

## ***Pimalai Spa***

*Behind the stylish hilltop resort lobby and set in a lush sloping valley lies Pimalai Spa, where the winds waft light fragrances to the small walled treatment rooms, each named after a local flower. The spa aims to bring the guest back to nature. Laid out like a small village, the pretty straw-roofed salas blend harmoniously with the natural beauty of the jungle. Each sala has been designed with nature at heart, and fashioned from stones, native wood, bamboo, iron ropes and ceramics.*

## ***Helpful hints in preparing for your spa treatment***

### ***General Spa Information***

*Please reserve your treatment(s) in advance by dialing ext.2 from your room or by visiting our spa at your convenience.*

*Please arrive at least 30 minutes prior to your scheduled treatment time. We kindly advise that you remove all jewelry prior to your arrival at the spa. Otherwise, a jewelry box is provided inside your treatment room. Please do not leave valuables in your locker.*

*Upon arrival at the spa, please proceed directly to the reception counter. Our spa receptionist will re-confirm and briefly explain your scheduled treatments.*

*Depending on the type of treatment(s) you have chosen, you may be asked to fill out our Spa Questionnaire. Please take the time to answer all the questions thoroughly and alert our Spa Receptionist/Coordinator to any medical concerns and/or physical ailments you may have.*

### ***Spa Etiquette & Policy***

#### ***Arriving Early***

*We recommend that you check in at the Spa Reception 15 minutes prior to your scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and also gives you ample time to prepare for your treatment. Please understand that late arrivals will not receive an extension to the scheduled treatment appointment time.*

#### ***Advance Booking***

*We highly recommend making an advance booking to ensure that your preferred time and treatment are available.*

#### ***Smoking and Alcohol***

*Smoking and alcoholic beverages are not permitted in the spa. It is recommended that you refrain from consuming alcohol for 8 hours before your treatment.*

#### ***Special Consideration***

*Guests who have high blood pressure, heart conditions, are pregnant or have any other medical complications are usually advised to consult their doctor before signing up for any spa services. Please make your spa therapist aware of any medical conditions.*

#### ***Cancellation Policy***

*Please let us have 3 hours notice of cancellation, in order to avoid a 50% charge. Cancellation or no show within 2 hours will incur a 100% charge. A credit card number is required at the time of booking to confirm your treatment.*

### ***Mobile Phone***

*Noise pollution adds to our everyday stress. Kindly turn off your mobile phone during your stay to ensure tranquility and total relaxation.*

### ***Cleanliness***

*In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.*

### ***Gift Certificate***

*One of these is an ideal gift for spa enthusiasts. Please ask our spa receptionist for further information.*

### ***Health Conditions***

*When making your spa reservation, please advise us of any health condition, allergies, or injuries which could affect your service.*

### ***Payment***

*We accept cash and all major credit cards. Guests who are staying in the resort will be charged on their room account.*

### ***Pimalai Spa***

*Located near the resort lobby, the Spa is open from 10.00 am. to 07.00 pm.(last booking 06.00 pm.) Ext:2*

## SPA MENU

### MASSAGES

#### Royal Siam ☯

*This traditional Thai massage, which is an ancient method of aligning and balancing the energies of the body, originates from the time of the Buddha. The technique employed is the use of firm thumb and palm pressure on the body's pressure points and energy lines ("Sen"), along with a variety of stretching movements. Afterwards, you will feel spiritually and physically refreshed, strengthened and rejuvenated.*

**1 hour 30 minutes @ 2,500 Baht**

#### Thai Herbal Luxury Compress ☯

*To enhance the Royal Siam experience you can request this treatment. Aromatic Thai herbs, prepared as steaming poultices, deeply massage the body.*

*Royal Siam with "Thai Herbal Luxury Compress"*

**2 hours @ 3,200 Baht**

#### Pimalai Signature ☯

*Pimalai's Signature Massage offers a variety of therapeutic massage services to help with the everyday tension life inflicts. The Signature Massage is one of the most thoroughly therapeutic massages most guests will ever have experienced. Pressure is not just applied from above, but also from the top, toes and from both sides of the body. This variety of pressure directions facilitates the stimulation of tissue deep within all parts of the body. Whether it's for relaxation, stress relief, muscle soreness or just plain pampering, allow Signature Massage by Pimalai to provide you with the latest in massage therapy techniques.*

