



The Mangosteen

*Ayurveda & Wellness Resort, Phuket*

# Mangosteen

Ayurveda Spa Menu



# *Spa Etiquette*

## Opening Hours

The Spa is open from 09.00 to 19.00 hours.

The treatment time indicated is inclusive of changing, shower and teatime.

## Arrival Times

Please arrive 5 minutes before your scheduled time at the Spa reception.

Late arrival will be subject to reduced treatment time.

## Cancellations

We request a minimum of 3 hours' notice if you are unable to keep your appointment.

A 50 % cancellation fee is charged in case your booking is canceled late. No Show is

charged 100%. Please, call the spa reception to arrange a suitable alternative time.

## Personal Treatment

Upon arrival, the spa receptionist will conduct a brief consultation to ensure you have chosen the best-suited treatment.

Please advise us if you are pregnant or if you have any health issues.

## Preparing for your treatment

For men having a Facial, we recommend shaving a few hours before the appointment.

For ladies, no preparation is necessary.



## What to wear

Please arrive at the spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request. Our therapists will always use draping techniques to respect your privacy.

## Speak up

Although we do our best to anticipate your needs, everyone is different. Please, let your therapist know if there is any way that she can improve your treatment or comfort, for example, stronger or softer massage pressure, an extra towel, etc. We look forward to providing you with a personal experience of well-being at The Spa.

## Personal Treatment

Upon arrival, the spa receptionist will conduct a brief consultation to ensure you have chosen the best-suited treatment. Please advise us if you are pregnant or if you have any health issues.

## Medical History

Be open with your medical history so that your therapist can help you to choose the right treatments. It will be useful to know whether you have suffered any trauma or if you have any of the following conditions: high blood pressure, heart condition, allergies, varicose veins, pregnancy, or recent surgery.

## Price

All prices are inclusive of 10% Service Charge and 7% Vat



Mangosteen  
Ayurveda Spa

A dark brown wooden sign with two horizontal panels. The top panel features a square logo on the left containing a stylized mangosteen fruit and leaves, followed by the word 'Mangosteen' in a large, white, serif font. The bottom panel contains the words 'Ayurveda Spa' in the same white, serif font. The sign is suspended by two metal chains.



# Ayurveda Doctor Consultations



## General Doctor Consultation

Pulse Diagnosis (Naadi Pareeksha) is an ancient Ayurvedic method used to check your health by feeling your pulse. It helps to understand your energy levels, organ function, and if anything in your body is out of balance.

2,000 Baht



## Doctor Consultation for Women

Focused on women's health, this consultation addresses hormonal imbalance and menopause-related concerns. Using pulse diagnosis and Dosha assessment, the doctor offers personalized Ayurvedic guidance to restore balance.

2,000 Baht



## Chakra Imbalance Consultation

This session helps you discover which of your 7 chakras (energy centers) may be blocked or out of balance. We'll talk about any physical, emotional, or mental issues you're experiencing, and provide simple, personalized ways to release the blockages and restore your energy flow.

2,000 Baht

# *Signature Ayurveda Healing*



## Chakra Balancing Massage

A restorative experience designed to align and harmonize the body's 7 energy centers through gentle massage, focused energy work, and breathwork. This deeply therapeutic treatment helps release energetic blockages, promoting emotional balance, spiritual clarity, and a renewed sense of inner peace. Ideal for those seeking calm, connection, and energetic flow.

4,100 Baht  
85 Mins



## Dosha Purifying

Purify your Doshas starting with head and face massage with herbal oil consisting of herbs like Indian Gooseberry, Indigofera Tinctora, Centella Asiatica, followed by a Rice bundle therapy and application of rice paste leaving you revitalized followed by herbal steam.

- Indian Head Massage, 30 mins 4,500 Baht
- Face Massage, 30 mins 115 Mins
- Navara Khizi, Steam, 55 mins



## Atma Healing

Attain Nirvana by our soul healing therapy starting with famous Indian head massage followed by herbal pouch therapy, ending with royal ritual of bathing whole body with warm medicated herbal decoction oils while your body draws the benefits of the medicated wooden table.

- Indian Head Massage, 45 mins 5,500 Baht
- Khizi, 45 mins 145 Mins
- Kaya Seka, Steam, 55 mins



## Mangosteen Ayur Journey

Begin your journey with a fragrant spice scrub made from fresh local herbs, gently cleansing the skin and awakening circulation. Drift into deep relaxation with an Abhyanga massage using warm, Dosha-specific oils to nourish body and mind. Feel pure bliss as a gentle stream of herbal oil is poured over your third eye, calming the senses and uplifting the spirit.

- Udwartanam, 60 mins 7,000 Baht
- Abyangham, 60 mins 175 Mins
- Shirodhara, Steam, 55 mins

# *Ayurveda Massages*



## Abhyangam (Traditional Ayurveda Massage)

3,000 Baht  
55 Mins

Get rejuvenated by Indian Traditional 4 hand massage, where warm herbal oils depending on your Dosha type are used to massage using long rhythmic strokes which loosens accumulated toxins in the tissues, followed by steam to remove toxins and other metabolic wastes, increasing tissue strength, production of antibodies, improving blood circulation, enhancing complexion of skin, creating electro-chemical balance in body.

