

# 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 – 10:00 pm

# MAKE TIME FOR YOU

## HOW YOU WANT TO FEEL

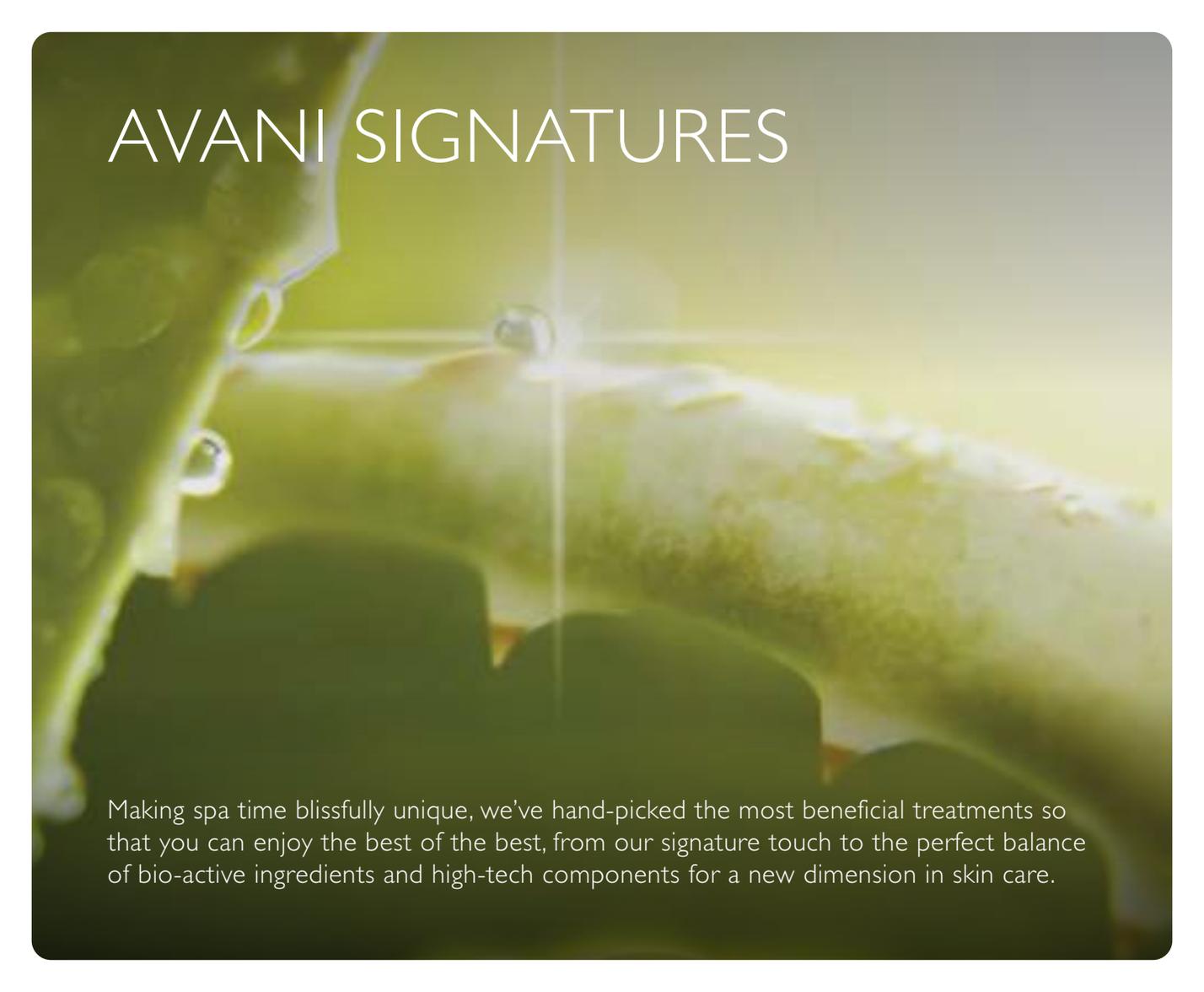
Take a few minutes to fill out a quick and easy consultation form about how you feel, your physical needs and lifestyle.

