

# AVANI SPA

The spa world refreshed

# AVANISPA

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 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 hand, 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: 9:00 am – 7:00 pm

## MAKE TIME FOR YOU

### HOW 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 YOUR

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

Then it's time to relax while we customize 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 exotic, 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 shoulders, scapulas, upper arms and upper body sides.

*Medium to strong pressure*

*Releases muscle tightness • Improves flexibility • Boost energy*

# SIGNATURE FACIALS



## FACIALS

### NATURALLY YOUTHFUL

An uplifting anti-aging facial to energise, balance and refresh your skin. Dynamic products and specialist techniques work natural wonders to renew cells and activate a youthful natural glow.

### DEEP PURITY

Feel clear, calm and pure again. Deep cleansing sweeps away impurities. A mask nourishes a matt even tone. Your complexion is clarified with a fresh rebalance.

### SKIN HYDRATOR

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

### BALANCE & RENEW

Designed for male skin needs, this facial generates healthy cells. A mask balances and conditions. Skin feels resilient, bright and supple.



# BOOST

A revitalising boost is the perfect tonic for low energy, a weak body and a tired mind. Perhaps you lack of 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 unique technique, pass down through generations. Nicknamed “passive yoga”, an expert 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 whole body deep massage works on the sports muscles, with a heavy focus on the upper back and shoulders. Revive a tired and aching body and combat the strains of modern life.

*Medium to strong pressure*

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

### BODY SCRUB

#### REFRESH SMOOTHIE

Botanicals extracts are loaded with powerful anti-oxidants combined with anti-aging agent Diamond, Shea butter, Vitamin E and Hyaluronic acid. Revitalise your skin for extra youthfulness.

*Provides skin with an invigorating boost • Highly nourishing • Enhances suppleness*

# BALANCE



Creating balance does a world of good if your 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 full body massage using a heated herbal compress warms and relaxes muscles, followed by a massage with a harmonizing essential oil blend.

*Medium to strong pressure*

*Reduce 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*

*Increase energy flow • Balances the mind, body and emotions*

### BODY SCRUB

#### FRESH FACTOR

Revive the radiance of your skin complexion with Ruby Crystal and Organic flower that nourishes, detoxifies and rejuvenates.

*Removes dead and dry skin • Moisturises and softens skin • Treats mood and digestive imbalance*

# CALM



Overworked, overwhelmed and stressed out can make it difficult to relax and get a good night sleep. De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts. Give yourself a 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.

*Light to strong pressure*

*Coaxes deep relaxation • Reduce 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*

*Increase energy flow to the head and neck • Reduces headaches • De-stresses  
• Promote restful sleep*

### BODY SCRUB

#### FEELING SMOOTH

A calming and soothing therapy with Jade Crystal, Organic Jasmine and Aloe Vera. Gently remove dead skin cell and recover the skin from dryness and sensitiveness.

*Remove aged skin cell • Nourishes and soothes skin • Alleviates skin irritations*

# PURIFY

Environmental toxins, a poor diet and overindulgence 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 technique 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 using pressure point and vibration technique to stimulate the head and neck. Relaxing and revitalising, this ancient traditional is the perfect way to sweep away life's modern stresses.

*Light to medium pressure*

*Increase energy flow to the head and neck • Reduces headaches and tension*

### BODY SCRUB

#### RADIANT PERFECTION

Remove impurities and toxins with a gentle polish. Thai herbs and charcoal, algae extract and Sapphire are quickly absorbed. The skin emerges smooth to the touch and visibly brightened

*Clears skin from impurities • Deep clean effect • Encourages radiance*

"TOUCH UP'S"





## EXPRESS TREATMENTS

### 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.

### NAILS

Cleans, shape, buff and hydrate. Followed by a perfect paint finish.

# THINGS TO KNOW



Your safety and wellness are our primary concern and as such we would like to ensure that you are made aware of the guidelines as set by the Government prior to your arrival at our restful Spa.

- All Spa appointments must be made in advance as we will not be accepting walk-in appointments.
- At the time of your booking we will send you a Guest consultation / declaration form which is to be completed and brought with you at the time of your scheduled appointment.
- We ask that you kindly wear a mask when arriving and departing our Spa.
- A temperature check prior to entering our Spa will be conducted by our team.
- Please arrive 30 minutes before your appointment to review your consultation form, allowing time for you to also shower prior to the commencement of your treatment. If you have chosen to shower in the comfort of your room, please inform us upon your arrival.
- No need to bring your cash, your bill will be settled to your room account.
- Let us know if something comes up and you are unable to make your treatment. 4 hours cancellation notice is required. Otherwise a 50% cancellation fee will be applied.
- All treatments will have a 2-hour time limit.

# PRICE LIST

TREATMENT NAME	MINS	PRICE (THB)
<b>SIGNATURE</b>		
AVANI Signature Touch	90	2,800
<b>SIGNATURE FACIALS</b>		
Naturally Youthful	60	3,000
Deep Purity	60	2,500
Skin Hydrator	60	2,500
Balance & Renew	60	2,500
<b>BOOST</b>		
Energy Rush	60	1,500
	90	2,000
Deep Impact	60	1,900
	90	2,500
Refresh Smoothie	60	1,700

*All prices are in Thai Bath and are subject to 10% service charge and applicable government tax. Prices subject to change without prior notice.*

# PRICE LIST

TREATMENT NAME	MINS	PRICE (THB)
<b>BALANCE</b>		
Herbal Harmony	60	1,900
	90	2,500
Perfect Balance	60	1,900
	90	2,500
Fresh Factor	60	1,700
<b>CALM</b>		
Gentle Rhythms	60	1,900
	90	2,500
Muscle Melt	60	1,900
	90	2,500
Feeling Smooth	60	1,700
<b>PURIFY</b>		
Detox and Redefine	60	1,900
	90	2,500
Clear Head	60	1,900
Radiant Reflection	60	1,700

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# PRICE LIST

TREATMENT NAME	MINS	PRICE (THB)
<b>EXPRESS TREATMENTS</b>		
Head Soother	30	1,000
Deep Relief	30	1,000
Foot Joy	30	1,000
<b>NAILS</b>		
Spa Manicure - Regular Polish	60	700
Spa Pedicure - Regular Polish	90	900
Spa Manicure - Gel Polish	60	1,000
Spa Pedicure - Gel Polish	90	1,200
Paint Change	30	400

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