

# 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.





## 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 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. Our heavenly therapies are also delivered 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 massage to the perfect balance of bio-active ingredients and high-tech components for a new dimension in skin care.

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

## MASSAGES

### Avani Signature Touch

**60/90 minutes**

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*

### The Power of the Stone

**90 minutes**

Hot volcanic rocks for your tense back, chilled rose quartz crystals to depuff and sculpt your face, and a de-stressing head massage focusing on the energy points to banish all worries. Let nature work its magic as you float away into bliss.

**Medium to strong pressure**

*Releases muscle tightness • Improves flexibility • Relaxing after-sport remedy*





# FACIALS

## **Naturally Youthful**

An uplifting anti-ageing facial to energize, 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 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.

# WELLNESS PROGRAMMES

## CANNA CARE

Get in on the hemp action and add a little weed to your wellness routine with our line of CBD treatments. Heal your body and mind with cannabis plant's anti-inflammatory, antioxidant, and deeply soothing properties to ascend to a new level of relaxation.

### Extra Chill Deep Sleep

**60/90 minutes**

This heavenly oil massage, scented with cannabis-lavender or cannabis-rice milk, will leave you intensely moisturized and primed for sleep.

*Cannabis Body Massage • Cannabis & Floral Tea*

### Out-Of-The-Office Canna Escape

**90 minutes**

Reboot your muscles with a full-body treatment perfect for those suffering from office syndrome or back and neck pain. First, a full-body massage targets overexerted muscles and warms you to your core, followed by a warm herbal compress to release any build-up of tension along the spine.

*Cannabis Herbal Compress Massage • Cannabis & Floral Tea*

### Salty Glow-up

**120 minutes**

Feel a Himalayan high with this luxurious scrub that uses Himalayan salt to remove dead skin cells, while replenishing your body with 84 minerals and trace elements. Then, relax as a Himalayan thermal massage soothes your muscles and joints; and shake off any residual stress with a tension-busting head massage.

*Himalayan Salt Massage • Gua Sha Facial*

### The Oil Boom

**60/90 minutes**

Brain fog goodbye, peak alertness hello! Feel instantly refreshed with a deeply conditioning Indian head massage, and sleep like a baby after being gently rubbed from head to toe with warm, herb infused Ayurvedic oils. This feels like heaven.

*Cannabis oil massage • Head massage herbal compress*

### Himalayan Heat

**60/90 minutes**

Like a loving hug from Mother Nature herself, this soothing treatment uses heated Himalayan salt stones to melt away your stress and tension, promote balance and detoxification, and complete the experience with a signature head massage.

*Himalayan Salt Massage • Head Massage with coconut oil*

### Top Radiance

**150 minutes**

150 minutes Some days call for extra pampering. Shed flaky skin and unclog pores with Himalayan salt scrub; find ultimate bliss with a calming thermal massage using heated salt stones; and restore your inner glow with facial that includes cleansing, exfoliation, mask, massage and moisturizing.

*Himalaya Salt Scrub • Himalaya Salt Massage • Facial Treatment*





# BOOST

A revitalizing 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**

### **60/90 minutes**

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

### **Medium to strong pressure**

*Improves flexibility • Unblocks energy flow • Relaxing and stimulating*

## **Deep Impact**

### **60/90 minutes**

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**

### **60 minutes**

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

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

# 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

#### 90 minutes

This full-body massage starts with a heated herbal compress to warm and relax muscles and is followed by a classic stretching and kneading sequence with a harmonizing essential oil blend.

#### Medium to strong pressure

*Reduces muscle tension • Balances the mood and emotions*

### Perfect Balance

#### 60/90 minutes

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

#### 60 minutes

Bring back the 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 moisturises*





# CALM

Feeling constantly 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**

#### **60/90 minutes**

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**

#### **60 minutes**

The back, neck and shoulders 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**

#### **60 minutes**

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 the skin, you'll find that the search for purity comes with a touch of heavenly pampering.