**1 hour 30 minutes @ 2,500 Baht**

#### Asian Aroma ☯

*Before this pampering massage you are asked to choose your preferred oil by the scent you are attracted to or by the feeling you would like to experience: Meditation, Patience, Clarity, Intention or Respect. This massage is deeply relaxing, using long, slow movements and strokes to help quiet your mind and bring harmony to your body, soul and spirit.*

**1 hour @ 2,300 Baht**

#### Pimalai Sport ☯

*This therapeutic sports massage was created for those who love exercise or outdoor activities. Both soft and firm movements will relax and soothe your whole body. If the guest requests it, the pressure applied can be very firm indeed - this will suit not only those with large masses of muscle, but also smaller people who like a very firm toning massage.*

**1 hour @ 2,300 Baht**

#### Swedish Massage ☯

*The ultimate relaxation massage combines soft and hard techniques. To begin with, smoothing hand movements are used to gently work on muscles and soft tissue, in order to relieve stress and tension and warm the muscles. After the muscles have been warmed with these soft movements, harder kneading, knuckling and cupping movements are used to stimulate circulation.*

**1 hour @ 2,300 Baht**

#### Back bliss ☯

*This therapeutic massage helps to alleviate the built up stress and blocked energy that we all tend to accumulate in the back, neck, shoulders and head. Whether your problem is a temporary one caused by a long-haul flight, or a long-term problem caused by too much office work, this anti stress massage will leave you feeling calm, revitalized and tension free.*

**45 minutes @ 1,700 Baht**

### **Tension Relief** ☺

*This extension to the Back Bliss Massage covers the entire body. Designed to relieve and prevent muscle soreness and to ease tiredness, this soft or strong massage will leave you feeling calm, tension-free, invigorated, revitalized, reenergized and ready for anything, be it relaxation or adventure.*

**1 hour @ 2,300 Baht**

### **Foot & Leg Massage** ☺

*After a long walk, too much shopping or too many hours spent with the feet squeezed into office shoes, this is an ideal therapy for aching feet and legs. The holistic healing techniques used in this treatment go far beyond a mere foot massage. Using a modern fusion of ancient reflexology techniques which predates both the Sukhothai and Ayudhaya dynasties, the reflex zone points on your feet will be stimulated, restoring balance and harmony to your body, soul and mind.*

**1 hour @ 2,300 Baht**

### **Oriental Fusion** ☺

*This is an ancient and traditional form of Thai oil massage, where deep tissue pressure points are stimulated to reduce stress and relieve muscle pain. Our oils prevent excess stretching, penetrate deeply and increase elasticity, their scents promote deep breathing and so the release of consciousness into a mildly meditative state.*

**1 hour @ 2,300 Baht**

### **Pimalai Signature herbal massage**

*Energies yourself by experiencing our new signature herbal massage which consists of a combination of deep pressure techniques and heated fresh Thai herbal packs. The treatment begins with the herbal packs to warm your muscles, then the therapist works gently and firmly hands, elbows and thumbs to relieve tension in all parts of the body. It is beneficial especially to the muscles of the legs, back, neck and shoulders.*

**90 minutes @ 3,200 Baht**

### **Hot stone Massage**

*Traditional hot stone therapy involves placing and gliding various sizes of basalt stones along the spine, shoulders and neck to promote deep relaxation and trigger the natural healing process. Hot stone therapy is typically performed as part of a Swedish or deep tissue massage service. Hot stone massage can help alleviate pain, increase mobility, reduce stress, improve skin condition and supply other health benefits*

**90 minutes @ 4,500 Baht**

### **Oriental Scalp Massage**

*A scalp massage improves the condition of your hair; it will also prevent the appearance of scabs. A regular scalp massage with oil nourishes the scalp and promotes hair growth. Regular massage will also make your hair healthier and easily manageable. Finally, a scalp massage will relieve stress and tension from your head, neck, and shoulders.*

**30 minutes @ 1,750 Baht**

## **FACIALS**

*We use a balanced blend of natural plants containing a cocktail of beneficial vitamins and concentrating on E vitamins and proteins. Our treatments offer hydrating, anti-ageing, anti-oxidant, anti-inflammatory and healing benefits. Soothing creams are used for all facials, followed by a pampering facial massage, focusing on tension points on the face. We ask you to choose from 5 different facial mask combinations, several of which will suit your skin type.*

