

TREATMENT MENU



AVANI Well

THE WELLNESS WORLD REFRESHED

Be part of the new wellness set.

Discover a spa sanctuary in the playful embrace of AvaniWell, where the art of Thai wellness traditions merges with contemporary physiotherapy, advanced beauty treatments, and holistic therapies based on Ayurveda, hydrotherapy and modern medicine. Whether you seek complete indulgence, an instant mood-lifter, or a path to inner peace, our array of transformative treatments will guide you toward your wellness, beauty and lifestyle aspirations.

Maintain peak health with healing Thai remedies, rejuvenate with potent JetPro and Elemis facials, invigorate with IV drip infusions, and experience relief with body treatments designed to boost circulation, revive muscles and diminish swelling.

For children as young as 5-12 years, we offer delightful spa experiences ranging from fruity body scrubs and mani-pedis to entertaining kids' parties. Meanwhile, our signature Salt Bar invites you to craft your own scrub blend with locally-sourced salts.

Embrace our holistic wellness spa as the first step on a rewarding journey of renewal.





TRADITIONAL THAI MEDICINE (TTM)

One-On-One Consultation | Elemental Harmony Assessment

Wellness is a dance of elements—let's find your rhythm! Discover your inner balance as our expert practitioner analyses your constitution, identifying dominant elements and potential vulnerabilities. Based on the assessment's findings, you will be prescribed a custom herbal tea blend and offered wellness advice tailored to your elemental composition.

HERBAL TREATMENTS

Pao Ya - Fire Rebalance

30 mins

If bloating troubles you due to an excess of the wind element, we'll stoke your digestive fire with a soothing belly massage, followed by the application of a heated herbal bundle. Feel instantly lighter and more energised as the heat releases the medicine, harmonising your elements.

Chae Ya - Power Bath

30 mins

Treat sunburned or sensitised skin to a soothing bath infused with aromatic herbs selected for their medicinal qualities. Feel the tension melt away in the warm water and emerge with healthy, irritation-free skin.

Salt Pot Healing

90 mins

The unsung hero of TTM, the salt pot experience uses soothing hot salt compresses to gently release tension from your body. Similar to hot stone massages, a heated pouch filled with sea-salt glides along your skin, releasing aromatic oils and unleashing the healing properties of citrus, eucalyptus and lavender.

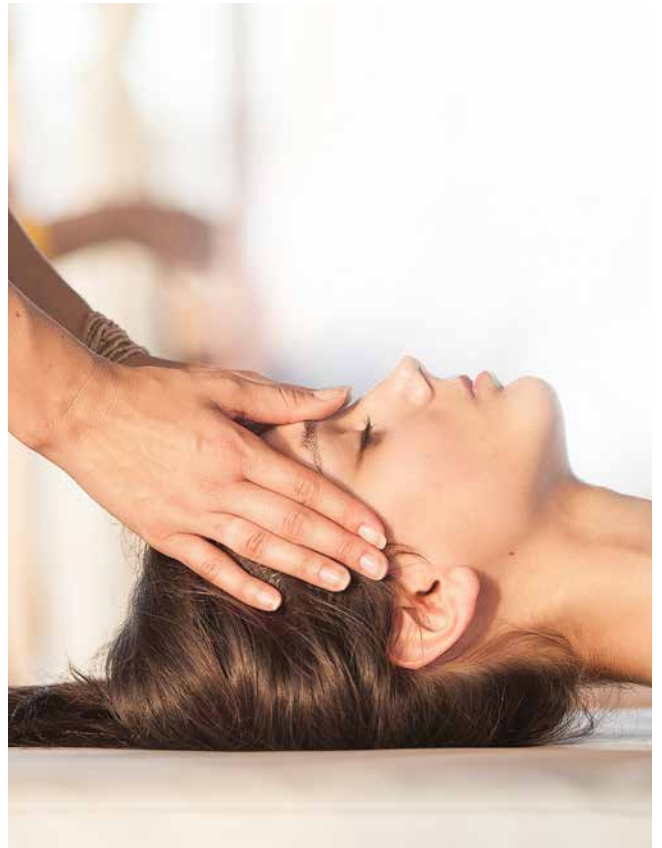
THERAPEUTIC MASSAGE

Migraine Relief **60 mins**

This specialised head and neck massage targets acute pain and facial tension by enhancing blood circulation to your brain. Prior to the treatment, an assessment of your elemental balance will guide us in selecting precise pressure point techniques, herbal compress ingredients and a bespoke herbal tea infusion to deliver a tailored experience crafted just for you.