## MASSAGES

### **Detox & Redefine**

**60/90 minutes**

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

### **Light pressure**

*Reduces cellulite and water retention • Stimulates lymphatic drainage*

### **Clear Head**

**60 minutes**

Indian head massage uses pressure points 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*

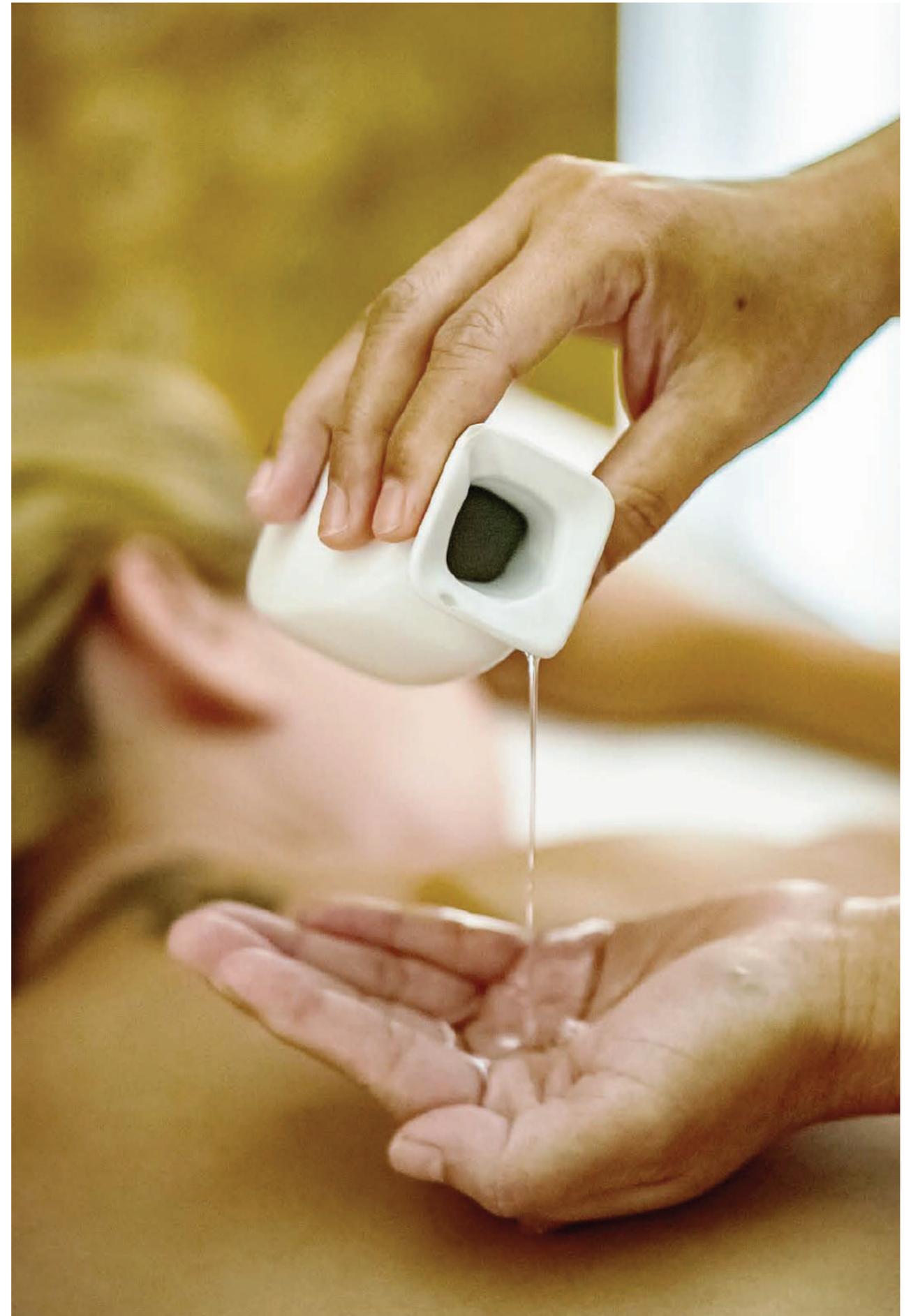
## BODY SCRUB

### **Radiant Reflection**

**60 minutes**

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.

