

Spa Pleasures





This is the ultimate luxury... to be able to enjoy the pleasures of spa in the privacy and intimacy of your own villa. Have a spa pedicure by your pool side, fall straight to sleep after an indulgent massage, your spa experience seamlessly blends into the fabric of your villa life.

Be enchanted by treatments using Aromatherapy Associates, a brand respected for the quality and concentration of their essential oils, specialized hand blending and the unique aromatic effects of their products.



SIGNATURE PLEASURES

Sensual experiences designed to be enjoyed in the moment but remembered forever

'SCENTSUAL' PASSIONS 2 hours • 4,500

A full body scrub freshly made of golden honey and black sesame seeds, followed by a thoroughly indulgent massage where long flowing movements traverse the body's contours with an enchanting blend of essential oils. Choose from two blends of essential oils - a nourishing rose and neroli blend or a rich macadamia, coconut oil with geranium, ylang ylang and vanilla. Sure to put you in the mood for love.

ISLAND PARADISE 2 hours • 4,500

Inspired by Pavilions' dreamy island setting, this starts with an exotic body scrub made with coconut milk, coffee, frankincense & grapefruit. It is followed by a Lomi Lomi massage, a Hawaiian technique using rhythmic palm and elbow strokes all along the body. This is extremely relaxing and detoxifying, while leaving the skin intensely nourished.

THAI SILK 2 hours • 4,500

A taste of Thai traditions, this starts with a refreshing mandarin orange scrub to exfoliate the body. Once the skin has been rendered silky smooth, traditional Thai massage stretches and manipulates the body with medium to strong pressure strokes. Releases energy and promotes flexibility to leave you supple as... silk.

ROMANCING THE STONE 2 hours • 6,000

Heated stones are used to massage the body's pressure points to help melt away tension. Stress, deadlines, anxiety, and other life annoyances disappear long enough for your mind to relax at the deepest level thanks to the combination of the massage movements and the heat released by the stones. Followed by a therapeutic foot reflexology to release energy blockages resulting in sole-to-soul satisfaction.

YIN YANG SYMPHONY 1 ½ hours • 6,000

An unusual "treat by two." Imagine 2 therapists massaging your body in choreographed, synergized movements from soft to strong. Experience the unique sensation of four hands transforming body, mind and soul. Choose from a special selection of essential oils depending on your needs. The "yin" oil invigorates and energizes. The "yang" oil relaxes and distresses.

ULTIMATE AROMATHERAPY EXPERIENCE (FACE & BODY) 2 hours • 6,000

A prescriptive ritual harnessing the powerful benefits of essential oils. A special synergy oil blend will be used for a body massage to address your specific needs. It is then followed by a Prescription Facial tailor made for your skin. Selected essential oils combined with Eastern and Western massage techniques refresh the skin, improve circulation, lymph flow and skin oxygenation.



HEALING THERAPIES

Therapies targeted at specific conditions. Our team of expert therapists trained in both the ancient healing arts and modern modalities execute these therapies with tender, loving care.

CHI NEI TSANG 1 hour • 3,000

A therapeutic massage of the abdominal area, during which the therapist works on the energy of internal organs. Based on martial arts principles, it combines qi gong and deep massage techniques. Used in ancient temples of Taoist China to detoxify the body and remove energy blockages, it was brought to Thailand by Moh Muh, a famous Chinese healer. This treatment brings new meaning to the saying, "no pain no gain." But the result is a profound feeling of wellness and lightness.

DTOG SEN 1 hour / 1 ½ hours • 3,000 / 4,500

Translated as "hammering the vessel," Dtog Sen is an almost forgotten traditional Thai treatment in which the therapist uses a wooden hammer and stick to symbolically "open the vessels," working on muscles, ligaments and meridian lines to release blockages.

TEN SU 1 ½ hours / 2 hours • 4,000 / 5,000

A combination of yoga and Thai massage, Ten Su is a gentle way to improve health through stretching and breathing techniques addressing both body and mind. The therapist stretches muscles and ligaments and applies pressure on deep tissue points.

JETLAG RELIEF 1 ½ hours • 4,000

A treatment for weary travellers feeling fuzzy, tired and sluggish. Body brushing gets the circulation going and stimulates the skin before a series of stretching and invigorating massage techniques using carefully selected essential oils re-aligns the body and gets it moving again. To revive and keep you going, zesty pink grapefruit, juniper berry and rosemary bring mental clarity and stimulate the kidneys, liver and digestive system. To relax, vetivert, sandalwood and camomile calm and sedate both body and mind to enable you to get a good night's sleep.

AROMATHERAPY MASSAGE 1 ½ hours • 4,000

Choose from two enchanting blends of essential oils for a thoroughly therapeutic and transformational massage that works on all levels - body, mind and spirit.