Anxiety & Insomnia Relief **90 mins**

When excess body heat fuels stress and disrupts your sleep, we step in with targeted therapies tailored to harmonise your elements. Skilled hands will melt away tension through a neck and shoulder massage using pressure-point techniques, while the eye treatment banishes strain and accumulated pressure.



PHYSIOTHERAPY

Taking a holistic approach, physiotherapy helps to restore movement and function in the event of injury, illness or disability, as well as reducing your risk of injury or illness in the future.

Traveller Stretch **60 mins**

This session focuses on stretching muscle groups involved in prolonged sitting or walking : lower back, gluteus, hamstrings and calf muscles. Whether you're a globetrotter or a local explorer, we've got your back!

Sports Stretch **60 mins**

Calling all athletes and gym warriors! Our sports stretch zeroes in on back muscles, gluteus, hamstrings, calf muscles, shoulder muscles and forearms. Get ready to flex and reach new heights

Personalised Physiotherapy **60 mins**

Tailored just for you, this offer includes a bespoke combination of ultrasound therapy, electrical stimulation therapy, heat compression, joint mobilisation and stretching. From Office Syndrome to WFH Syndrome, we've got you covered.



A LA CARTE TREATMENTS

Ultrasound Therapy **20 mins**

Promoting tissue healing while your muscles breathe a sigh of relief, ultrasound therapy works like magic on sore joints, strained tendons and knotted muscles.

Hot Pack **30 mins**

Like a cosy, warm hug enveloping your body, a hot pack is applied to the affected or injured body region to alleviate pain, inflammation and stiffness

Joint Mobilisation **30 mins**

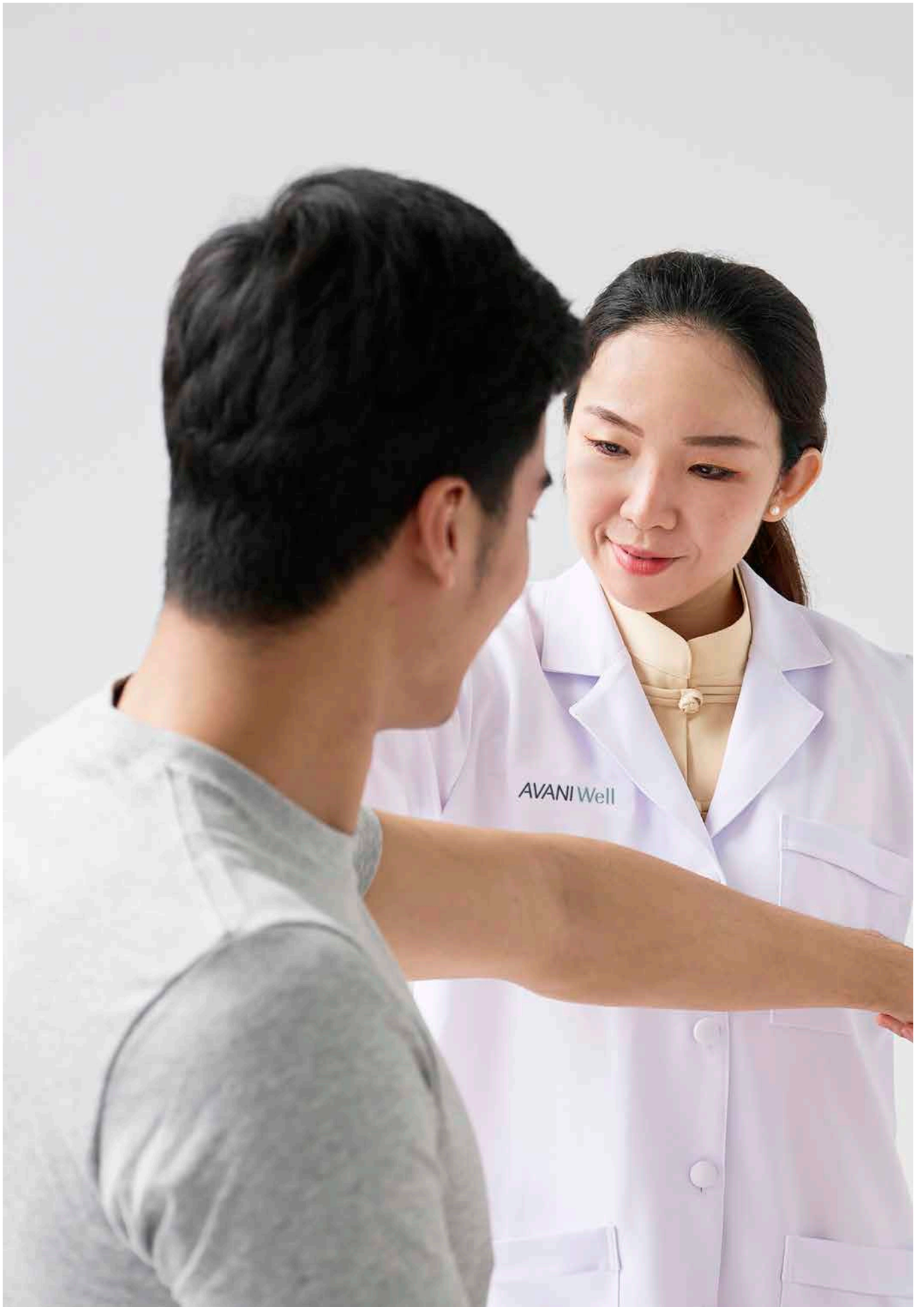
Perfect for those with chronic pain and limited range of motion, the treatment utilises stretching techniques to give you and your joints newfound freedom.

