

AVANISPA

The spa world refreshed

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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 – 9:00 pm

MAKE TIME FOR YOU

HOW YOU WANT TO FEEL

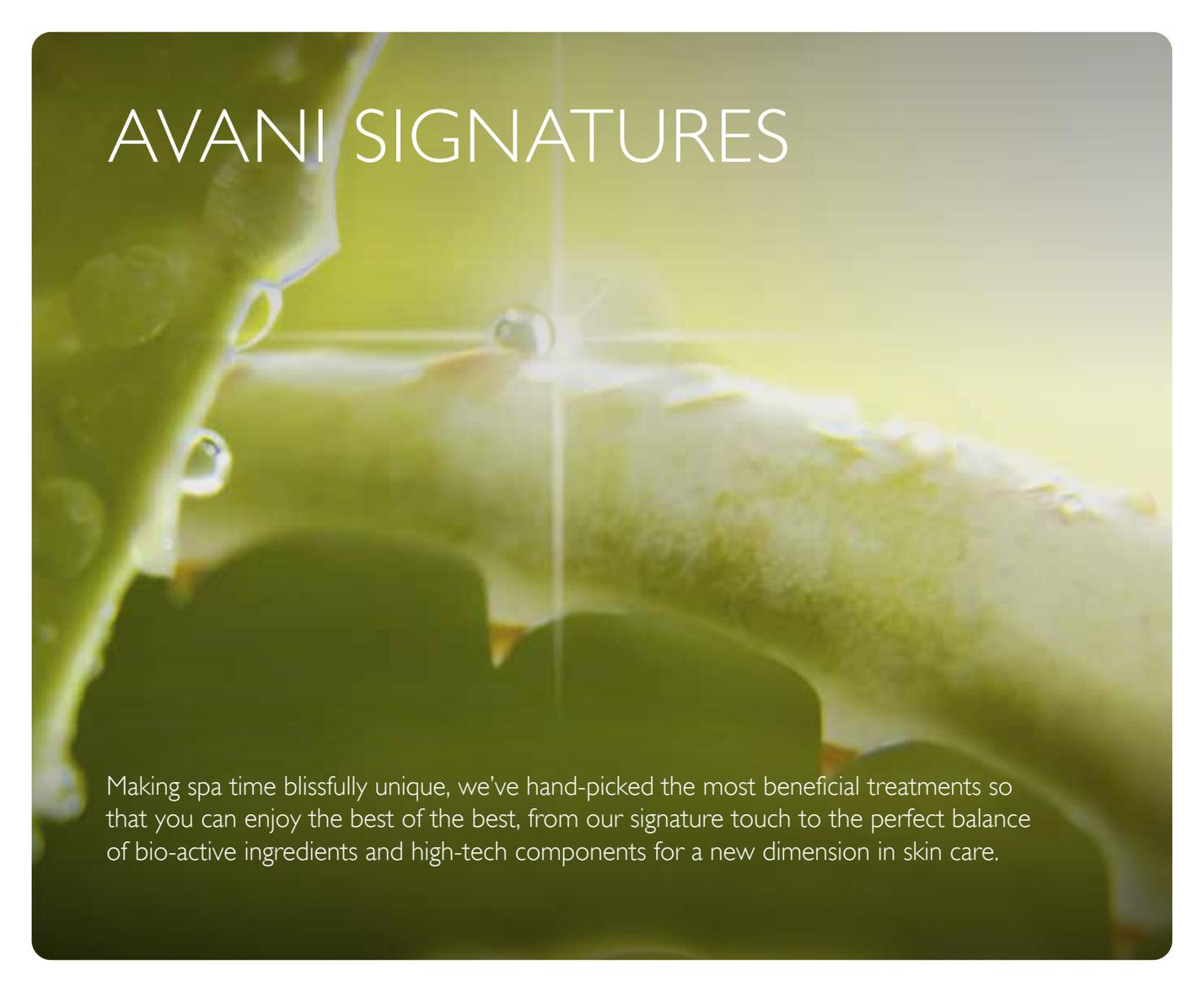
Take a few minutes to fill out a quick and easy consultation form about how you feel, your physical needs and lifestyle.