## **Sweeter Than You** **60/90 minutes**

Sweet almond oil in this full-body massage will calm itchiness and soothe sunburn after too much fun in the sun.

## **Big Girl / Big Boy Spa** **90 minutes**

You're never too young for the ultimate spa combo. Slough off dry skin with a fruity scrub and bliss out with a full-body massage.

## **The Squeaky Body Scrub** **60 minutes**

Smelling deliciously of papaya, pineapple, mango and mandarin, this tropical scrub buffs and moisturises the skin.



# 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

**30 minutes**

Experience a rejuvenating facial treat that cleanses and replenishes.

## Head Soother

**30/45 minutes**

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

## Deep Relief

**30/45 minutes**

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

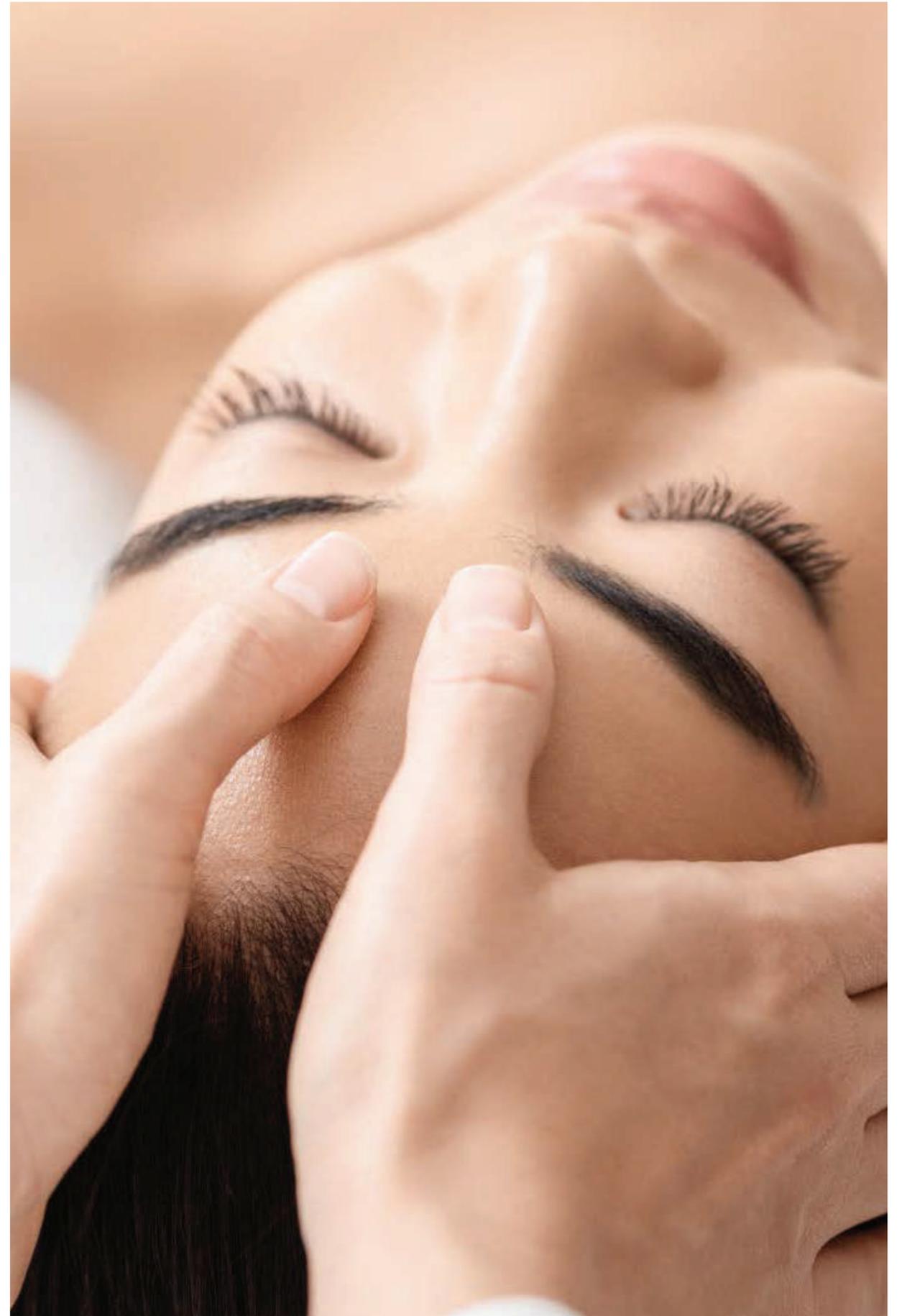
## Foot Joy

**30/45 minutes**

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

## Cleansing Soak

**30 minutes**



# THINGS TO KNOW

- For a smooth experience, try to arrive 15 minutes before your appointment. Enjoy a refreshing beverage, fill out a quick consultation form, and get ready for spa time.
- We love kids, but the spa isn't a fun place for them. If you'd like to leave your little ones in safe hands, just call our front office to ask about childcare services.
- In your newly relaxed state, you might just forget a thing or two after treatment. Leave anything you don't want to lose in your room.
- No need to bring cash or a credit card. All treatments are charged to your guest room and are payable at check out.