Electrical Stimulation Therapy **30 mins**

Emulating the body's natural processes, this treatment employs electrodes to reduce swelling, enhance circulation, accelerate tissue healing and fortify muscles.

Trigger Point Massage **30 mins**

Say goodbye to pain and hello to smooth moves as our therapist deftly seeks out those elusive knots, kneading them away to release muscle tension.



INTRAVENOUS THERAPY (IV DRIP)

IV drip therapy delivers nutrients and hydration directly into your bloodstream—no detours through the digestive system. With absorption rates of up to 90-100%, infusion therapy puts you on a fast track to better health.

IV Infusions 20 mins | 40 mins

Whether you're looking for an immunity boost, a mood upgrade or a turbocharged sports recovery, we've got just the right combination of nutrients.

- Power Boost
- Wellness Elixir
- Rejuvenator
- Antioxidant Boost
- Skin Radiance
- Mind boost
- Toxin Flush
- Revitaliser
- Fat Burn



AVANIWELL HALF-DAY WELLNESS PROGRAMMES

Integrated Wellness **180 mins**

Embracing a holistic wellness approach, this half-day programme seamlessly blends Traditional Thai Medicine (TTM), nutrition, invigorating body movement and aromatherapy to completely reboot your system.

- Body Composition Analysis (30 mins)
- Yoga Session (60 mins)
- Chae Ya or Herbal Steam (30 mins)
- Aromatic Body Massage (60 mins)
- Healthy Meal or Afternoon Tea
- Raw Juice

Detoxification Ritual **225 mins**

Leave feeling lighter, more positive and filled with boundless energy after a half-day programme that is tailored to your needs. Enjoy the experience alone or together with a companion to share the benefits of this healing wellness journey.

- Body Composition Analysis (30 mins)
- IV Therapy (45 mins)
- Reformer Pilates Session (60 mins)
- Chae Ya or Herbal Steam (30 mins)
- Traditional Thai Medicine or Physiotherapy Session (60 mins)
- Healthy Meal or Afternoon Tea
- Raw Juice

Head-to-Toe Rejuvenation **180 mins**

To achieve deeply nurtured, glowing skin, we will start with a high-tech facial using jet propulsion technology, followed by relaxing Thai therapies for the body, Ayurveda's ancient wisdom for balance and vitality, and a wholesome meal to promote better gut health.

- JetPro Facial (60 mins)
- Beauty IV Drip (30 mins)
- Chae Ya or Herbal Steam (30 mins)
- Ayurveda Session (60 mins)
- Healthy Meal or Afternoon Tea
- Raw Juice

SIGNATURE JOURNEYS

THE AvaniWell TOUCH **90 mins**

Combining a calming oil massage with stretching techniques, the therapist will focus on the areas that are prone to tension that is caused by stress: shoulders, scapula, upper arms and upper body. Applying medium to strong pressure helps release muscle tension, as well as offering the following benefits:

- Alleviates stiffness
- Enhances flexibility
- Induces deep relaxation
- Increases energy levels

SAND COMPRESS **90 mins**

In this indulgent treatment, Hua Hin's sun-kissed sands infused with medicinal herbs and aromatic oils offer a warm, fragrant embrace that gently heals and melts the stress away. Lie back and relax as heated poultices glide up and down your body.