## Shiroabhyangam (Indian Head Massage)

3,000 Baht  
55 Mins

Traditional Indian head massage using specific blend of herbal oils with specialized gentle deep strokes and pressure on various vital energy points. Offers relief from hair and scalp problems, strengthens hair roots, reduce musculoskeletal tensions around neck and shoulders, promotes luster, helps with detoxification of the body and negative sense impressions.

## Marma Therapy (Energy Point Massage)

3,500 Baht  
55 Mins

Vital energy points are stimulated by applying a certain amount of pressure, which helps in supporting the flow of Prana, "the vital force" within the body, clearing any obstruction from the energy channels. Dosha type herbal oil is used to soothe your skin and to nourish vital parts of the body.

## Padabhyangam (Indian Foot Reflexology)

2,300 Baht  
55 Mins

Based on ancient healing techniques this Indian Reflexology consist of Foot Massage using hand techniques including friction movements like rubbing, stroking, which stimulates local blood circulation followed by Marma points activation by applying suitable pressure increasing "Prana Flow" vital energy throughout the body.

## Prushtabhyangam (Soothing Back Massage)

1,800 Baht  
30 Mins

Soothing back massage helps to soothe your sore back muscles, nourishing vertebrae and rejuvenating spinal cord. More concentration is given to areas like cervical and lumbar, which are prone to get affected from our daily stress and long working hours.

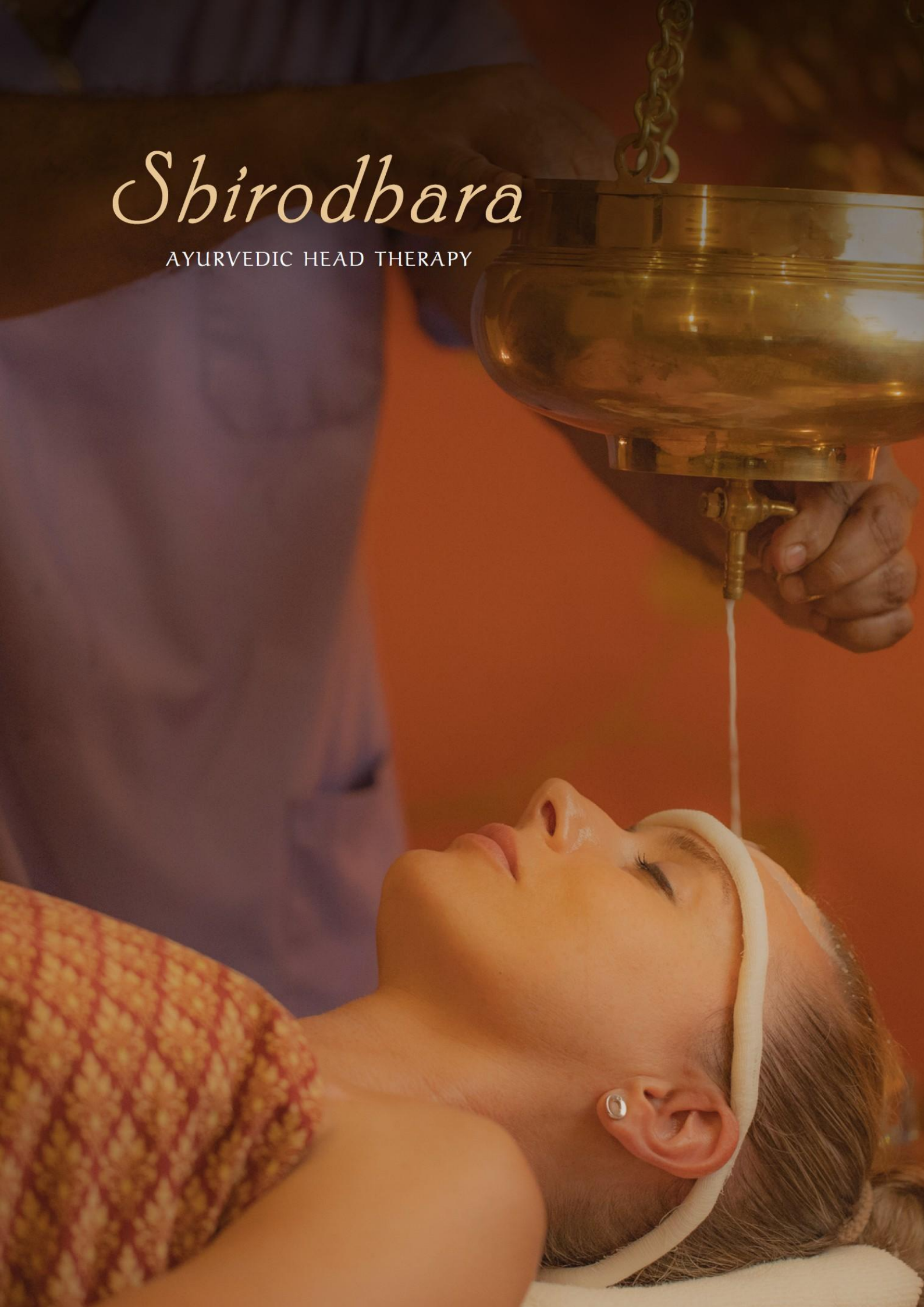
## Udvarthnam (Herbal Powder Massage)

3,000 Baht  
55 Mins

Dry Massage with Powder of Triphala the wonder fruit mixture and Mung bean powder is an excellent nerve stimulant, promotes active blood flow, revitalizes, conditions the body, generating energy flow in the body, helps in detoxification and nourishment of body tissues, activation of the skin natural metabolism and the improvement of lymph flow.