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

## NATURALLY YOUTHFUL

An uplifting anti-ageing 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 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*

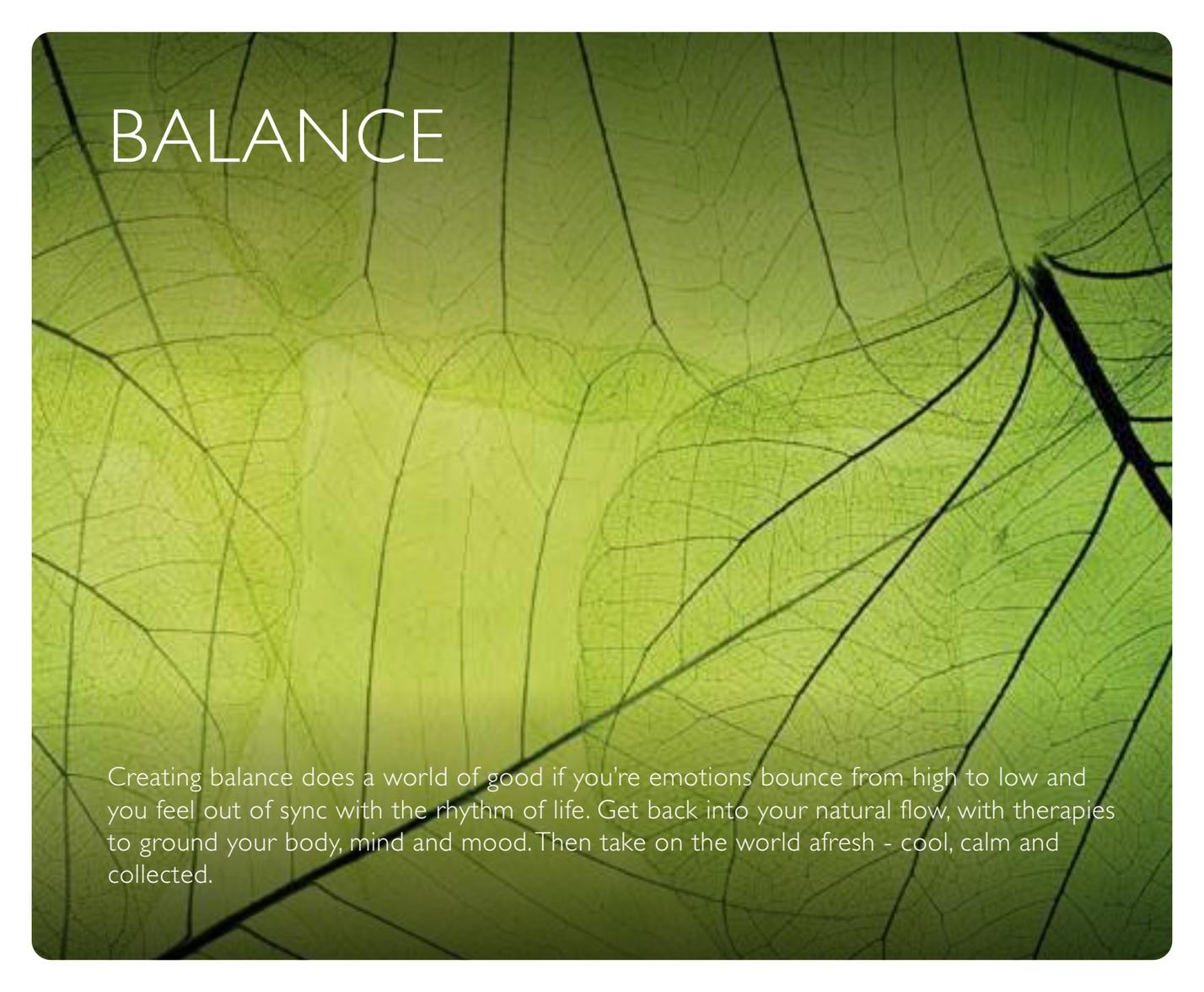
# BODY SCRUB

## REFRESH SMOOTHIE

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 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*