### **Rebalancing ☯**

*Type of skin: Dry skin.*

*This cream, which is specially formulated for dry and dehydrated skin, nourishes the skin and encourages the restoration of a natural balance. This luxurious treatment will leave you feeling rejuvenated and uplifted.*

**1 hour @ 3,200 Baht**

### **Harmonies Extreme ☯**

*Type of skin: Sensitive skin*

*This cream is specially formulated to soothe irritations, to combat acne and redness, and to normalize tolerance levels for sensitive and reactive skin. It can also be considered as an after-sun treatment.*

**1 hour @ 3,200 Baht**

### **Ultimate Aromatic ☯**

*Type of skin: Normal Skin*

*This facial helps to tighten fine lines. It leaves the epidermis looking soft, radiant and velvety smooth, and imparts a beautiful brightness to one's face.*

**1 hour @ 3,200 Baht**

### **Asian Soother ☯**

*Type of skin: Oily Skin*

*This intensive treatment purifies the epidermis, preventing the skin from shining and leaving it with a perfectly matte appearance. This facial promotes vitality, strengthens cell regeneration and purifies the skin, while pleasant scents soothe the mind.*

**1 hour @ 3,200 Baht**

### **Men's Facial ☯**

*Designed specifically for men, this relaxing deep pore cleansing facial features an anti-oxidant mask and anti-stress massage. The complexion becomes visibly radiant and the skin regains its natural balance.*

**1 hour @ 3,200 Baht**

## BODY TREATMENTS

### ***Ageless Thai Herbal Scrub***

*This herbal scrub treatment uses traditional herbs and spices whose warming properties bring soothing comfort to muscle aches and pains, and which stimulate circulation. The scrub exfoliates and tones the skin, giving it a healthy, warm glow.*

*Contains: Thai clay, rice, plai (from the ginger family), galangal, turmeric and magrut (bergamot) and more*

### ***Thai Cooling Scrub***

*The cooling properties of sandalwood soothe the body. Sesame acts as the main exfoliating ingredient; sesame seeds and honey explode onto your skin, moisturizing with their natural humectants properties. This gentle scrub calms and uplifts the mind, body and spirit.*

*Contains: Sesames, sandalwood, Thai clay, honey and more*

### ***Andaman Sea Salt Scrub***

*For a rebirth scrub treatment, salts from the Andaman Sea are mixed with aromatic oil to purify and cleanse your soul of negativity. This treatment is designed to cleanse and stimulate the body and mind, and to remove dead skin cells, in order to create a glowing radiance.*

### ***Thai Kopi Scrub***

*The Coffee Scrub uses the refreshing and intoxicating aroma of tropical herbs in order to awaken and stimulate the senses. Coffee contains natural acids that tone & exfoliate tired skin, leaving it soft, smooth and glowing. This is also a useful scrub to stimulate cellulite-prone areas such as the buttocks and thighs.*

### ***Banana Scrub***

*Bananas are great for keeping the skin and body fresh and soft. They are a great alternative to the potentially harmful chemicals found in many skincare products. This is a body scrub for normal to dry skin and is also suitable for sensitive skin.*

### ***Foot & Hand Retreat***

*This gentle pineapple scrub works well on any skin type but is especially helpful in treating uneven skin tone.*

*Pineapple is known for a special enzyme that helps prevent blemishes. This scrub will remove dead skin cells and leave you with soft, touchable skin. Use on hands and feet to achieve soft, great-smelling skin.*

### ***Relieving After Sun Care***

*This treatment helps to relieve sunburn by using a lavender-soaked compress to decrease pain and re-hydrate the skin.*

***All scrubs are 30 mins @ 1,750 Baht***

## **BODY WRAPS**

*A Jacuzzi to relax begins each wrap, and a pampering foot and head massage completes the session.*

### ***Thai Lanna Herbal Wrap***

*This body masque originated in the ancient kingdom of Lanna, which was based in Chiang Mai and incorporated into the first and deeply spiritual Thai kingdom of Sukhothai. The name “Lanna” literally translates as “a million fields”. The wrap is rich in minerals, nutrients and essential elements, helping the skin to maintain great tone and a beautiful texture. The healing combination of green tea and mint clears the mind and balances the lymphatic system of the body.*