SEASHELL SYMPHONY MASSAGE **90 mins**

The calming experience begins (and ends) with a sound healing ritual performed using seashells. Afterwards, the therapist will use long massage strokes as well as gliding heated seashells bathed in aromatherapy oils along the body to alleviate muscle soreness, loosen stiff joints and release tension.





AVANI Well

BODY MASSAGE COLLECTION

Time Together, a Couples Experience **60 mins | 90 mins**

Escape to our dedicated double room – a romantic sanctuary for two. Here, with our wellness team as your guides, choose from Aroma or Deep Tissue massage, then enjoy a shared moment as skilled hands work their magic, dissolving stress and sparking connection.

Thai Herbal Compress Massage **90 mins**

Feel muscles sigh in relief as warm herbal compresses are applied to your skin in combination with rhythmic strokes, melting away knots and stress. The fragrant herbs infuse your senses, promoting equilibrium and soothing both body and spirit.

Back, Neck & Shoulders **30 mins**

Many of us tend to carry tension in our upper backs and necks. Addressing this issue, this express massage is uniquely customised to tackle your specific requirements with a blend of massage techniques and thoughtfully chosen aromas.

Aromatherapy Massage **60 mins | 90 mins**

A soothing aromatic oil massage brings relaxation from head to toe, using rhythmic flowing techniques and focusing on both full-body and facial pressure points. This massage encompasses light to strong pressure, promoting deep relaxation, aiding in reducing insomnia and relieving stress.

Traditional Thai Massage **60 mins | 90 mins**

Unlock vitality with Traditional Thai Massage – an ancient art passed down through generations. During your ‘passive yoga’ session, our therapists do the heavy lifting while you soak in the rejuvenating benefits. Feel the tension melt away as medium to strong pressure untangles knots, clears energy pathways, and leaves you both relaxed and invigorated.

Foot Refresh **60 mins**

Using precise thumb, finger and hand techniques to unlock energy pathways, your practitioner will stimulate reflex points on your feet, harmonising your entire body. Feel tension, headache and stress dissolve as gentle waves of relaxation wash over you.

Deep Tissue Massage **60 mins | 90 mins**

Find relief for your achy post-workout muscles or combat the stress of desk work with our powerful deep tissue massage, specifically targeting the upper back and shoulders. Leave feeling revitalised, with muscles blissfully free from tension and pain.

MOROCCAN HAMMAM

Experience a rebirth with a timeless allure of Moroccan bathing. As you sink into warm, fragrant waters, stress and anxiety leave your body and mind. The soothing embrace of the bath promotes deep relaxation, leaving you lighter and more centred. Through physical exfoliation, dead skin cells are removed, pores unclogged and toxins banished, leaving you with glowing skin and uplifted spirits.

Moroccan Bath | 60 mins

Escape to our dedicated double room a romantic sanctuary for two. Here, with our wellness team as your guides, choose from Aroma or Deep Tissue massage, then enjoy a shared moment as skilled hands work their magic, dissolving stress and sparking connection. This time-honoured ritual begins with a gentle cleansing using black soap infused with eucalyptus, followed by a vigorous full-body kessa-mitt exfoliation. After relaxing on a heated marble slab ensconced in a nourishing ghassoul mud wrap, you will emerge feeling refreshed and renewed.

The complete your Hammam experience, consider adding a massage or a facial:

