



The Senses Spa

All prices are subject to 10% service charge and 7% VAT.

14 Moo 5 Rawai, Muang, Phuket 83130 Thailand
Tel. +66 (0)76 371 900 Fax +66 (0)76 613831
E-mail: rsvn@serenity-terraces.com
www.serenity-terraces.com

MASSAGES

Siam

This Traditional Thai Massage is an ancient method of aligning and balancing the energies of the body. This massage originates from the time of Buddha. The technique is using firm thumb and palm pressure on the body's energy lines "Sen", as well as pressure points along with a variety of stretching movements. You will feel spiritually and physically refreshed, strengthened and rejuvenated.

<i>Duration</i>	:	60 / 90	Minutes
<i>Spa</i>	:	1,200 / 1,500	THB
<i>In Room</i>	:	1,500 / 1,800	THB

Pure Back

This is a deepnurturing massage, focusing entirely on the back. Releasing tension held, that is immersed within a very important area of the body; the shoulders.

<i>Duration</i>	:	30 / 60	Minutes
<i>Spa</i>	:	1,000 / 1,500	THB
<i>In Room</i>	:	1,300 / 1,800	THB

Indian Head Massage

A treatment that uses Ayurvedic oils and pressure-point techniques to relax and revitalize the body. Excellent for insomnia, chronic headaches, migraines and sinusitis.

<i>Duration</i>	:	30	Minutes
<i>Spa</i>	:	1,000	THB

Pure Loving

This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to your body, mind and spirit.

<i>Duration</i>	:	60 / 90	Minutes
<i>Spa</i>	:	1,700 / 2,300	THB
<i>In Room</i>	:	2,000 / 2,600	THB

Lomi Lomi

All the way from Hawaii, this 'dancing' massage works through all our layers. Full of the deep island rhythm; elbows, palms and thumbs ease away tight muscles.

<i>Duration</i>	:	60 / 90	Minutes
<i>Spa</i>	:	1,700 / 2,300	THB
<i>In Room</i>	:	2,000 / 2,600	THB

All prices are subject to 10% service charge and 7% VAT.

MASSAGES

Flow Massage

An ancient deep tissue massage from the Asian healing traditions using a combination of thumb pressure, deep muscle manipulation and warm sweeping strokes that help one relax and rejuvenate.

Duration : 60 / 90 Minutes
Spa : 1,700 / 2,300 THB
In Room : 2,000 / 2,600 THB

Reiki Massage

A blend of deep intuitive massages on each area of the body; combined with Reiki healing and chakra oils to replenish and relax the whole body, mind and soul. Nourishment and intention balance your heart chakra as chakra oils, being sprays and loving hands beautifully embrace the soul connection.

Duration : 60 / 90 Minutes
Spa : 1,700 / 2,300 THB
In Room : 2,000 / 2,600 THB

Gentle Feet

You begin with an exfoliating scrub and a stimulating reflex foot massage that invites the body to reconnect and harmonize, this holistic healing technique is designed to stimulate the internal organ and helps to remove toxins.

Duration : 60 Minutes
Spa : 1,500 THB

Hot Stone Massage

The deeper dimensions of relaxation, health and well being, creating a positive approach to the “body-mind-spirit” philosophy. Stone massage produces alternately sedative and re-energizing responses from the body. The physiological benefits of alternating hot and cold to the body have long been medically proven, and clients love the potent recharge they receive in this treatment.

Duration : 60 / 90 Minutes
Spa : 2,000 / 2,700 THB

All prices are subject to 10% service charge and 7% VAT.

FACIALS

Deep nurturing facials consist of a cleanse; peel; heated compress; massage and mask. You will enjoy a deep facial pressure point massage to promote youthful, radiant skin and a natural face lift.

Glowing Honey

This natural facial combines all the pure ingredients of Mother Earth. A nourishing blend of honey and cooling cucumber seals the facial as a mask, to encourage moisture and restore a natural balance

Duration : 60 Minutes
Spa : 1,700 THB

Aromatic

This organic, cleansing and relaxing facial with aromatherapy essential oil will help your skin to look healthy, young and radiant. A relaxing scalp massage completes the treatment and leaves you feeling refreshed and energized.

Duration : 60 Minutes
Spa : 1,700 THB

Detoxify

The facial begins with a thorough cleansing and toner, stimulating facial massage and a detoxifying mask. This treatment is suitable for all skin type.

Duration : 60 Minutes
Spa : 1,700 THB

Purify

Purify is a mini facial treatment to naturally uplift the face. You will receive a cleanse, compress, and a deep pressure point massage. Every skin condition can benefit and enjoy the benefits of this facial.

Duration : 30 Minutes
Spa : 1,000 THB

All prices are subject to 10% service charge and 7% VAT.