- Let us know if you can't make your booked treatment. We'll need at least four hours' notice for single treatments and 24 hours for packages. Otherwise, we'll need to charge you half the cost.
- Don't burn up the bliss. Please refrain from sunbathing after aromatherapy treatments.
- Stubble just gets in the way. Guys, make your decision before any facial treatment: grow or glow?
- Calm is calling, but not on your phone. Keep the spa peaceful and your mobile in your room.
- Our spa is already delicately scented. You really don't need to smoke here.
- Please arrive on time to enjoy every blissful second of your treatment.



# AVANISPA

TREATMENT	MINUTE	PRICE
Avani signature	90	3,400
The power of stone	90	3,600
<b>FACIALS</b>		
Naturally youthful	60	2,900
Deep purify	60	2,800
Skin hydrator	60	2,800
<b>WELLNESS</b>		
Extra chill deep sleep	60/90	1,900/2,600
Out of the office canna escape	60/90	2,200/2,800
The oil boom	60/90	1,900/2,600
<b>BOOST</b>		
Energy rush	60/90	1,900/2,600
Deep impact	60/90	1,900/2,600
Refresh smoothy body scrub	30/60	1,200/1,700
<b>BALANCE</b>		
Herbal harmony	90/120	2,800/3,400
Perfect balance	60/90	1,900/2,600
Fresh factor body scrub	30/60	1,200/1,700
<b>CALM</b>		
Gentle rhythm	60/90	1,900/2,600
Muscle melt	60	1,900
Feeling smooth body scrub	30/60	1,200/1,700
<b>PURIFY</b>		
Detox and redefine	60	1,900
Clear head	60	1,900
Radiant reflection body scrub	30/60	1,200/1,700
<b>KID'S SPA</b>		
Sweeter than you	60/90	1,500/2,150
Big girl / big boy spa	90	2,380
The squeaky body scrub	60	1,400
<b>EXPRESS TREATMENT</b>		
Facial reviver	30/45	1,300/1,700
Head soother	30/45	1,300/1,700
Deep relief	30/45	1,300/1,700
Foot joy	30/45	1,300/1,700
Cleansing soak	30	750

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