### ***Thai Clay Wrap***

*You begin this wrap with a salt scrub to exfoliate and cleanse the skin. Warm clay combined with Thai “Magrut” (also known as bergamot) is applied to the body. You are then wrapped and kept warm to allow the clay’s natural properties to eliminate toxins.*

### ***Moor Mud Body Wrap***

*Moor mud extract is a natural therapeutic mud. It purifies the skin and removes excess oils. Botanical extracts restore tone and add healthy texture to the body. Other benefits are muscle relaxation, blood circulation activation, and detoxification of the entire system. This treatment will leave you feeling deeply contented and tension free.*

### ***Hot Oil Body Wrap***

*This relaxing body wrap uses the healing properties of essential oils to cleanse, detoxify and nourish the body from head to toe, while both body and mind slip into a state of deep relaxation.*

### ***Cellulite Reduction***

*We use firm massage techniques to reduce cellulite and fluid retention, to detoxify and to encourage circulation. This wrap leaves your body feeling firm and toned.*

***All the above body wraps last 1 hour 30 minutes @ 2,800 Baht.***

### ***Cucumber Body Wrap***

*Cucumber is placed all over the body, which is then enveloped with plastic wrap to soothe the body and encourage the skin to re-hydrate. Stress and anxiety will slip away, leaving both body and mind relaxed and at ease.*

***30 minutes @ 1,750 Baht***

## SPA PACKAGES

### ***The Revitalizing Package (single)*** ***(2hours 30minutes @ 5,100 Baht)***

*Private Jacuzzi for complete body cleansing*  
*Choice of Massage: Asian Aroma, Pimalai Sport, Swedish Massage, Oriental Fusion, Tension Relief*  
*Choice of Facial*  
*Refreshing Spa Drink*

### ***Ultimate Detox (single)*** ***(2hours 30minutes @ 4,700 Baht)***

*Private Jacuzzi for complete body cleansing*  
*Choice of body wrap followed by your selected massage; Asian Aroma, Pimalai Sport, Swedish Massage, Oriental Fusion or Tension Relief. Any of these treatments will leave you feeling younger and more energetic.*  
*Refreshing Spa Drink*

### ***“Koo Rak” Package (couples)*** ***(2 hours @ 7,400 Baht)***

*Private Jacuzzi for complete body cleansing*  
*Body Scrub of your choice*  
*Asian Aroma Massage, Pimalai Sports Massage, Swedish Massage, Oriental Fusion Massage or Tension Relief*  
*Massage*  
*Refreshing Spa Drink*

### ***Royal “Koo Rak” Package (Couples)*** ***(3 hours @ 13,100 Baht)***

*Herbal steam*  
*Private Jacuzzi for complete body cleansing*  
*Ageless Thai Herbal Scrub or Thai Cooling Scrub or Andaman Sea Salt Scrub*  
*Asian Aroma Massage, Swedish Massage, Pimalai Sports Massage, Oriental Fusion Massage or Tension Relief*  
*Massage*  
*Facial of your choice,*  
*Refreshing Spa Drink*

### ***The Traditional Thai (Couples)*** ***(3hours 30 minutes @ 11,000 Baht)***

*Private Jacuzzi for complete body cleansing*  
*Thai Lana Herbal Wrap*  
*Thai Herbal Luxury Compress*  
*Refreshing Spa Drink*  
*Health Food*