BODY SCRUBS

Body Scrubs teach the body to fully relax.

Rejuvenate Salt Scrub

Salts from the Thai Sea will be mixed with aromatic oil to purify and cleanse our souls from negativity to be reborn. This treatment removes unwanted old energy and gently allows you the feeling of a new perspective.

Duration : 60 Minutes
Spa : 1,800 THB

Ageless Thai Herbal Scrub

With turmeric as the prominent ingredient, this exquisite scrub contains Plai, Lemon Grass and Kaffir Lime leaves carefully researched to provide a unique skin exfoliate. Feel thoroughly cleansed and uplifted after the application of this nourishing herbal preparation.

Duration : 60 Minutes
Spa : 1,800 THB

Honey Body Scrub with Tamarind

Based on tamarind and honey, this treatment uplifts and revives whilst exfoliating the skin with natural rice meal. Thai women over the centuries have relied on honey as a natural skin softener. Tamarind provides cleansing and its nourishing properties give the skin a radiant glow.

Duration : 60 Minutes
Spa : 1,800 THB

All prices are subject to 10% service charge and 7% VAT.

BODY WRAPS

Body Wraps teach the body to fully relax.

Thai Clay Wrap

This luxurious hot white clay body wrap, helps drain the toxins and impurities out of your body, relaxing and soothing from within. The purest, natural Thai Herbal products are used to ensure a truly marvelous experience.

Duration : 60 Minutes
Spa : 1,800 THB

Mud Wrap

Treat your skin to this thorough deep cleansing wrap. Well known for its therapeutic properties and ideal for all skin types, the mineral mud relaxes the muscles and enhances blood circulation as it detoxifies and nourishes your skin

Duration : 60 Minutes
Spa : 1,800 THB

Aloe Wrap

This soothing wrap uses the calming and healing properties of Aloe Vera to rehydrate the skin, leaving it fresh and cool. Green Tea, a natural source of anti-oxidants, provides vital anti-aging benefits and protects the skin against the environment. This treatment will help you maintain your tan longer.

Duration : 60 Minutes
Spa : 1,800 THB

All prices are subject to 10% service charge and 7% VAT.

PACKAGES

- | | |
|--|---------------------|
| <p>Acceptance (2 hours)
Start from a Gentle Feet massage and a following Flow massage (to reintroduce your energy) or a Reiki massage (to complete relaxation and relieve fatigue & aches).</p> <ul style="list-style-type: none"> • Gentle Feet Massage • Flow Massage or Reiki Massage | <p>2,500</p> |
| <p>Mindfulness (2 hours)
Choose your proffered oil massage and combine it with your choice of facial treatment for complete relaxing experience</p> <ul style="list-style-type: none"> • Massage of your choice • Facial of your choice | <p>2,700</p> |
| <p>Pure Potential (2 hours)
Stimulate your entire body with a Rejuvenating Salt scrub in a combination with Pure Loving massage, resulting in smooth & soft skin.</p> <ul style="list-style-type: none"> • Rejuvenating Salt Scrub • Pure Loving Massage | <p>2,800</p> |
| <p>Total Body Detoxification (2 hours)
Treat your body with a Mud Mask to restore your purity and reduce the appearance of cellulite by Lymphatic Drainage, providing the miracle of rebirth for your skin</p> <ul style="list-style-type: none"> • Mud Mask • Lymphatic Drainage | <p>2,900</p> |
| <p>Consolidation (3 hours)
The perfect combination of revitalizing treatments after a long journey or a hard day's activity Start from a Honey body scrub with Tamarind, a Lomi Lomi massage and your choice of Facial treatment to achieve total relaxation</p> <ul style="list-style-type: none"> • Honey Body Scrub with Tamarind • Lomi Lomi Massage • Facial of your choice | <p>3,900</p> |
| <p>Siam Pampering Retreat (3.15 hours)
Our secrets of Siamese massage are combined into these 3.15 hours for your ultimate relaxation in mind, body and soul. Thai Clay Wrap helps drain the toxins. An Ageless Thai Herbal Scrub removes dead skin layers. A Flow massage stimulate your energy and finally a Glowing Honey Facial will leave you with an impression of Siam</p> <ul style="list-style-type: none"> • Thai Clay Wrap • Ageless Thai Herbal Scrub • Flow Massage • Glowing Honey Facial | <p>4,200</p> |

All prices are subject to 10% service charge and 7% VAT.



All prices are subject to 10% service charge and 7% VAT.

14 Moo 5 Rawai, Muang, Phuket 83130 Thailand
Tel. +66 (0)76 371 900 Fax +66 (0)76 613831
E-mail: rsvn@serenity-terraces.com
www.serenity-terraces.com