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

THE CHOICE IS 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 shoulders, scapulas, upper arms and upper body sides.

Medium to strong pressure

Releases muscle tightness • Improves flexibility • Boosts energy

FACIALS

DEEP PURITY

Feel clear, calm and pure again. Deep cleansing sweeps away impurities. A mask nourishes for 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.



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 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 • Releases tension caused by computer work • Relaxing after sport remedy

BODY SCRUB

REFRESH SMOOTHIE

Skin is brightened by botanicals with powerful anti-oxidants. An anti-ageing boost revives youthfulness. Nature’s goodness refreshes radiance.

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

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

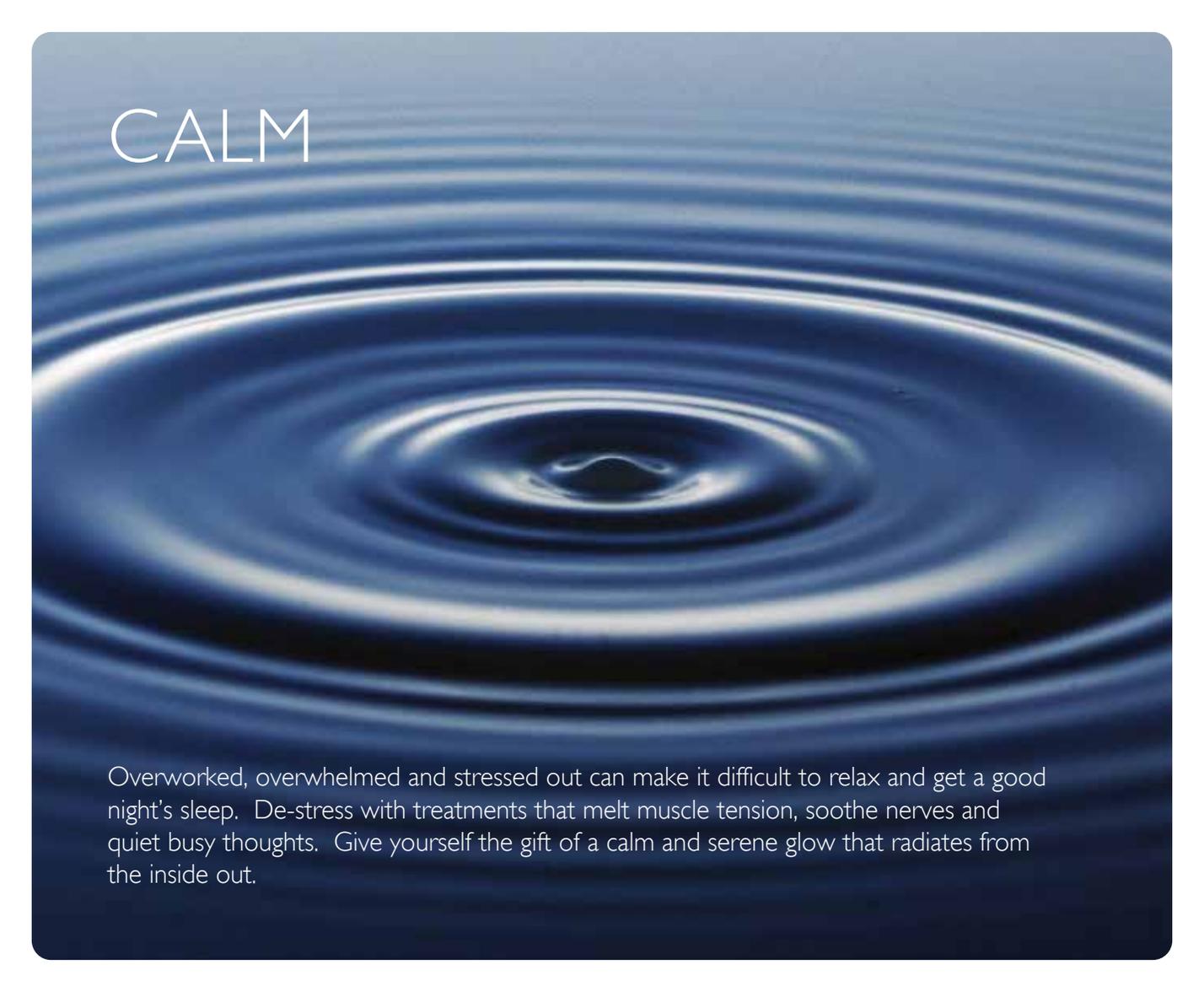
BODY SCRUB

FRESH FACTOR

Restore skin back to natural balance. Detoxify, hydrate and re-mineralise. Skin feels silky smooth and glows with healthy vitality.

Removes dead and dry skin • Softens • Balances moisture

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

Dead skin cells are gently buffed away. Sensitivity is soothed and dryness is rehydrated. Soft skin feels comforted and healed.

Removes aged skin cells • Nourishes and soothes • Alleviates skin irritations

PURIFY

A close-up photograph of several white dandelion seed heads. The seeds are fine and wispy, creating a soft, ethereal texture. The background is a light, neutral color, making the white seeds stand out. The overall mood is clean and fresh.

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 revitalize 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 the head and neck • Reduces headaches and tension

