

TREATMENT MENU

AVANISIA

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 that 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 skincare.

MASSAGES

Avani Signature Touch

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 jade 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

Pro Fresh

60 minutes

Ideal for dehydrated skin conditions. This treatment focuses on deep hydration. Each step aims to bring moisture back to your skin, attract moisture, bind it to the skin, leaving it hydrated and supple while preventing moisture loss.

Deeply hydrates • Intense moisture

Reawakening Treatment

60 minutes

The most powerful treatment for younger-looking, healthy skin, and premature aging. Designed to reduce visible signs of skin aging, minimize the appearance of fine lines, wrinkles, and double skin's luminosity.

Anti-ageing • Reduces fine lines and wrinkles



WELLNESS PROGRAMMES

CANNA-CARE

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

Head-to-toe Cannamelt

90 minutes

Say goodbye to leg aches and hello to your favourite pair of stilettos as your legs get a CBD scrub followed by a deeply moisturising rubdown using cannabis balm to relieve deeper pains. Switch off with a scalp massage and a herbal sip of serenity post-treatment.

Coconut Oil Scalp Massage • Cannabis Foot Massage • Cannabis & Floral Tea

Out-of-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-ups of tension along the spine.

Cannabis Massage • Cannabis Herbal Compress • Cannabis & Floral Tea

Restful Slumber Journey

90 minutes

Soak in a bath filled with cannabis salts and feel the stress melt away. An oil massage follows, scented with your choice of cannabis or lavender to relax from within and beautify from without, as your skin is restored and renewed. Return home to the deepest sleep as your body and mind find peace.

Cannabis Foot Ritual • Cannabis Bath • Cannabis Body Massage • Cannabis & Floral Tea



BOOST

A revitalising boost is the perfect tonic for low energy, a weak body, and a 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,” an expert therapist does all the work while you enjoy the ultimate body workout.

Medium 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.

Strong pressure

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

BODY SCRUB

Refresh Smoothie

60 minutes

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

Invigorates the senses • Cleanses and detoxifies • Nourishes 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

A full 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

60/90 minutes

Balinese massage uses traditional Indonesian techniques of palm pressure, stroking, and warming to give you the balance you need.

Medium pressure

Increases energy flow • Balances the mind, body and emotions

BODY SCRUB

Fresh Factor

60 minutes

Rejuvenate 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

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 pressure

Coaxes deep relaxation • Reduces insomnia • De-stresse

Muscle Melt

60 minutes

The back, neck, and shoulders are where the most tension is held, 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 • Soothes and heals • Perfect for sensitive skin



PURIFY

Environmental toxins, a poor diet, and an overindulgent lifestyle all take their toll. With specialist techniques and products to detox your body and deeply cleanse skin, you'll find the search for purification comes with a touch of heavenly pampering.

MASSAGES

Detox & Redefine

60/90 minutes

Kickstarting 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

60 minutes

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

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





KID'S SPA

For children between 5 to 12 years old, when accompanied by a parent or guardian.

Little Strawberry Vanilla Bliss

60 minutes

Using our specially formulated, kid-friendly strawberry and vanilla massage oils, we'll gently massage your child's back, arms, legs, and feet. These sweet scents are not only calming but also add an element of fun to the experience.

Pampered Pals Spa Package

90 minutes

Treat your little ones to a delightful and rejuvenating spa experience with our Pampered Pals Spa Package. Specially designed for kids, this package ensures a fun, relaxing, and soothing time.

Body Scrub • Body Massage • Facial



Experience Highlights:

Kid-Friendly Products: All products used are safe, non-toxic, and formulated specifically for children's sensitive skin.

Personalized Care: Each child receives individual attention to ensure they feel pampered and special.

THINGS TO KNOW

- For a smooth experience, please 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.



AVANI SPA

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