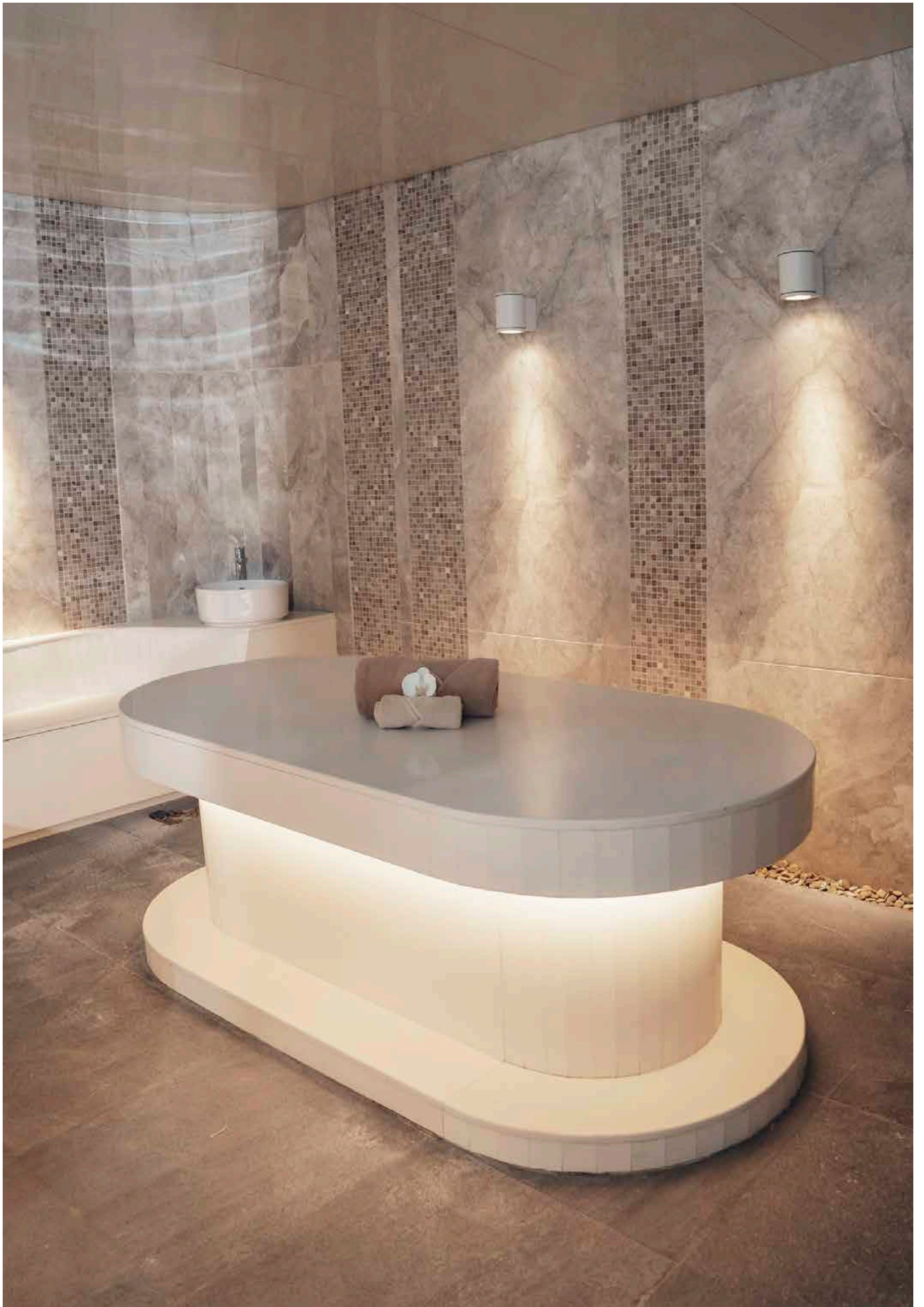
Hammam & Massage | 120 mins

Hammam & Facial | 110 mins

SEA-SALT BODY SCRUB

AVANI Glow-Up | 60 mins

Taking you from flaky to glowing, this fragrant sea-salt body scrub rebalances your skin by removing dead skin and debris from your pores. Choose from a collection of essential oil-infused blends that will invigorate your senses, cleanse and detoxify your skin, and nourish it for a radiant and youthful glow.



AYURVEDA

Shirodhara | 60 mins

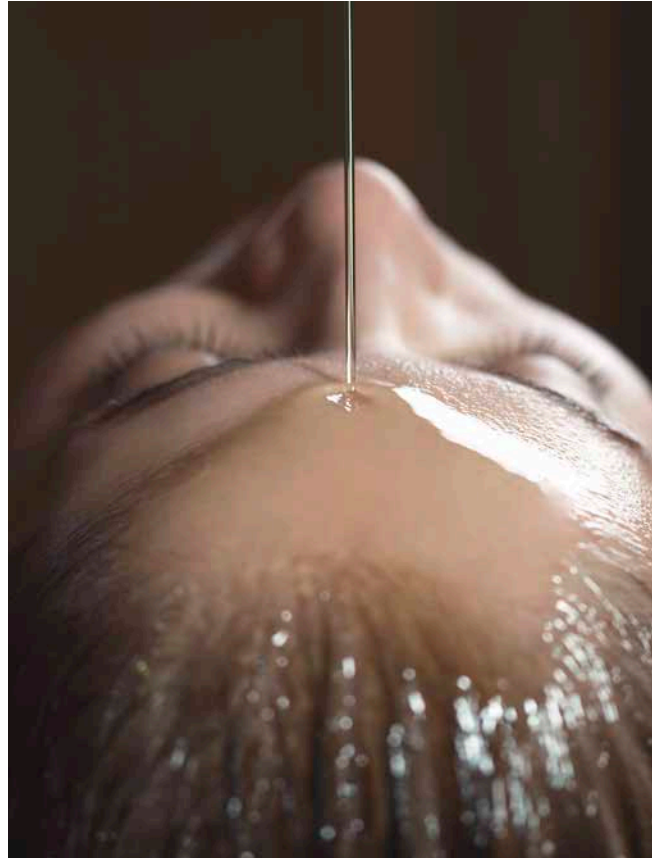
A soothing herbal oil is gently poured in a continuous flow onto the forehead, focusing on the 'third eye' and temples, to calm and rejuvenate both the mind and body. Along with its powerful anti-ageing benefits, this comforting treatment enhances memory, regulates sleep cycles and aids in addressing neurological conditions.