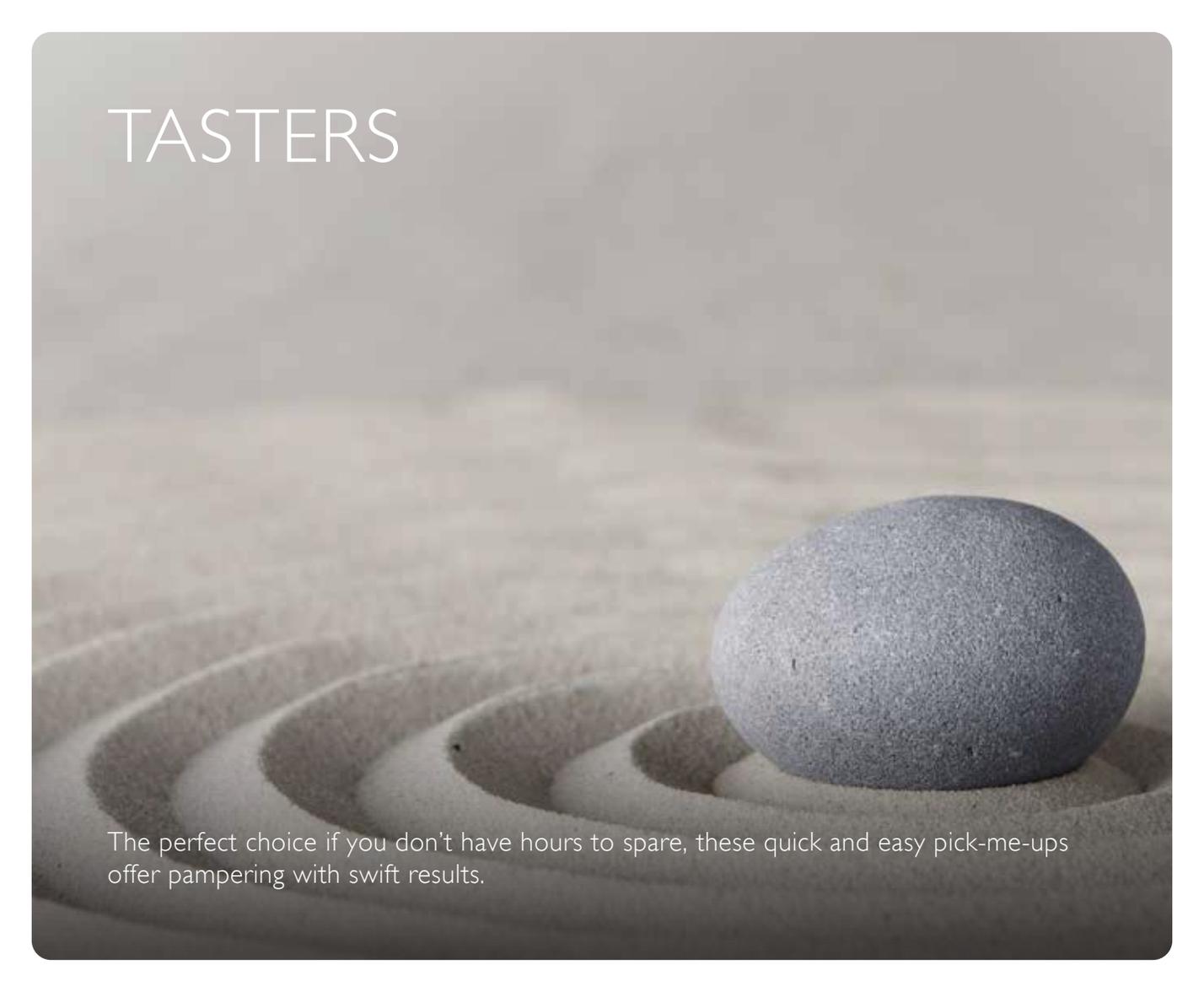
BODY SCRUB

RADIANT REFLECTION

A gentle polish sweeps away toxins. Detoxifying extracts are quickly absorbed to purify from the inside out. Skin looks pure and beautifully renewed.

Clears impurities • Deep clean effect • Encourages radiance

TASTERS

A dark, textured, oval-shaped stone, possibly a volcanic rock, is the central focus of the image. It sits on a sand dune that has been sculpted into a series of concentric, circular ripples. The background is a vast, flat expanse of sand, slightly out of focus, creating a sense of depth and tranquility. The lighting is soft and even, highlighting the texture of the stone and the fine details of the sand ripples.

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

EXPRESS TREATMENTS

FACIAL REVIVER

Experience a pampering 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 delightful foot massage.

TOUCH UP'S

MANICURE

PEDICURE

PAINT CHANGE

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 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 and kids' club.
- So you don't lose your jewelry, we recommend you keep it safely in your guest room.