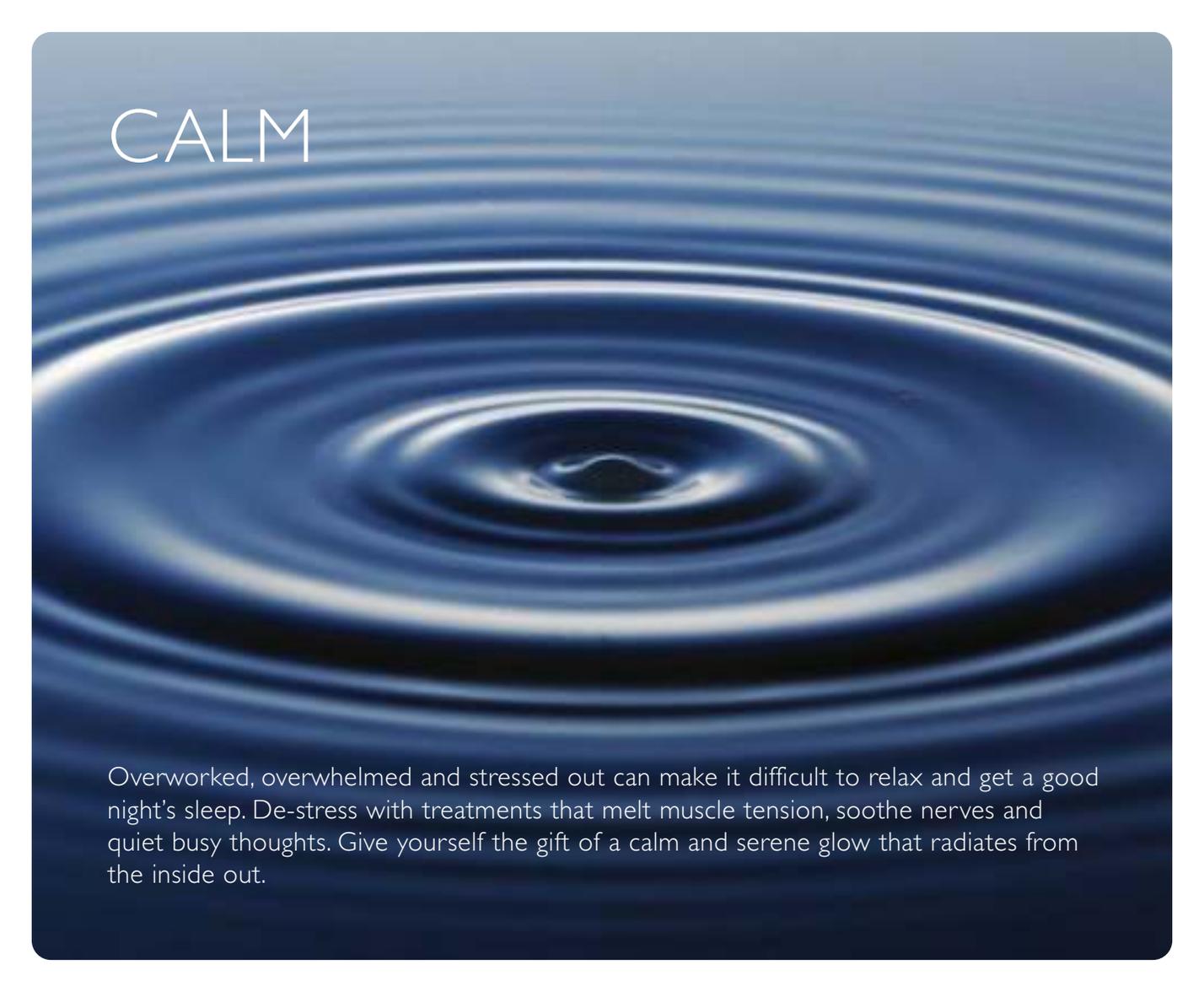
# BODY SCRUB

## FRESH FACTOR

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

*Removes dead and dry skin • Softens skin • Treats moisture imbalance*

# 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

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

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

# PURIFY

A close-up, macro photograph of dandelion seeds, showing the intricate structure of the seed heads and the fine, feathery pappus. The seeds are arranged in a diagonal pattern across the frame, creating a sense of depth and texture. The background is a soft, out-of-focus white, which makes the golden-brown and white tones of the seeds stand out.

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 the head and neck • Reduces headaches and tension*

