

## Sereniti Spa Massage

### THAI FOOT SPA & REFLEXOLOGY

*Complete relief for tired feet*

Stand up against tired feet! A treat suitable for all ages, our Thai foot spa and massage applies foot reflexology methods to relieve tension in the feet. Foot Reflexology stimulates the nerve system by pressing on the reflex points located in the sole of the foot. These reflex points correspond to every organ and system within your body and stimulation opens energy pathways that may be blocked or congested. Regular foot reflexology is known to bring relief to those who suffer various illness and it is certainly beneficial to anyone who likes a foot massage.

**30 minutes**

**Price: 900 baht**

**55 minutes**

**Price: 1,500 baht**

### ROYAL THAI MASSAGE

*Stretching • Muscle Relaxation • Stress Release*

This traditional Thai massage method was developed in ancient Siam to pamper and rejuvenate Kings and royalties. It has been carefully crafted to stimulate blood and lymph circulation and provide relief from body aches and muscular stiffness. It helps restore an overall sense of health and wellbeing.

**55 minutes**

**Price: 1,600 baht**

**85 minutes**

**Price: 2,300 baht**

### AROMATIC MASSAGE

*Pampering • Relaxing • Tension release*

Aromatherapy is the use of our "Organic" essential oils to promote healing and a feeling of well-being of body and mind relaxation, using palms and thumbs of the masseur and gentle motion to release stress and anxiety. Soothing strokes to restore peace, improve blood circulation and harmony of your body, mind and spirit.

**55 minutes**

**Price: 2,200 baht**

**85 minutes**

**Price: 2,800 baht**

## Sereniti Spa On Spot Massage

### HEAD/BACK/SHOULDER MASSAGE

Soothe away tensions in your upper body, break down knots and improve your flexibility. It helps relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head. You will feel relaxed and re-energized.

**45 minutes**

**Price: 1,800 baht**

### HEAD & SHOULDER MASSAGE

Relieves tension and stiffness of your neck and shoulder by focusing on the tension hot-spots in the neck and shoulder area. The head massage helps to relieve anxiety and stress.

**30 minutes**

**Price: 1,200 baht**

**BACK MASSAGE...**Relieves your muscle tension and stiffness of your back area.

**30 minutes**

**Price: 1,200 baht**

### HOT STONES EXPERIENCE

*Rebalancing • De-stressing*

This spa experience is one you will not quickly forget. Using heated natural basalt stones, this treatment delivers a deep tissue massage as the heat energy is transfused into your body, stimulating blood circulation and promoting lymphatic drainage. It can help your body detoxify and experience total muscle relaxation, easily allowing you to slip into a sublime sense of balance and wellbeing within the mind, body and soul.

**85 minutes**

**Price: 3,000 baht**

### THAI THERMAL THERAPY

*Re-energizing • Healing • Detoxifying*

Inspired by traditional Thai remedy practiced since old days to mothers during the post natal care period. AKA signature treatment enhances this treatment's effect by combing the art of aromatherapy using AKA certified organic massage oils with Himalayan salt packed in Thai style clay pot, which can keep and disperse the heat gently and deep into the body and muscle. The treatment concentrated on the abdominal and back area results in total body detoxification with relaxation effects.

**85 minutes**

**Price: 3,200 baht**

## Sereniti Spa Body Treatment

### HERBAL STEAM THERAPY ...

... allows the therapeutic properties of the herbs, when diffused with steam and inhaled, to help promote deep breathing improve blood circulation and draw out toxins from the body. It also serves to clean and open up the skin pores before the body scrub. It can also be beneficial prior to some spa massages offered.

### BODY SCRUB OF YOUR CHOICE

Cleansing ◦ revitalizing ◦ nourishing

Following your Herbal Steam Therapy above, select one of the following body scrubs:

#### 1) Thai Herbal Scrub

The cooling properties of sandalwood soothe the body. Sesame acts as the main exfoliating ingredient mixed with Thai white clay and the healing oils of "Intention". This gentle scrub calms and uplifts the mind, body and spirit.

#### 2) Green Tea Skin Purifier Scrub

Green Tea is well-known for its anti-oxidant contents to fight against free radical from the pollution we face with urban life style today. Micro-granules refine and smooth the skin. Neroli and Ylang Ylang essential oil helps to regenerate new skin cells and soften the skin leaving the skin with a nice aroma.

