

# TREATMENT MENU

AVANISPA

# THE SPA WORLD REFRESHED

Welcome to a refreshingly different Spa world; one that feels contemporary, pure and relaxed.

Time is precious and every moment counts, which is why we've created a tailored experience to focus on just what you need, without any hassle or fuss. At AvaniSpa, you can leave life's complications behind and enjoy the beauty of simplicity.



Through the combination of high quality products and our expert touch, trust that you're always in safe hands, while a modern Spa environment provides the perfect space for total rejuvenation.

Make time for well deserved pampering and let us take care of you.

Opening hours: 10:00 am – 09:00 pm.



# MAKE TIME FOR YOU

## HOW DO YOU WANT TO FEEL?

Take a few minutes to fill out a quick and easy consultation form about how you feel, your physical needs and lifestyle.

This defines the desired outcome which is best for you, from four categories designed to Boost, Balance, Calm and Purify.

## THE CHOICE IS YOURS

Choose the treatment in your desired outcome section and if you'd like any add-on experiences.

Then it's time to relax while we customise the details that matter, from the refreshments served before and after your treatments, to the welcome and reawakening rituals. Even your heavenly therapies are enjoyed with a personal touch, so you can lay back and relax with the ideal aroma, music and lighting.

# AVANI SIGNATURES

Making Spa time blissfully unique, we've hand-picked the most beneficial treatments, so that you can enjoy the best of the best, from our signature touch to the perfect balance of bio-active ingredients and high-tech components for a new dimension in skin care.

## MASSAGES

### AVANI SIGNATURE TOUCH

Combining a soothing oil massage with stretching techniques, our signature massage focuses on the upper back, shoulders and neck.

Medium to strong pressure

Releases muscle tightness • Improves flexibility • Boosts energy

### HAPPY FEET

Show those hardworking feet a little love with a delightful foot massage. Equal parts relaxing and revitalising, it focuses on acupoints to improve blood circulation, while an aromatic hot compress soothes muscle tension putting a spring in your step.



## **FACIALS**

### **NATURALLY YOUNGFULL**

Pampers the skin. Balances the skin&lipid and moisture content. For an even complexion full of radiance. Improves the skin's elasticity, resilience and density. Conditions and smoothes the skin to a silky softness. Visibly alleviates lines and wrinkles.

### **SKIN HYDRATOR**

This super soothing facial both calms and intensively conditions. Relax and protect your complexion. Rehydrate and replenish skin to vital wellbeing.

