



# TREATMENT MENU

AVANISPA

# AVANISPA REFRESH YOURSELF

Welcome to a refreshingly different spa world, where tailored experiences focus on just what you need and nothing more.

We know time is precious and every moment counts. So at AvaniSpa, we give you a mind-body-spirit boost just the way you want it. Sink into a massage. Buff away the day with a scrub. Leave life's worries far behind. Emerge bright and shiny, ready to take on the world.



At AvaniSpa, top-quality products and expert therapists mean you're always in good hands. Meanwhile, our sleek spa environment keeps you looking good and feeling great in pure Avani style.

Schedule some pampering you-time and let us do the rest.

Opening hours: 10:00 am – 8:00 pm  
(8:00 pm – 11:00 pm available upon prior reservation)



# MAKE TIME FOR YOU

## HOW DO YOU WANT TO FEEL?

Take a few minutes to fill out a quick consultation form and tell us a bit about you. This will help us figure out the treatment style that's best suited to you. Our treatments are divided into four categories: Boost, Balance, Calm and Purify.

## THE CHOICE IS YOURS

First, choose a treatment from your desired spa style and any add on extra experiences for extra pampering. Then let us whip up a programme for you, from pre- and post-treatment refreshments to welcome and reawakening rituals. Next, enjoy a heavenly therapy with a personal touch, immersed in your chosen scent, music and lighting.

# AVANI SIGNATURES

Our signatures ensure your spa time stays blissfully unique. We've handpicked the most beneficial therapies, from optimised massage to high-tech skincare. Enjoy lashings of AvaniSpa pampering with a signature treatment, personalised to you

## AVANI SIGNATURE TOUCH

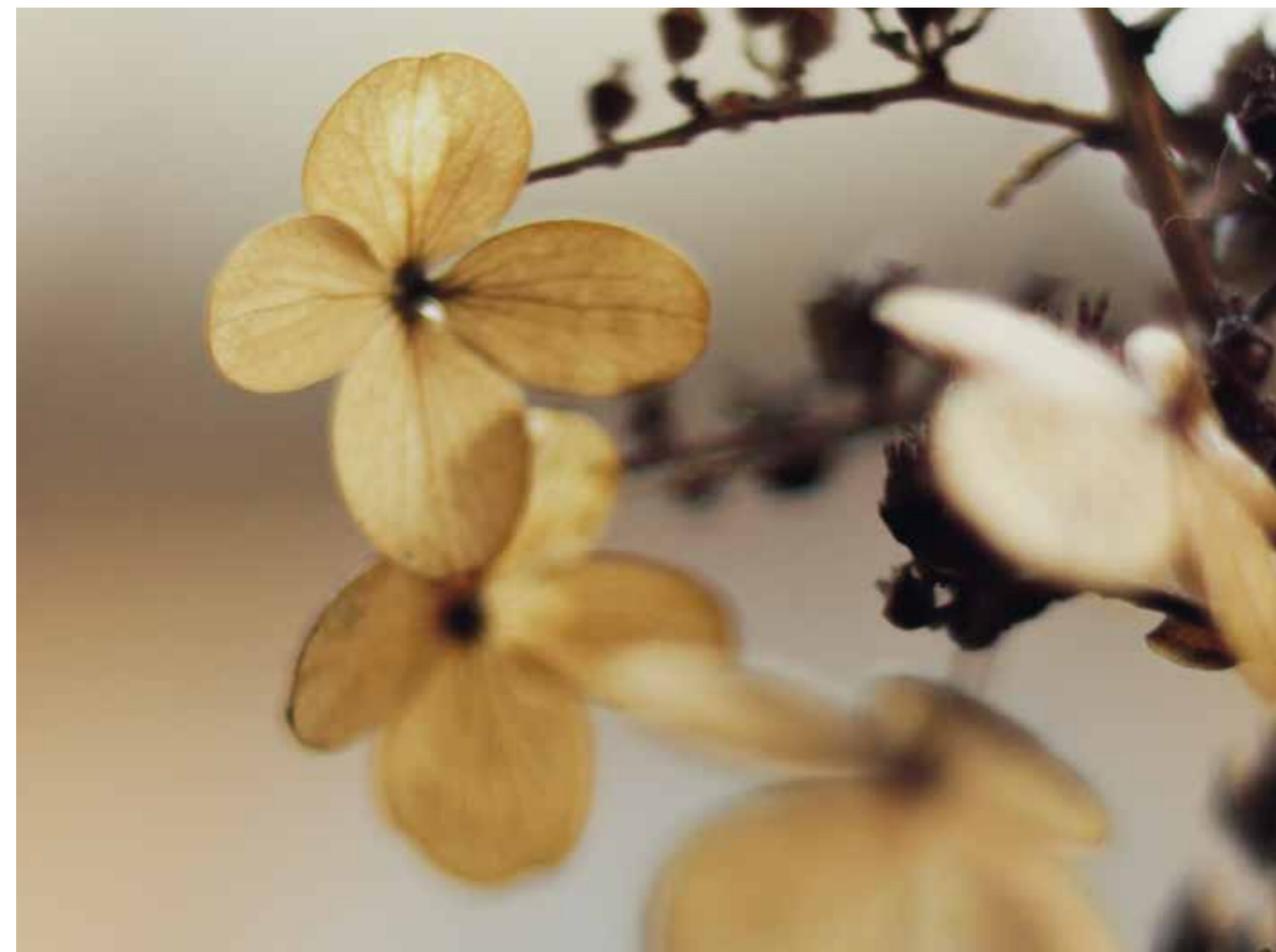
A soothing oil massage plus stretching techniques equals a signature massage with super soothing powers for your upper back, shoulders and neck.