Udwarthanam | 60 mins

This therapeutic massage uses specialised herbal powder to enhance blood circulation and clear the body's channels. It calms the kapha dosha, aids in fat reduction, fortifies the body and improves skin texture. Refreshing and rejuvenating, the experience will leave you feeling light and revitalised.

Podikizhi | 90 mins

After receiving a holistic full-body massage with oils tailored to your dosha, therapeutic sweating is stimulated through the application of warm herbal poultices. This process enhances circulation, eliminates toxins and offers relief from neurological disorders, rheumatism, arthritis and sports-related injuries.



AESTHETICS & MEDICAL

Botox & Fillers

Botox injections, a popular treatment for fine lines and wrinkles, and fillers used to plump, smooth, lift and restore youthfulness are available on request, with advance reservations.

JetPro x White Complex | 60 mins

A professional-grade exfoliator, Whitening Complex 1 brightens and evens out your skin tone with a combination of Stay C-Vitamin and Bio-White to reduce the appearance of sun damage, ageing signs and scars.

JetPro x Anti-Ageing Complex 2 | 60 mins

JetPeel serum combats signs of ageing using plant-based stem cells and peptides to deeply rejuvenate the skin, smoothing fine lines and wrinkles while promoting skin firmness.

JetPro x Facial Tightening | 60 mins

Harnessing the power of Argireline muscle relaxant, the ATX-NAT formula visibly reduces wrinkles without the need for injections or surgical procedures. Clinical trials have demonstrated a 21% reduction in wrinkle volume, an 11% reduction in wrinkle depth and a 13% reduction in wrinkle surface after just six treatments.

JetPro Facials | 45 mins

Suitable for all skin types, JetPro represents the cutting edge of beauty treatments, harnessing jet propulsion technology to generate high-pressure, high-velocity liquid jet streams to exfoliate the upper skin layer through microdermabrasion. Used in conjunction with patented skincare products, JetPro delivers instant results with no needles, no skin breakage, no scar tissue, no healing time and no downtime.

JetPro x Anti-Ageing Complex 1 | 60 mins

Anti-Ageing Complex 1 nourishes, firms and refines ageing and mature skin by delivering hyaluronic acids and bio-peptides deep into the skin layers. This formulation stimulates collagen and elastin production, diminishing the appearance of wrinkles and fine lines.

JetPro x Renewal Complex | 60 mins

A gentle yet powerful exfoliating treatment with AHAs and BHAs, Renewal Complex 4 promotes healthier skin by clearing pores, reducing dark spots and calming symptoms of rosacea.

FACIALS

The hands of a highly trained therapist are profoundly effective anti-ageing tools. Using a combination of massage techniques from around the world and premium skincare products from luxury British brand Elemis, these intuitive facials deliver clinically proven results.

ELEMIS Expert Touch™ Define Facial | 50 mins

Energise, rejuvenate and sculpt

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted looking skin.

ELEMIS Expert Touch™ Reveal Facial | 50 mins

Resurface, smooth and glow

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

Add On Face, Neck & Shoulder Massage 30 mins

ELEMIS Expert Touch™ Renew Facial | 50 mins

Hydrate, lift and firm

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.





AVANI Well



KIDS' SPA

At AvaniWell, we believe that wellness should be as delightful as it is beneficial. Our specially curated junior spa experiences use hypoallergenic products specially designed to introduce young guests (aged 5-12 years old) to the world of relaxation and self-care. For children under seven years old, we work with parents to create a customised experience suitable for their age.