# WELLNESS PROGRAM

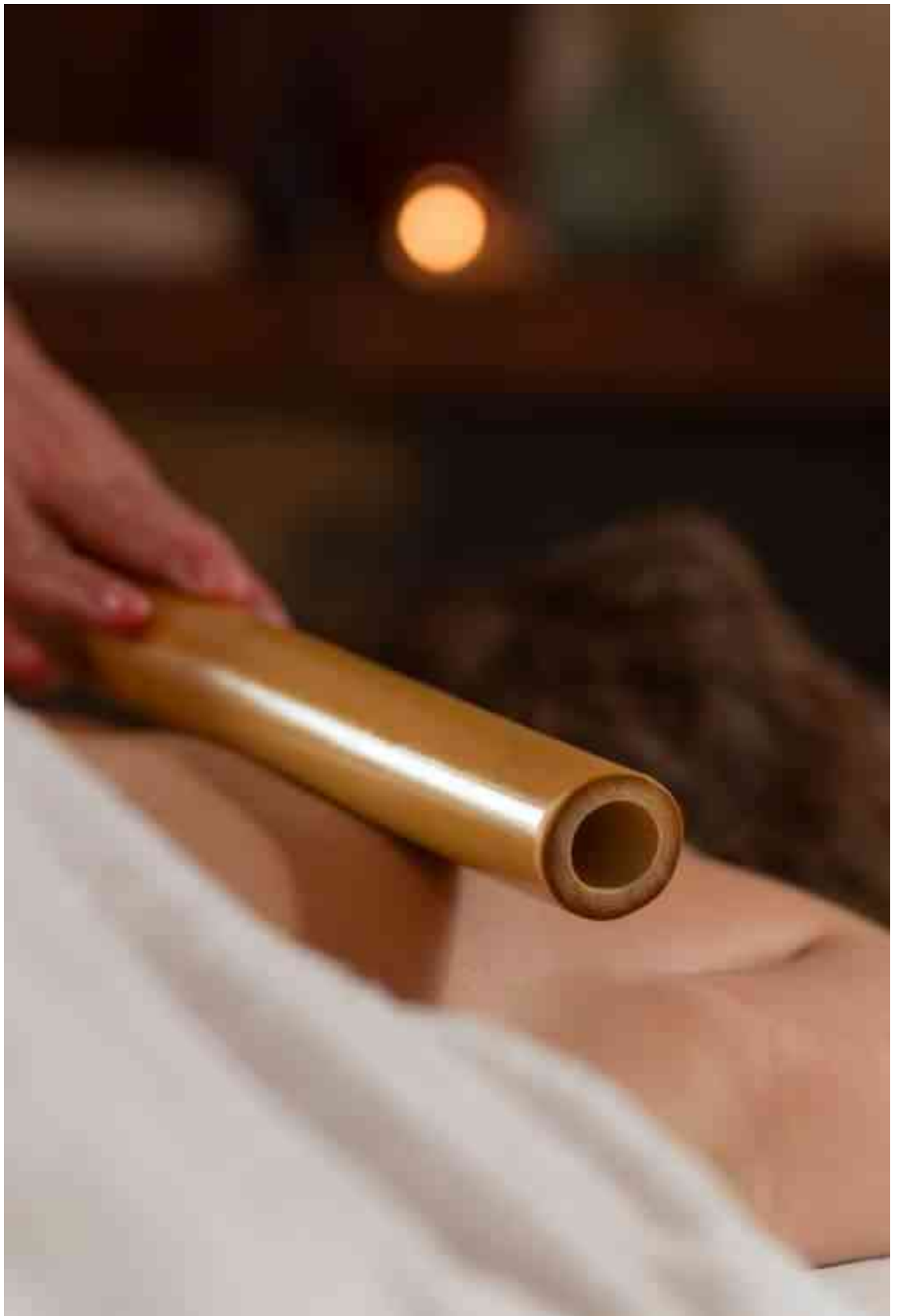
The cannabis plant has been utilized in traditional medicine around the world for centuries. The benefits are many, from calming the mind to soothing the body with its anti-inflammatory, antioxidant, and deeply soothing properties.

## CANNABIS STRESS RELIEF

Premium CBD oils are used to massage the body. Heated, the warm oil helps soften and expand the muscle tissue and puts your body into a state of deep relaxation. It improves skin condition, boosts your mood, and stimulates the senses.

## CANNABIS BAMBOO

A holistic wellness treatment that utilizes bamboo and a blend of infused cannabis and lavender oil. This warm massage increases circulation, reduces muscle tension and soreness. As an infused massage, it is a great way to connect to your body as it stimulates your senses in a unique way. End the experience with a warm cannabis tea to keep you relaxed throughout the day



# BOOST

A revitalising boost is the perfect tonic for low energy, a weak body and tired mind. Perhaps you lack motivation, feel a bit down, or seek caffeine and sugary foods to keep going. Let us re-energise your body, rejuvenate your mind and uplift your spirit, to revive you in every way.

## MASSAGES

### ENERGY RUSH

Thai massage is a unique technique, passed down through generations. Nicknamed “passive yoga”, an expert therapist does all the work while you enjoy the ultimate body workout

Medium to strong pressure

Improves flexibility • Unblocks energy flow •  
Relaxing and stimulating

### DEEP IMPACT

This deep tissue sports massage focuses on the upper back and shoulders. Revive tired aching muscles and combat the strains of modern day life.

Medium to strong pressure

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





## **BODY SCRUB**

### **REFRESH SMOOTHIE**

Revive flawless, gleaming skin with nature's anti-ageing powers. Feel healed and hydrated by a fresh blend of Thai lemongrass, honey, lavender, brown rice flour and essential oils

Invigorates the senses • Cleanses and detoxifies • Nourishes a youthful glow

# BALANCE

Creating balance does a world of good if you're emotions bounce from high to low and you feel out of sync with the rhythm of life. Get back into your natural flow, with therapies to ground your body, mind and mood. Then take on the world afresh – cool, calm and collected.

## MASSAGES

### HERBAL HARMONY

A fully body massage using a heated herbal compress warms and relaxes muscles, followed by a massage with a harmonising essential oil blend.

Medium to strong pressure

Reduces muscle tension • Balances the mood 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

## BODY SCRUB

### FRESH FACTOR

Rejuvenate skin's youthful texture and appearance with a scrub of honey, wheat flour, cherry blossom petals, carnation and argan oils.

