WELLNESS MENU
& PRICE LIST

WELL BEING

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Ion Cleanse Detox Foot Spa (50 mins) 1,800
A fascinating look at what’s happening in your body, the Ion Foot Spa gently removes toxins from your body as you sit and simply soak your feet. Toxins are released in a number of colours which assist in diagnosing underlying issues, bringing awareness to your body.

SPA PACKAGES

Radiance & Relaxation (110 mins) 3,000
Select your preferred oil massage and combine it with our Rejuvenation Facial Treatment for total radiance and relaxation.
• Massage of your choice
• Rejuvenation Facial

**Total Body Rejuvenation (110 mins) 3,500
Make your day special with Romantic Bath tub set up and candle surrounded.
• Aromatic Milk Bath
• Coconut Body Scrub
• Sport Massage

Siam Pampering Retreat (140 mins) 3,900
The perfect combination of revitalising treatments starting with an Ageless Thai Herbal Scrub to remove dead skin, then a Swedish Massage to stimulate energy, and finally a Deep Cleansing Facial to leave you relaxed and refreshed.
• Ageless Thai Herbal Scrub
• Green Tea Lemongrass Facial
• Swedish Massage

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TASTE OF WELLNESS PROGRAM

3,999THB
PER PERSON
MONDAY TO FRIDAY

One day may change your whole life just taste and try the one day wellness program for your health and beloved one.

MINDFULNESS

Singing Bowl Meditation in group (40 mins) 400
The tones produced by crystal bowls are not only heard by the ear, you feel them in your body, with certain tones affecting your energy centers (chakras) for healing, balancing & meditation.

Couples Singing Bowl Massage (40 mins) 4,500
Beautiful and intimate session for couples. Surrender into a gentle massage to the restful and relaxing tones of Tibetan Singing Bowls.

Pranic Healing (60 mins) 3,500
Be amazed by the energetic shift you experience from this process to release emotional tension and stuck energies.

Reiki (60 mins) 3,500
Ancient Japanese treatment that restores balance and equilibrium to cultivate physical ease and mental relaxation.

Crystal Healing (60 mins) 3,500
Using a variety of crystals with differing vibrations, this treatment opens channels and pathways to healing on an energetic level.

Chakra Balancing (60 mins) 3,500
For thousands of years the Yogic practice of Chakra Healing has healed physical, mental and emotional challenges by balancing chakras, allowing energy to flow correctly and restore life force.

ALL PRICES ARE IN THAI BAHT AND INCLUSIVE TAX AND SERVICE CHARGE

** RECOMMENDED

PLEASE BOOK IN ADVANCE
DIAL 1020 FROM YOUR SUITE

www.180Wellness.asia

180wellnessthailand 180wellnessthailand
**Signature Massage (50 mins) 2,000**
Your massage is taken on a warm Jade Stone mattress. The Jade Stone mattress helps to boost circulation, improves memory, strengthens organs, increases metabolism and relaxes the body and mind for sleep. These benefits are from the infra-red and electromagnetic waves generated by the mattress.

Let your massage make a difference
30% of the proceeds from this massage will go to the Phuket Has Been Good to Us Foundation. www.phukethasbeengoodtous.org

**Swedish Aromatic (50/80 mins) 1,800 / 2,200**
Using long gliding strokes in the direction of the heart, this treatment “goes beyond relaxation”.

**Asian Blend (50/80 mins) 1,800 / 2,200**
This massage is a combination of Eastern and Western techniques that is highly recommended for relaxing and relieving strains.

**Foot Relaxation (50 mins) 1,800**
For more than 3,000 years the Chinese have traditionally used foot massage to identify and cure all illness. Today, a foot massage is also used for relaxation and to alleviate sore soles and arches.

**Rejuvenation Facial (50 mins) 1,800**
A combination of white tea, jojoba and cucumber aids in cleaning, moisturising and protecting the skin.

**Aloe Vera Facial (50 mins) 1,800**
Restore your skin after exposure to the sun.

**Green Tea Lemongrass Facial (50 mins) 1,800**
Very high in antioxidants that promote beautiful, healthy, vibrant skin.

**Galvanic Facial (80 mins) 2,800**
Feel the difference before and after! Shape up, tighten and brighten your face as well as reducing fine lines, dark spots, and relaxing toxins in one treatment.

**Detox Massage (50 mins) 2,200**
A gentle massage helping to remove waste and toxins from the tissues of the body.

**Foot Reflexology (50 mins) 2,200**
A treatment originating in Traditional Chinese Medicine, reflexology assists in stimulating, activating and optimizing all organs and systems in the body.

**Abdominal Massage (50 mins) 2,200**
Used to treat a wide variety of health concerns, especially those related to the stomach, such as digestion issues, constipation, IBS, and bloating.

**Physiotherapy Treatment (30/60 mins) 1,600 / 3,000**
Release and reduce pain and tension! Professional, certified therapist will utilize a range of techniques including manipulation, dry needling, cupping and more to support your recovery to pain-free living.

**Pregnancy Massage (50 mins) 2,200**
A completely safe treatment for expectant Mamas-to-be who are in their second or third trimester, or have recently given birth. Uniquely tailored to the needs of mother and unborn baby.

**Brazilian Wax (110 mins) 2,400**

**Bikini Wax (80 mins) 1,000**

**Full Leg Wax (Both) (110 mins) 1,800**

**Under Arm Wax (Both) (30 mins) 800**

**Arm Wax (Both) (50 mins) 1,000**

**Half Leg Wax (Both) (80 mins) 1,000**

**Fun Activities**
As Towel Folding, Gel Candle, Learn to Henna, Learn to Massage, Natural Skincare Workshop and more.

1 activity 400
3 activities 1,000
5 activities 1,500

**Ask our Spa Team for more details**

**BEAUTY & PAMPERING**

**Hand Spa (50 mins) 1,000**
We will have your hands looking their natural best with a trim of the cuticles, hand scrub and moisturising massage.

**Foot Spa (80 mins) 2,200**
Pamper your feet and bring out their natural best with a cuticle trim, scrub, removal of dead skin and moisturising massage.

**Swedish Aromatic (50/80 mins) 1,800 / 2,200**
Using long gliding strokes in the direction of the heart, this treatment “goes beyond relaxation”.

**Thai Massage (50/80 mins) 1,800**
This traditional dry massage relaxes and promotes healing from repetitive and strenuous physical activity and trauma.

**Foot Reflexology (50 mins) 2,200**
A gentle massage helping to remove waste and toxins from the tissues of the body.

**Honey Body Scrub with Tamarind (50 mins) 1,800**
Thai women over centuries have relied on this treatment to lift and revive their skin. Using honey, a natural skin softener and Tamarind for its cleansing benefits your skin will feel nourished with an enviable radiant glow.

**Coconut Body Scrub (50 mins) 1,800**
Aiding in the removal of excess dead skin and pampering the new skin tissue with vitamin E and antioxidants from coconut oil. Great for dry and mature skin.

**Ageless Thai Herbal Scrub (50 mins) 1,800**
Experience the Traditional Thai heritage skin pampering with Thai Herbs Tumeric, Plai, Lemongrass and Kaffir Lime Leaves to provide a unique skin exfoliation.

**Cucumber Body Scrub (50 mins) 1,800**
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 antioxidants, provides vital anti-aging benefits and protects the skin against the environment.

**Detox Wrap (50 mins) 1,800**
Soaking the wrap in a special bath of detoxifying essential oils will leave the skin cool. Green Tea, a natural source of antioxidants, provides vital anti-aging benefits and protects the skin against the environment.

**Green Tea Lemongrass Facial (50 mins) 1,800**
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