Sweeter Than You | 45 mins

The almond oil used in this full-body massage is effective in soothing sunburn and calming itchiness, providing relief after too much fun in the sun.

Big Girl / Big Boy Spa | 90 mins

You're never too young to indulge in the ultimate spa combo: scrub and massage! After buffing the skin with a gentle fruity scrub, the therapist will make all the tension go away with a relaxing full-body massage.

The Squeaky Body Scrub | 45 min

Our children's scrub range will make even the most reluctant bather giggle with delight. From citrusy Tangy Treat and pomegranate-red Rubylicious to calming Sleepy Potion made with lavender and homemade yoghurt, there is something for everyone.

Mini Mani | 45 min

After exfoliating and massaging the hands and shaping and buffing the nails, a layer of quick-dry, non-toxic polish is carefully applied.

Toetally Perfect Pedi | 60 min

After a foot soak, scrub, nail trimming and relaxing massage, your youngw ster gets to choose unique nail art to match their outfit or reflect their mood.

AVANIWELL

FAMILY DAY OUT

From matching manicures to side-by-side massages, spending quality time with your loved ones has never been more relaxing!

Mom & Me | 105 mins

For the Little One :

Body Scrub – Body Massage - Manicure

For Mom :

Body Massage – Head Massage – Relaxing Facial

Dad & Me | 105 mins

For the Little One :

Body Scrub – Body Massage - Manicure

For Dad :

Body Massage – Head Massage – Fitness Facial

A LA CARTE BEAUTY

SALON SERVICES

- Shampoo & Blow-dry
- Relaxing Shampoo 90 mins
- Pedicure / Manicure - Gel THB
- Pedicure / Manicure – Lacquer
- Pedicure / Manicure – No Lacquer/Gel
- Paint Change Lacquer / Gel
- Gel Removal, Hands or Feet

AVANIWELL ACTIVITIES

Salt Scrub-Making Activity

| 45 mins (minimum two children)

Inspired by our Salt Bar, this family-friendly activity promotes creativity and appreciation of Hua Hin's natural resources. Under the guidance of our staff, children will make their own scrubs by combining mineral-rich sea-salt with essential oils and layering them in a glass bottle – the perfect souvenir to take back home or to give to mom as a gift.

REFORM PILATES | 75 mins

Our Reform Pilates training blends creativity and mindfulness. Dive into the magic of movement, discover the joy of Pilates and enhance your physical strength, flexibility and posture. Master the fundamentals of functional anatomy to truly understand how your body moves and functions.

Kids' SPATy (minimum ten children)

Perfect for tiny hands and big imaginations, our Kids' SPATy keeps pint-sized guests entertained with wellness adventures. Whether it's a birthday bash, a special celebration or simply a day of pampering, our customised programme promises unforgettable moments.

Activities menu:

- Sun Zapper body art (using sunscreen)
- Natural lip balm/fruity face mask-making
- Natural soap workshop with Lush
- Zen Zone Meditation workshop
- High-Flyer kite-making
- Concentration boxing

PRIVATE SPA TAKEOVER

Reserve our wellness sanctuary for your special moments. From weddings and birthdays to corporate events, enjoy exclusive pampering in luxurious surroundings. Mix guilt-free drinks that dazzle, craft personalised soaps and infuse elegance into your place with a handmade oil diffuser.