- No need to bring cash or a credit card if you're staying in the hotel. All treatments are charged to your guest 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'll need to charge you half the 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.

PRICE LIST

TREATMENT NAME	MINS	PRICE (THB)
SIGNATURE		
AVANI Signature Touch	90	1,700
FACIALS		
Deep Purity	60	1,900
Skin Hydrator	60	1,900
BOOST		
Energy Rush	60	700
	90	900
Deep Impact	60	1,200
	90	1,500
Refresh Smoothie	60	900
BALANCE		
Herbal Harmony	60	1,200
	90	1,500
Perfect Balance	60	1,200
	90	1,500
Fresh Factor	60	900

All prices are in Thai Baht and are subject to 10% Service charge and applicable Government Tax. Prices are subject to change without prior notice.

PRICE LIST

TREATMENT NAME	MINS	PRICE (THB)
CALM		
Gentle Rhythms	60	1,200
	90	1,500
Muscle Melt	60	1,200
	90	1,500
Feeling Smooth	60	900
PURIFY		
Detox & Redefine	60	1,200
	90	1,500
Clear head	60	1,200
Radiant Reflection	60	900
EXPRESS TREATMENTS		
Facial Reviver	30	1,000
Head Soother	30	700
Deep Relief	30	700
Foot Joy	30	700

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