただくことでご予約いただけます。ご希望の日時に施術するために、スパへお越し頂く前にご予約されることをお勧めいたします。お客様のご都合に合うよう最善をつくして調整いたします。ご宿泊者以外のお客様にはご予約時にクレジットカード番号をいただきます。

## チェックイン (Check in / Arrival time)

ご予約のお時間の15分前までにスパ受付までお越しください。ゆっくりとチェックインして頂き、洋服を着替え、美容ドリンクのサービスでスパの前にリラックスしていただく為です。

## キャンセル (Cancellation)

当スパでは予約時間のリスケジュールをさせて頂いております。キャンセル待ちのお客様との時間調整を行う場合がございますので、予約時間内にご利用頂きますようお願い申し上げます。キャンセルされる際には、ご予約時間の3時間前までにご連絡ください。無断キャンセルの場合は50%のキャンセル料を頂戴いたします。

## 遅刻 (Late arrivals)

ご予約時間に遅れて来られたお客様には止むを得ずトリートメント時間を短縮させて頂く場合がございます。その場合、次のお客様のためトリートメントは予約時間までに終了させて頂きます。但し、他にお客様のご予約がなければ、時間を延長し、施術致します。

## 服装 (What to wear)

お客様のお好みでお手持ちの水着、下着または当スパがご用意した使い捨て下着のご利用も可能です。又、全裸でもお気軽にトリートメントをお受け頂けます。お客様にとって一番楽な服装をお選びください。当スパのセラピストがお客様のプライバシーを尊重し、ドレーピング(肌を布で覆う)しながら施術致します。



## お好みにお合わせる (Personal preferences)

お客様のお好みにお合わせ、ご満足頂けるよう全力を尽くします。お好きな音楽やマッサージの強弱、室温調整などお気軽に担当セラピストにお申し出ください。

## 妊娠中の場合 (When pregnant)

当スパのマネージャー、又はセラピストにお申し出ください。妊娠中のお客様にもご利用頂けるトリートメントをご案内致します。

## 男性のフェイシャル・トリートメントの場合 (Men's facial treatments)

フェイシャル・トリートメントをお受け頂く数時間前までにひげを剃ることをお勧め致します。トリートメントの寸前に剃るのはお避けください。

## 時計・宝石・貴重品について (About valuables)

貴重品はお客様のお部屋のセーフティボックスにて保管してください。

・館内ではできるだけ静かにしていただけますようお願い申し上げます。携帯電話、電気機器のご使用はご遠慮ください。

・高血圧、心臓の健康状態がよくない方、妊娠中の方、その他医療上の問題のある方は、スパサービスをご予約される前に医師の診断を受けてください。そして、スパマネージャーにあなたの医療状況をお知らせください。

・スパ館内での喫煙と飲酒は禁じられています。

**営業時間** 毎日 午前10時～午後9時まで





*Escape*  
SPA

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