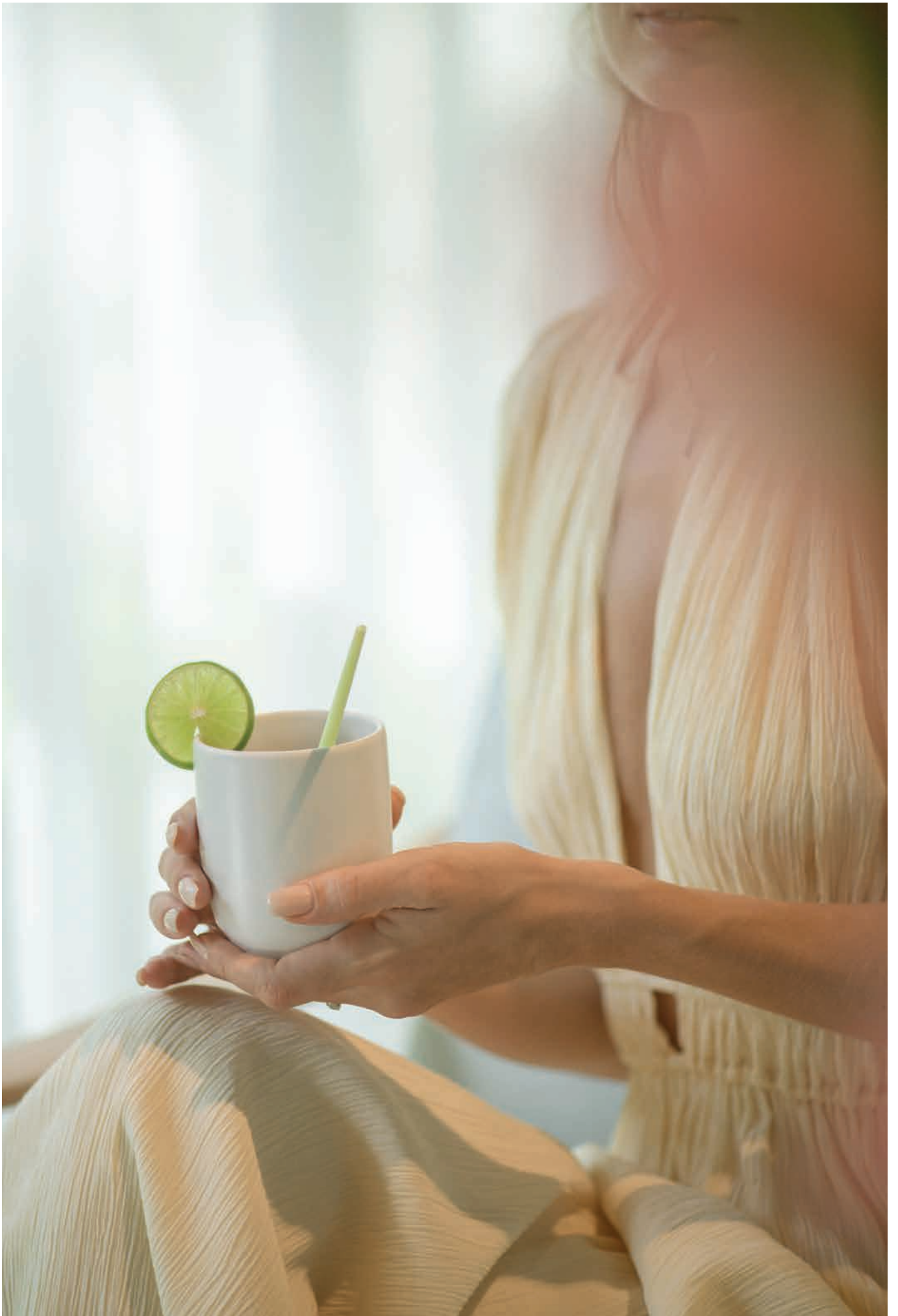
Here's what awaits:

- Wellness cuisine and raw juice cooking class
- Healthy mocktail-making workshop
- DIY aroma soap making
- DIY reed diffuser crafting
- Herbal tea journey
- Herbal inhaler workshop.

Reservations must be made three weeks in advance.

IMPORTANT INFORMATION

- To ensure a seamless experience, please arrive 15 mins prior to your appointment. Enjoy a refreshing beverage, complete a brief consultation form, and immerse yourself in the relaxation of wellness time.
- For the safety of your jewellery, we recommend storing it securely in your guest room.
- If you are staying in the hotel, there is no need to carry cash or a credit card. All treatments will be billed to your guest room and settled during check-out.
- Should you require to reschedule or cancel your treatment, kindly provide at least 4 hours' notice for single treatments and 24 hours for packages to avoid a half-price charge.
- For your well-being, it is advisable not to sunbathe after aromatherapy treatments.
- Optimal results are achieved when men shave before any facial treatment.
- Respect the tranquillity of our wellness space by refraining from using your mobile phone.
- To maintain a fresh and relaxing ambiance, smoking is not permitted within the wellness area.
- Please note that spa treatments and memberships are non-refundable, non-transferable and non-exchangeable, unless stated otherwise.
- To schedule an appointment for your well-being experience, contact us by calling on +66 (0)3289 8989, via email at avaniwell.vhhv@avanihotels.com, or in person by visiting AvaniWell at Avani+ Hua Hin Resort. Our team will assist you in selecting treatments that align with your wellness goals.
- Our wellness facility is open daily from 9:00 am to 9:00 pm.



AVANI Well

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