Gently cleanses and exfoliates • Softens and brightens • Tones and moisturizes





# CALM

Overworked, overwhelmed and stressed out can make it difficult to relax and get a good night's sleep.

De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts. Give yourself the gift of a calm and serene glow that radiates from the inside out

## MASSAGES

### GENTLE RHYTHMS

An aromatic oil massage calms you from head to toe, with rhythmic flowing techniques, as well as full body and facial pressure points.

Light to strong pressure

Coaxes deep relaxation • Reduces insomnia • De-stresses

### MUSCLE MELT

The back, neck and shoulders are where 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

## BODY SCRUB

### FEELING SMOOTH

Skin is soothed and pampered with a gentle blend of honey, lavender, brown rice flour and essential oils. Antioxidants nurture pure radiance.

Purifies and cleanses • Soothing and healing • Perfect for sensitive skin

# PURIFY

Environmental toxins, a poor diet and overindulgent lifestyle all take their toll. With specialist techniques and products to detox your body and deep cleanse skin, you'll find the search for purity comes with a touch of heavenly pampering.

## MASSAGES

### 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 unwanted 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 modern stresses.

#### Light to medium pressure

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





## **BODY SCRUB**

### **RADIANT REFLECTION**

A refreshing scent clears the senses. Pure skin feels firm and soft. Deep cleanse and hydrate with a polish of organic honey, Thai mint, brown rice, wheat flour and essential oils.

Cooling • Evens skin tone • Controls excess oil

# KIDS SPA

For children between 5 to 12 years old, when accompanied by a parent or guardian.

## VANILLA BLISS

Using our specially formulated, kid-friendly vanilla massage oil, we'll gently massage your child's back, arms, legs and feet. These sweet scents are not only calming but also an element of fun to the experience.

## BODY SCRUB

The highest quality treatment with ingredients straight from nature providing only the best for your children. All products used are organic, safe and provide maximum relaxation.





# MANICURE & PEDICURE

## MANICURE & PEDICURE WITH COLOR

Nail care to keep your nails in shape and clean, your hands and feet will be taken care of. The steps for this service is a warm hand and feet soak and scrub to clean, cut and shape the nails, and then cuticle trim. We then will apply the polish or color you choose.

## EXPRESS MANICURE

Treat your hands with an indulgent hand soak followed by nail shaping, buffing, cuticle work, scrub and massage.

## EXPRESS PEDICURE

Make your feet sandals ready with an indulgent foot soak followed by nail shaping, buffing, cuticle work, scrub and massage

## GEL REMOVAL

This hydrating gel remover effectively removes gel polish while simultaneously nourishing the nails.



# EXPRESS TREATMENTS

The perfect choice if you don't have hours to spare, these quick and easy pick-me-ups offer relaxation with instant results.

## FACIAL REVIVER

Experience a rejuvenating facial treat that cleanses and replenishes.

## HEAD SOOTHER

Let go of all your worries with a deeply relaxing head massage.

## DEEP RELIEF

Let stress melt off your body with a short but effective back, neck and shoulder massage.

## FOOT JOY

Put the pep back in your step with a delightful foot massage.

## STEAM

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

# Ingredients we use for our treatments



## ESSENTIAL OIL - BOOST

Energizing, boost energy levels

Ingredients: Green tea extract,  
Lemongrass essential oil, Citrus essential oil



## ESSENTIAL OIL - BALANCE

Rich in vitamins and antioxidants

Ingredients: Green tea extract,  
Cherry blossom oil, Sakura blossom oil



## ESSENTIAL OIL - CALM

Increases sleep quality and reduce stress

Ingredients: Green tea extract,  
Lavender essential oil, Geranium essential oil



## ESSENTIAL OIL - PURIFY

Refreshing

Ingredients: Green tea extract,  
Peppermint essential oil, Rosemary essential oil



## BODY SCRUB - BOOST

Hydrating and brightening

Ingredients: Aloe Vera extract,  
Citrus essential oil, Lemongrass essential oil



## BODY SCRUB - BALANCE

Soothing and moisturizing

Ingredients: Organic Wheat,  
Honey, Cherry blossom petals



## BODY SCRUB - CALM

Full of antioxidants with radiating effect

Ingredients: Brown rice flour  
Aloe vera extract, Lavender essential oil



## BODY SCRUB - PURIFY

Refreshing

Ingredients: Green tea extract  
Peppermint essential oil, Rosemary essential oil

# 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 your jewelry, we recommend you leave your jewelry 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. 4 hours' notice is required 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 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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**AVANIHOTELS.COM**