#### 3) Cucumber Aloe Vera Hydrating Peel Scrub

Regain your natural skin to be as radiant, soft and smooth as it can be, with a fresh pleasing aroma. Cucumber extract is calming and moisturizes the skin. Aloe Vera is cool and gel-like, a soothing tropical remedy for minor burns. Coconut Oil is emollient and hydrates the skin.

#### 4) Siam Bouquet Exotic Peel Scrub

This deep cleansing body scrub exfoliates the epidermis through the use of a natural loofah. With this treatment the skin becomes supple and scented with a mild, yet exotic aroma of Jasmine, Ylang Ylang and Patchouli pure essential oils, said to help regenerate new skin cells.

#### 5) Lavender-Orange Aroma Oil and Salt Scrub

Sea salt is infused with the natural aroma of Lavender and Orange pure essential oils for this scrub. With the added skin nourishing ingredients of grape seed oil, sweet almond oil and Vitamin E, it will help remove dead skin cells and leave your skin feeling all aglow.

**Each Body Scrub Choice\* of 55 minutes**  
(\*includes herbal steam therapy)

**Price: 1,500 baht**

### AFTER SUN SOOTHING TREATMENT

This treatment employs the power of two important components of after-sun soothers - Aloe Vera is antibacterial and offers deep healing for burns in part because of aloecin B, which stimulates the immune system. And a cooling and soothing massage with oils that include pure essential oils - Chamomile German, Lavender, Geranium and Peppermint blended with Sweet Almond, Grape Seed, Apricot Kernel, Wheat Germ and Vitamin E. All selected to bring beneficial relief to the after effects of Sun Burn – hot, red, itchy and dry skin.

**55 minutes**

**Price: 2,000 baht**

## Sereniti Spa Packages

### BODY REJUVENATION (1 Hrs. 55 Mins.)

**Price: 3,600 baht**

Rejuvenate your body and mind with a therapeutic herbal steam therapy, followed by a refreshing body scrub and a pampering aromatic massage.

- Herbal steam therapy [[\\*See Page 2](#)]
- Body scrub of your choice [[\\*See Page 2](#)]
- Aromatic massage [[\\*See Page 1](#)]

### AFTER SUN CARE (1 Hrs. 55 Mins.)

**Price: 4,000 baht**

Nurture your tender skin after a long day in the sun with the Aloe Vera Wrap, which includes a relaxing massage while aloe soothes the body and finish off with a calming facial mask.

- Aloe vera body wrap
- After sun soothing massage [[\\*See Page 2](#)]
- Facial mask

### THE GRAND THAI EXPERIENCE (2 Hrs. 25 Mins.)

**Price: 4,400 baht**

Experience a touch of Thai culture with a complete regime of traditional Thai herbal therapy, regal Thai Massage, and legendary Thai pampering.

- Herbal steam therapy [[\\*See Page 2](#)]
- Thai herbal scrub [[\\*See Page 2](#)]
- Royal Thai massage [[\\*See Page 1](#)]
- Thai Foot Spa & Reflexology massage [[\\*See Page 1](#)]

### A MOMENT OF TRUTH (2 Hrs. 55 Mins.)

**Price: 6,700 baht**

Enjoy a head to toe massage, starting with a bath ritual to prepare your body and stimulate blood circulation, followed by the hot stone massage to relieve body aches and muscular stiffness and clear away the toxins. Then, the essential facial by Shiseido for oily, dry or sensitive skin which ends with a head massage using pressure point technique, to relieve tension and awaken vital energy channels.

- Hot stone experience [[\\*See Page 1](#)]
- “Qi” facial treatment of your choice [[\\*See Page 4](#)]
- Head & Shoulder massage [[\\*See Page 1](#)]

### HEALTH REGAIN (1 Hrs. 55 Mins.)

**Price: 3,800 baht**

Heal your tired muscles with the thermal therapy and finish off with a salt bath to reduce inflammation of the muscles and joints.

- Thai Thermal Therapy [[\\*See Page 1](#)]
- Himalayan salt bath ritual

### AROMA DREAM (1 Hrs. 55 Mins.)

**Price: 4,800 baht**

Embark on a dream journey of total bliss and relaxation, with a sensual aromatic massage followed by a choice of facial by Shiseido.

- Aromatic massage [[\\*See Page 1](#)]
- “Qi” facial treatment of your choice [[\\*See Page 4](#)]

### DE-STRESS DELIGHT (2 Hrs. 25 Mins.)

**Price: 5,300 baht**

Pamper yourself in reservation and relaxation with our specialized Spa treatments is specially designed to meet your need.

