



# TREATMENT MENU

# REFRESH YOURSELF.

Welcome to a refreshingly different spa world, where tailored experiences focus on just what you need and nothing more.

We know time is precious and every moment counts. So at AvaniSpa, we give you a mind-body-spirit boost just the way you want it. Sink into a massage. Buff away the day with a scrub. Leave life's worries far behind. Emerge bright and shiny, ready to take on the world.

At AvaniSpa, top-quality products and expert therapists mean you're always in good hands. Meanwhile, our sleek spa environment keeps you looking good and feeling great in pure Avani style.

Schedule some pampering you-time and let us do the rest.

OPENING HOURS: 10:00 AM - 8:00 PM  
(8:00 pm - 10:00 pm available upon prior reservation)

AVANISPA

# MAKE TIME FOR YOU

## HOW DO YOU WANT TO FEEL?

Take a few minutes to fill out a quick consultation form and tell us a bit about you. This will help us figure out the treatment style that's best suited to you.

Our treatments are divided into four categories: Boost, Balance, Calm and Purity.

## THE CHOICE IS YOURS

First, choose a treatment from your desired spa style and any add on extra experiences for extra pampering. Then let us whip up a programme for you, from pre- and post-treatment refreshments to welcome and reawakening rituals.

Next, enjoy a heavenly therapy with a personal touch, immersed in your chosen scent, music and lighting.



# AVANI SIGNATURES

Our signatures ensure your spa time stays blissfully unique. We've handpicked the most beneficial therapies, from optimised massage to high-tech skin care. Enjoy lashings of AvaniSpa pampering with a signature treatment, personalised to you.

## MASSAGES

### AVANI SIGNATURE TOUCH

A soothing oil massage plus stretching techniques equals a signature massage with super soothing powers for your upper back, shoulders and neck.

Medium to strong pressure

*Releases muscle tightness • Improves flexibility • Boosts energy*



## BOOST

A revitalising boost is just the antidote for low-energy feelings. Pick yourself up with a boosting treatment that re-energises body, rejuvenates mind and uplifts spirit.

### ENERGY RUSH

Tap into Thai massage wisdom with this stretching, kneading treatment that has been working out knots for millennia. Nicknamed 'passive yoga', this massage gives you a full-body workout while your therapist does all the work.

Medium to strong pressure

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

### DEEP IMPACT

Revive tired, aching muscles and combat the strains of modern day life with this deep tissue sports massage that focuses on the upper back and shoulders.

Medium to strong pressure

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

## BALANCE

Riding a rollercoaster of emotions? Or just feeling a bit out of sync? Put some balance back in your life with therapies that ground body, mind and mood. Get back into your rhythm and start afresh - cool, calm and collected.

## HERBAL HARMONY

Relax with a full-body massage that uses a heated herbal compress to warm and soothe muscles, followed by a massage with a harmonising essential oil blend.

Medium to strong pressure

*Reduces muscle tension • Balances moods and emotions*

## FOOT JOY

Benefit from ancient healing wisdom with a foot massage that focuses on pressure points to improve energy flow to correlating parts of the body.

## CALM

Feeling overworked, overwhelmed and stressed out can make a good night's sleep and impossible dream. De-stress with treatments that melt muscle tension, soothe nerves and quiet busy thoughts.

## GENTLE RHYTHMS

An aromatic oil massage calms you from head to toe, using rhythmic flowing techniques, as well as body and facial pressure-point massage.

Light to strong pressure

*Coaxes deep relaxation • Reduces 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

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

## PURIFY

Cleanse out environmental toxins or spoil your body after too much indulgence. Specialist techniques and products help detox your body and give skin a deep clean. At AvaniSpa, purity and pampering go hand in hand.

## DETOX & REDEFINE 60 / 90 / 120 MINS

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 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 stresses.

Light to medium pressure  
*Increases energy flow to head and neck • Reduces headaches and tension*

## BODY SCRUB

Pep up your skin with detoxifying and rejuvenative body polishes. Say goodbye to dull cells and return skin back to youthful plumpness. Choose from wholesome ingredients that pamper skin naturally.

## FACIAL TREATMENT



## AVANI SIGNATURE FACIAL

Treat your face to the perfect blend of soothing plant extracts and traditional Thai ingredients, boosting cell renewal and hydration. A gentle massage takes away your every stress, while a rejuvenating mask helps with natural balance.