## *Signature Package*

### ***The Pimalai Signature***

***(4 hours)***

*Steam & Private Jacuzzi with Thai Herbs*

*Herbal Wrap*

*Pimalai Signature Massage*

*Choice of Facial*

*Refreshing Spa Drink*

*Health Food*

***Single @ 8,000 Baht***

***Couple @ 15,000 Baht***

### ***The Stress Reliever***

***(2hours 45minutes)***

*Steam & Private Jacuzzi with Thai Herbs*

*Choice of Scrub*

*Tension Relief Massage*

*Back Bliss*

*Refreshing Spa Drink*

*Health Food*

***Single @ 5,500 Baht***

***Couple @ 10,000 Baht***

### ***The Ultimate Top to Toe***

***(3 hours)***

*Steam & Private Jacuzzi with Thai Herbs*

*Choice of Scrub*

*Choice of Asian Aroma or Oriental Fusion*

*Choice of Facial*

*Refreshing Spa Drink*

*Health Food*

***Single @ 7,200 Baht***

***Couple@ 14,000 Baht***

### ***The Jet Lag Retreat***

***(3 hours)***

*Aromatic Ocean Bath*

*Choice of Scrub*

*Foot Massage*

*Tension Relief Massage or Swedish Massage*

*Refreshing Spa Drink*

*Health Food*

***Single @ 6,300 Baht***

***Couple @ 12,000 Baht***

### ***The Energy Booster***

***(2 hours 30 minutes)***

*Steam & Private Jacuzzi with Thai Herbs*

*Foot Massage*

*Choice of Facial*

*Refreshing Spa Drink*

*Health Food*

***Single@ 5,500 Baht***

***Couple@ 10,000 Baht***

## *Pimalai Day package*

<i>2 Day Package</i>	<i>7,000 Baht</i>
<i>3 Day Package</i>	<i>10,000 Baht</i>
<i>4 Day Package</i>	<i>13,000 Baht</i>
<i>5 Day Package</i>	<i>15,000 Baht</i>
<i>6 Day Package</i>	<i>18,000 Baht</i>
<i>7 Day Package</i>	<i>22,000 Baht</i>

### *Package Select From:*

<i>Day 1</i>	<i>30 mins Steam and Jacuzzi, 30 mins Ageless Thai Herbal Scrub, 90 mins Pimalai Signature Massage</i>
<i>Day 2</i>	<i>45 mins Back Bliss, 60 mins Tension Relief</i>
<i>Day 3</i>	<i>30 mins Steam and Jacuzzi, 60 mins Choice of Facial</i>
<i>Day 4</i>	<i>120 mins Thai Herbal Luxury Compress</i>
<i>Day 5</i>	<i>30 mins Steam and Jacuzzi, 60 mins Choice of Body Wrap</i>
<i>Day 6</i>	<i>30 mins Aromatic Milk Bath, 90 mins Royal Siam Massage</i>
<i>Day 7</i>	<i>45 mins Back Bliss, 60 mins Choice of Facial</i>

## BEAUTY SALON SERVICES

*Shampoo and Blow Dry*

*Manicure*

*Pedicure*

*All beauty services are @ 900 Baht.*

*Nail Polish Change @ 450 Baht*

*Beaded hair – 30 Baht (for short hair)*

*Beaded hair – 40 Baht (for long hair)*

### *Waxing*

<i>Back</i>	<i>2,000 Baht</i>
<i>Full Leg</i>	<i>1,700 Baht</i>
<i>Half Leg</i>	<i>900 Baht</i>
<i>Full Arms</i>	<i>800 Baht</i>
<i>Half Arms</i>	<i>600 Baht</i>
<i>Under Arms</i>	<i>500 Baht</i>
<i>Bikini Wax</i>	<i>1,000 Baht</i>
<i>Brazilian Wax</i>	<i>1,200 Baht</i>

### *Paraffin*

<i>Aroma Hand Paraffin</i>	<i>1,000 Baht</i>
<i>Aroma Foot Paraffin</i>	<i>1,200 Baht</i>
<i>Luxury Nail Care</i>	<i>2,600 Baht</i>
<i>(Manicure, Pedicure, Hand &amp; Foot Paraffin)</i>	

### *Added Indulgence*

#### *Aromatic Ocean bath(30 minutes)*

*The healing properties of sea salt, This bath relies on the nutrients in the salt to draw out toxins from the body*

#### *Golden Moor Mud bath pine(30 minutes)*

*With its healing and detoxifying properties, Dead sea mud will leave your skin soft and refreshed the most relaxation and balancing mind, body and spirit*

#### *Golden Moor Mud bath Chocolate(30 minutes)*

*This Chocolate mud bath will thoroughly relax you body, The Chocolate essential oil help to rejuvenate the skin tissue.*

*Single @600 Baht      Couple @1,000 Baht*

<i>Thai Herbal Steam (30 minutes)</i>	<i>500 Baht</i>
<i>Flower Bath (30 minutes)</i>	<i>750 Baht</i>
<i>Aromatic Milk Bath (30 minutes)</i>	<i>750 Baht</i>
<i>Jacuzzi (30 minutes)</i>	<i>600 Baht</i>

*For guests staying in the villas on the beach and hillside, the treatments marked with SIGN ☯ are available in the privacy of your villa. Please note that a surcharge of 20% will apply to the advertised price.*

*All prices are subject to 10 % service charge and 7% government tax*