- Bath ritual
- Body scrub of your choice [[\\*See Page 2](#)]
- Aromatic massage [[\\*See Page 1](#)]
- Head massage [[\\*See Page 1](#)]

### A VOYAGE IN PARADISE (3 Hrs. 25 Mins.)

**Price: 7,400 baht**

Enjoy the full pampering in a paradise lost. Revitalize your entire system with face and body treatments that stimulate the 5 senses of touch, scent, sound, sight and taste and rebalance the body mind and spirit in harmony.

- Herbal steam therapy [[\\*See Page 2](#)]
- Bath ritual
- “Qi” body exfoliation [[\\*See Page 2](#)]
- “Qi” Aromatic massage
- “Qi” facial treatment of your choice [[\\*See Page 4](#)]

**\* Kindly refer to the indicated page number for a description of the mentioned treatment.**

## “Qi” Facial Treatments

Qi  
SHISEIDO  
PROFESSIONAL



### ESSENTIAL FACIAL TREATMENTS

#### “Qi” Sebum Control Facial...for oily skin

Gives your skin power over shine and leaves skin feeling silky smooth and comfortable by normalizing the regeneration of the skin and controlling sebum. Wipe off excess sebum caused dullness. Deeply cleanse unclogs pores and removes oil and dead skin cells. The lotion combined with hamamelis extract moisturizes the skin and reduce shine. “Qi” massage improves the blood circulation of your skin and your metabolism and generates generating healthy flow of “Qi”. The mask combined with seaweed extract soothes your skin and leaves your skin with a cool and fresh sensation.

#### “Qi” Extra Moisturizing Facial...for normal skin to dry skin

Leaves your skin perfectly moisturized and infinitely velvet-soft rinse off impurities from skin with light velvety cleansing while retaining essential moisture. Hydrate and moisturize the skin with alcohol-free lotion combined with white lily extract “Qi” massage improves the blood circulation of your skin and your metabolism, and generates healthy flow of “Qi” the mask combined with ingredients hydrating the skin seals in the moisture and leaves the skin soft and ensures a smooth, evenly luminous complexion.

#### “Qi” Sensitive Skin Facial...for sensitive skin

This program gives your skin all the tenderness it needs. Even the most delicate sensitive skin is soothed and feels incredibly soft. Gently rinses off Impurities from skin with light velvety cleansing while retaining essential moisture. Hydrates and moisturizes the skin with non-alcohol lotion. “Qi” Massage improves the blood circulation of your skin and your metabolism and generates healthy flow of “Qi”. The lotion mask moisturizes and balances PH balance of your skin, as well as keeping it acidulate.

55 minutes

Price: 2,900 baht

### SPECIFIC FACIAL TREATMENT

#### “Qi” Rejuvenating Facial

This program is the ideal treatment for dullness of skin. It promises you a radiant, luminous complexion. By using special cleansing, deeply cleanse. Clear away the old cells and smooth the skin. The lotion combined with white lily extract and Chinese peony root extract hydrates and balances the skin. The facial mask combined with seaweed extract vitalize the skin, hydrating and moisturizing. It leads your skin vital and luminous complexion.

55 minutes

Price: 2,900 baht

## WAXING

***Feel fresh and smooth after your treatment***

**Waxing** is a method of semi-permanent hair removal, which removes the hair from the root. New hairs will not grow back in the previously waxed area for up to two to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, legs, arms, back, bikini area and feet. There are many types of waxing suitable for removing unwanted hair. If waxing is done regularly for several years, permanent hair reduction may be achieved.

Waxing is accomplished by spreading a wax combination thinly over the skin. A cloth or paper strip is then pressed on the top and ripped off with a quick movement against the direction of hair growth. This removes the wax along with the hair. Another method utilizes hard wax (as opposed to strip wax). In this case, the wax is applied somewhat thickly with no cloth or paper strips. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of strips. This waxing method is best suited to those with sensitive skin.

**We offer waxing treatments of your choice for the following areas:**

<b>Full legs (including bikini line)</b>	2,350 Baht
<b>Full legs</b>	2,000 Baht
<b>Half legs</b>	1,300 Baht
<b>Brazilian</b>	1,400 Baht
<b>Bikini line</b>	1,100 Baht
<b>Back</b>	850 Baht
<b>Under arm</b>	700 Baht



## SPA MENU