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## 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

This heavenly oil massage, scented with cannabis lavender, will leave you intensely moisture and primed for sleep.

Light to strong pressure

*Encourage total relaxation, resulting in better and deeper sleep.*

## CANNA COMPRESS

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.

Light to medium pressure

*Promotes blood circulation, profound relaxation and pain relief  
Induces profound relaxation and improved sleep*



## FUSION FOCUS

A 30-minute personalised touch to elevate your spa experience. Select from Head Soother, Facial Glow, Body Scrub, Steam Dream, Back Massage or Foot Joy, each designed to focus on areas that need a little extra care while enhancing your main treatment.\*

### HEAD SOOTHER

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

### FACIAL GLOW

Experience a rejuvenating facial treat that cleanses and replenishes.

### BODY SCRUB

Pep up your skin with detoxifying and rejuvenative body polishes. Say goodbye to dull cells and return skin back to youthful plumpness.

### STEAM DREAM

Detox for a radiant glow with a mini aqua retreat to help you blow off steam.

### BACK MASSAGE

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

### FOOT JOY

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

\*This treatment is available as an add-on only and cannot be booked separately.

## SPECIAL PACKAGE OFFERS

### MIX & MATCH YOUR WAY

Customise your perfect pampering session. Pick, mix, and relax with 90 120 or 150 minutes of tailored treatments at AvaniSpa. Spa solo or bring a mate to double the bliss.

*Valid for*

- 60/90 minutes *Energy Rush / Gentle Rhythm / Deep Impact Treatment*
- 30/60 minutes *Body Scrub*
- 30/60 minutes *Facial Treatment*
- 30 minutes *Foot Joy / Back Massage / Head Soother*



# THINGS TO KNOW

- For a smooth experience, please arrive 15 minutes before your appointment. Enjoy a refreshing beverage filled out a quick and easy consultation form and get in the mood for some 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.
- So you don't lose any valuables, we recommend you leave your jewellery in your room.
- No need to bring cash or a credit card if you're staying in the hotel. All treatments can be charged to your room and are payable at check-out.
- Let us know if something comes up and you can't make your treatment. We need 4 hours' notice for single treatments and 24 hours for packages. Otherwise we need to charge 50% of the total 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 treatments.
- 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.



# AVANI SPA

10:00 AM – 8:00 PM

9<sup>th</sup> Floor

## TREATMENT MENU

For more information, please dial 4309

   [avanisukhumvit](#)

E-mail: [spa.vsuk@avanihotels.com](mailto:spa.vsuk@avanihotels.com)

[AVANIHOTELS.COM/SUKHUMVIT-BANGKOK](http://AVANIHOTELS.COM/SUKHUMVIT-BANGKOK)

Treatment	Minutes	Price (THB)
<b>Avani Signatures</b>		
Avani Signature Touch	90 / 120	1,800 / 2,200
Avani Signature Facial	60	1,500
<b>Boost</b>		
Energy Rush - <i>Traditional Thai Massage</i>	60 / 90 / 120	1,200 / 1,400 / 1,600
Deep Impact	60 / 90 / 120	1,600 / 1,900 / 2,200
<b>Balance</b>		
Herbal Harmony	90 / 120	1,900 / 2,200
Foot Joy	60	1,200
<b>Calm</b>		
Gentle Rhythm - <i>Aroma Massage</i>	60 / 90 / 120	1,600 / 1,900 / 2,200
Muscle Melt - <i>Neck - Shoulder - Back Massage</i>	60 / 90	1,400 / 1,800
<b>Purify</b>		
Detox & Redefine	60 / 90 / 120	1,400 / 1,800 / 2,200
Clear Head	60	1,200
Body Scrub	60	1,200
<b>Canna Care</b>		
Extra Chill Deep Sleep - <i>Cannabis leaf &amp; lavender oil massage</i>	60 / 90	1,900 / 2,200
Canna Compress - <i>Cannabis herbal compress</i>	90	2,400
<b>Special Package Offers</b>		
Mix & Match Your Way	90 / 120 / 150	1,800 / 2,200 / 2,500

**Add On\* 30 mins :** Head Soother 400 | Foot Joy 400 | Back Massage 400  
Body Scrub 500 | Steam Dream 500 | Facial Glow 600

*\*Add On treatments can only be purchased with one of our other treatments and not as stand-alone treatments.*

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