THAI MASSAGE 1 ½ hours • 4,000

A traditional oil-free massage based on ancient Thai techniques using palm strokes and thumb pressure along the energy lines of the body. Stretching and manipulation releases blocked energy while encouraging flexibility and mobility.

DE-STRESS MUSCLE RELEASE 1 ½ hours • 4,000

Pavilions' version of the classic deep tissue massage, this is relief for sore muscles resulting from sports, stress or injury. In this medium-to-strong oil-based massage, the therapist works mainly on muscle to stimulate blood circulation and release tension. A special De-Stress Muscle Gel and Oil help release tension and relax the body.

FOOT, NECK, SHOULDER & HEAD MASSAGE 1 ½ hours • 4,000

Targeted at the parts of your body that work the hardest and the storehouse of stress and tension. A special oil made with coconut, murumuru butter, geranium and rosemary is massaged on to the scalp to add gloss and shine to sun-stressed hair while Ayurvedic massage techniques release stress and tension. A treat literally from head to toe.

LAVENDER & PEPPERMINT COOLER 1 hour • 3,000

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. It combines the famous skin-healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Gentle exfoliation (optional if skin is sunburnt) prepares the body for an intensive layering of hydrating rose gel, soothing lavender oil and nourishing body cream rich in shea butter. A hydrating mask is applied to the face and while the active extracts get to work an Ayurvedic scalp massage releases tension in the head for an all-over relaxing, restorative treatment. Your skin is left feeling cool, soothed and moisturised.

FACIALS

PRESCRIPTION FACIAL 1 hour • 3,000

Restore and revitalise with a facial tailor made for your skin. A personalised prescription uses a range of products based on therapeutic essential oils and natural plant extracts to detoxify the skin and provide vital nourishment to its deepest layers. Incorporating soothing massage techniques, this treatment is as relaxing as it is beautifying and leaves you feeling refreshed and revitalized.

SKIN REFINING FACE TREATMENT WITH BACK MASSAGE 1 ½ hours • 4,000

Refine and freshen oily and combination skin with this balancing facial based on essentials oil of neroli and orange flower water. Skin is cleansed, exfoliated and then a deep cleansing mask is used to remineralise the skin leaving it looking clean, refreshed and revitalised. A scalp massage using an inhalation of frankincense and an arm and hand massage complete this relaxing facial. Especially popular with men.

AGE REPAIR FACIAL 1 ½ hours • 4,000

A natural, highly effective facial to reduce the signs of ageing without using harsh chemicals. Natural oils of inca inchi and larch extract stimulate collagen formation to deliver firm and tightened skin, while the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. For ultimate luxury your scalp is massaged to release stress and tension.



HANDS & FEET

MANICURE 60 min • 1,300 • includes polish

Using OPI products our beauticians trim and shape your nails, leaving them fresh and clean.

PEDICURE 60 min • 1,800 • includes polish

A good pedicure not only does wonders for your feet, but makes you walk just that little bit taller. Using OPI products our beauticians clean, trim and shape your toe nails leaving your feet all the better for it.

MANICURE & PEDICURE 60 min • 3,000 • 2 therapists

POLISH 30 min • 500 • Feet or Hands | 50 min • 800 • Feet & Hands

Your nails are already in perfect shape but you just need a polish to feel fully dressed. Using a choice of OPI products our therapists can add that dash of colour.

WAXING

All wax treatments use Lycon products.

Eye brows	15 min	600	Half legs	30 min	1,500
Under arms	15 min	600	Full legs	45 min	2,000
Half arms	30 min	1,000	Bikini	30 min	1,000
Full arms	45 min	1,500	Brazilian	45 min	1,500
			Hollywood	45 min	1,500

GENERAL INFORMATION

Opening Hours

Every day from 10am to 8pm.

Bookings

Please dial '2' during opening hours, or '0' after 8pm. We highly recommend booking your treatment in advance to ensure that your preferred time and service is available.

Rates

Quoted prices are in Thai Baht and subject to 10% service charge and 7% VAT.

Gift Certificate

An ideal gift for spa enthusiasts, gift certificates are available. Please contact our Spa Manager at extension '2'.

Spa Arrival

Your therapist will arrive in your villa 15 minutes prior to your scheduled treatment time to prepare the treatment area. If you are late, your treatment will last the duration of the original booked time.

Cancellation

Cancellation with less than 4 hours notice will incur a 50% cancellation fee. The full treatment fee will apply for any cancellation within less than 2 hours notice or no show.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your experience when making your spa reservation and complete the health assessment form before the first treatment.

Aromatherapy Associates Spa Products

To continue your spa experience at home, all of our Spa products used in the treatments are available in our Boutique.



The Pavilions, Phuket
31/1 Moo 6 Cherngtalay, Thalang, Phuket 83110, Thailand
T +66 7631 7600 F +66 7631 7601
reservations.phuket@thepavilionsresorts.com www.thepavilionsresorts.com