Medium to strong pressure

Releases muscle tightness • Improves flexibility • Boosts energy

## AVANI SIGNATURE FACIAL

Treat your face to the perfect blend of soothing plant extracts and traditional Thai ingredients, boosting cell renewal and hydration. A gentle massage takes away your every stress, while a rejuvenating mask helps with natural balance.



## BODY SCRUBS

Pep up your skin with detoxifying and rejuvenating body polishes. Say goodbye to dull cells and return skin back to youthful plumpness. Choose from wholesome ingredients that pamper skin naturally.

## REFLEXOLOGY

Benefit from ancient healing wisdom with a foot massage that focuses on pressure points to improve energy flow to correlating parts on the body.

# BOOST

A revitalising boost is just the antidote for low-energy feelings. Pick yourself up with a boosting treatment that reenergises the body, rejuvenates the mind and uplifts the spirit.

## ENERGY RUSH

Tap into Thai massage wisdom with this stretching, kneading treatment that has been working out knots for millennia. Nicknamed 'Passive Yoga', this massage gives you a full-body workout while your therapist does all the work.

Medium to strong pressure

Improves flexibility • Unblocks energy flow •  
Relaxing and stimulating

## DEEP IMPACT

Revive tired, aching muscles and combat the strains of modern-day life with this deep tissue sports massage that focuses on the upper back and shoulders.

Medium to strong pressure

Re-energises • Releases tension caused by computer work • Relaxing after sport remedy



# BALANCE

Riding a rollercoaster of emotions? Or just feeling a bit out of sync? Put some balance back in your life with therapies that ground body, mind, and mood. Get back into your rhythm and start afresh – cool, calm and collected.

## HERBAL HARMONY

Relax with a full-body massage that uses a heated herbal compress to warm and soothe muscles, followed by a massage with a harmonising essential oil blend.

Medium to strong pressure

Reduces muscle tension • Balances moods and emotions

## PERFECT BALANCE

Balinese massage uses the traditional Indonesian techniques of palm pressure, stroking and warming to give you the balance you need.

Light to medium pressure

Increases energy flow • Balances the mind, body and emotions



# CALM

Feeling overworked, overwhelmed and stressed out can make a good night's sleep and impossible dream. De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts.

## GENTLE RHYTHMS

An aromatic oil massage calms you from head to toe, using rhythmic flowing techniques, as well as body and facial pressure-point massage.

Light to strong pressure

Coaxes deep relaxation • Reduces insomnia • De-stresses



## MUSCLE MELT

The back, neck and shoulders are where you hold the most tension, and this massage offers the perfect stress-releasing tonic.

Medium to strong pressure

Increases energy flow to the head and neck • Reduces headaches • De-stresses • Promotes restful sleep

# PURIFY

Cleanse out environmental toxins or spoil your body after too much indulgence. Specialist techniques and products help detox your body and give skin a deep clean. At AvaniSpa, purity and pampering go hand in hand.

## DETOX & REDEFINE

Kick-starting the body's natural cleansing process, this massage uses techniques to help stimulate the lymphatic and circulatory systems. Recharge and revitalise by flushing away toxins.

Light pressure

Reduces cellulite and water retention • Stimulates lymphatic drainage

## CLEAR HEAD

Indian head massage uses pressure point and vibration techniques to stimulate the head and neck. Relaxing and revitalising, this ancient tradition is the perfect way to sweep away life's stresses.

Light to medium pressure

Increases energy flow to head and neck • Reduces headaches and tension



# AVANISPA TASTER

Don't have hours to spare? Take a taste test with quick and easy pick-me-ups that offer pampering with swift results. Enjoy a mix of little spa treats to brighten your day with a 60-minute Spa Taster combo, as listed below. Or mix and match together with the following 20-minute spa teasers of your choice: Express Facial, Back Massage, Head Massage, Foot Massage and Body Scrub.

## BOOST & RECHARGE

Back, Neck & Shoulder Massage  
Express Facial

## BALANCE & REVITALIZE

Back, Neck & Shoulder Massage  
Scalp Massage

## CALM & RESTORE

Back, Neck & Shoulder Massage  
Foot Massage

## PURIFY & RENEW

Back, Neck & Shoulder Massage  
Body Scrub

## STEAM

Relax the body and banish toxins in a gentle steam session. The healthy effects include a radiant glow and renewed energy.

## SAUNA

Refresh and sweat out toxins in a soothing sauna session. Emerge feeling vibrant and revitalised.

# THINGS TO KNOW

- For a smooth experience, please arrive 15 minutes before your appointment. Enjoy a refreshing beverage, fill out a quick and easy consultation form and get in the mood for some spa time.
- While we love kids, the spa is not the most fun place for them. If you'd like to leave your little ones in safe hands, just call our front office to ask about babysitting services.
- So you don't lose any valuables, we recommend you leave your jewellery in your room.
- No need to bring cash or a credit card if you're staying in the hotel. All treatments can be charged to your room and are payable at check-out.
- Let us know if something comes up and you can't make your treatment. We need 4 hours' notice for single treatments and 24 hours for packages. Otherwise, we need to charge 50% of the total price.
- For your health and comfort, please don't sunbathe after aromatherapy treatments.
- Looking for the best results? Men are requested to shave before any facial treatment.
- Let's keep the spa a quiet space. Please don't use your mobile phone.
- Our spa's aroma is fresh and exotic, so kindly refrain from smoking.
- Please remember to arrive on time to enjoy every blissful moment of your treatment.

# AVANI SPA

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