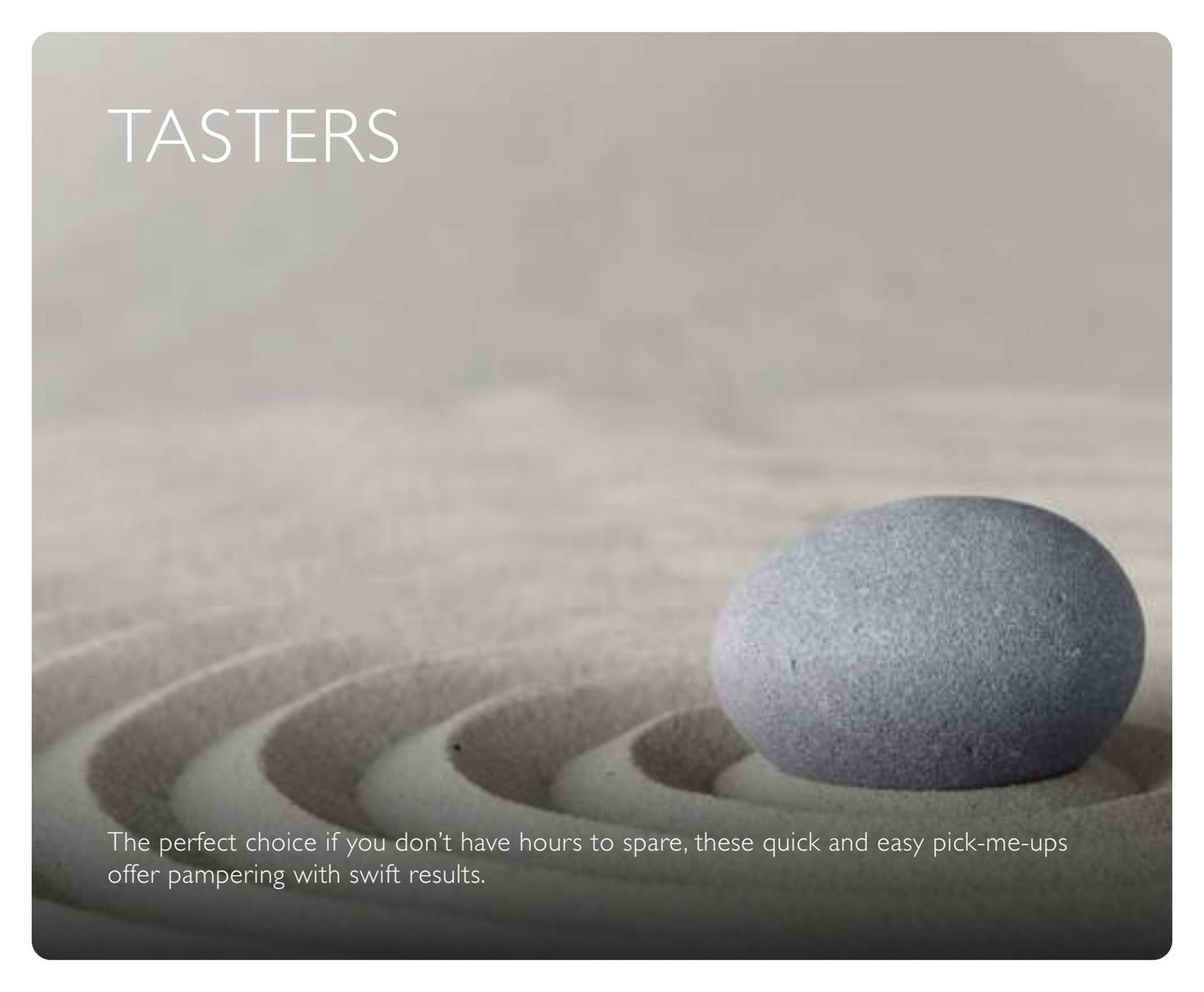
# BODY SCRUB

## RADIANT REFLECTION

Remove impurities and toxins with a gentle polish. Thai herbs, 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*

# TASTERS

A close-up photograph of a smooth, dark blue stone resting on a bed of light-colored sand. The sand in the foreground is rippled, creating a series of concentric, shallow depressions that lead towards the stone. The background is a soft, out-of-focus expanse of sand, creating a sense of depth and tranquility. The overall lighting is soft and even, highlighting the textures of the stone and sand.

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 REVIVE R

Experience a pampering facial treat that cleanses and replenishes.

## HEAD SOOTHE R

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

## DEEP RE LIEF

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.

## REJUVENATING STEAM

Refresh in soothing steam to relax the body and unwind a busy mind.

## CLEANSING SOAK

Skin is softly purified and muscles relax in this blissful bath ritual.

# 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)
AVANI Signature Touch	90	3,100
<b>FACIALS</b>		
Naturally Youthful	60	2,600
Deep Purity	60	2,100
Skin Hydrator	60	2,100
<b>BOOST</b>		
Energy Rush	60	1,800
	90	2,600
Deep Impact	60	1,800
	90	2,600
Refresh Smoothie	60	1,600
<b>BALANCE</b>		
Herbal Harmony	60	1,800
	90	2,600
Perfect Balance	60	1,800
	90	2,600
Fresh Factor	60	1,600

*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)
<b>CALM</b>		
Gentle Rhythms	60	1,800
	90	2,600
Muscle Melt	60	1,800
	90	2,600
Feeling Smooth	60	1,600
<b>PURIFY</b>		
Detox & Redefine	60	1,800
	90	2,600
Clear Head	60	1,800
Radiant Reflection	60	1,600
<b>EXPRESS TREATMENTS &amp; ADD-ON'S</b>		
Facial Reviver	30	1,200
Head Soother	30	1,000
Deep Relief	30	1,000
Foot Joy	30	1,000
Rejuvenating Steam	30	500
Cleansing Soak	30	500

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