# *Shirodhara*

AYURVEDIC HEAD THERAPY





## Tailadhara (Oil)

Pouring of warm herbal medicated oil over the third eye chakra, "vital energy point located in the center of forehead" helps in improving blood circulation, increasing oxygen, nutrients, and energy flow to the brain, activating depressed areas of brain, alleviating fatigue, depression, mental stress, improving concentration powers.

4,100 Baht  
55 Mins



## Takradhara (Buttermilk)

Buttermilk added with various cooling herbs is poured on forehead which alleviates anxieties, insomnia, and migraine and is good for people suffering from skin ailments, recommended in Pitta dosha and its disorders.

4,100 Baht  
55 Mins



## Ksheeradhara (Milk)

Milk boiled with herbs like Thyme "Brahmi", Indian Ginseng "Ashwagandha", butterfly pea "Shankpushpi" is poured over forehead which pacifies aggravated Doshas, nourishes the tissues, improving memory and concentration.

4,100 Baht  
55 Mins

# *Vasti*

DOUGH THERAPY





## Kati Vasti

Dough of flour prepared in circular manner is placed on lower back which holds medicated oil for specific period relieving lumbar pains, nourishing muscles and tissues of that area, increasing blood circulation. It is also beneficial in Lumbar degenerative disorders and sciatica.

2,400 Baht  
30 Mins



## Janu Vasti

Retaining medicated herbal oil over knee joints helps to improve blood circulation, improving healing of damaged tissues and cartilages, curing degenerative disorders, and rehydrates the joints.

2,400 Baht  
30 Mins



## Greeva Vasti

Retaining of medicated herbal oil in a well prepared out of black gram dough helps to strengthen cervical muscles, nourishing and rehydrating cervical vertebrae, curing many cervical degenerative disorders, relieves neck stiffness and cervical pains by improving blood circulation.

2,400 Baht  
30 Mins

# *Kizhi*

HERBAL POULTICE MASSAGE





## Navara Kizhi (Rice Pouch Therapy)

3,500 Baht  
55 Mins

This therapy consists of scrubbing warm boluses, prepared with herbs, milk, rice and other grains over your entire body using specific strokes. It improves blood circulation and muscle tone, strengthens digestion, and restores vigor to all your body tissues. It is beneficial in degenerative conditions and can help the body rebuild muscular tissues. It is traditionally used for many neurological and neuromuscular disorders.

## Ela Kizhi (Herbal Leaf Pouch Therapy)

2,400 Baht    3,500 Baht  
25 Mins        55 Mins

Therapeutic massage done with pouches prepared from various herbs heated with garlic, lemon, grated coconut dipped in hot oil, reduces generalized aches and pains, increases lymphatic drainage, and nourishes peripheral nerves. It is also beneficial to stop progressive degenerative conditions like Rheumatic Arthritis, Osteo Arthritis, Spondylosis etc.

## Podi Kizhi (Herbal Powder Pouch Therapy)

2,400 Baht    3,500 Baht  
25 Mins        55 Mins

Poultice prepared out of various herbal powders such as Alpinia galangal, sandalwood, and dry ginger, fried together with a little rock salt and wild red rice. The mixture is tied in muslin cloth boluses and is soaked in herbal oil to massage the body, helps in relieving stiffness from the joints, muscles, removing toxins accumulated in superficial layers of skin and breaks down the toxins present in digestive system, improving metabolism and inflammatory conditions.

# *Traditional Therapies*



## **Pizhichil**

Considered as royal treatment of ancient India, also known as Sarvanga Dhara where gentle synchronized massage is conducted while your body is bathed by pouring warm herbal decoction or milk. In olden days, this therapy was undertaken to prolong life and retain vitality. Considered as one among the most powerful rejuvenating therapies, it helps to tone muscles, revitalize nerves, and nourish joints, giving relief from daily stress and fatigue.

4,100 Baht  
55 Mins



## Nasyam

Instillation of herbal medicines through the nostrils helps to clear blocked sinuses and head channels, stimulating the brain cells and central nervous system. It is a powerful rejuvenating therapy which clears up excessive mucus from the upper respiratory tract, improves blood circulation to brain relieving migraines and other types of headaches. It also helps to boost memory power, hair growth and immunity.

2,400 Baht  
30 Mins



## Madhu Moksha

Purify your body, mind, and soul with one of the oldest and most nurturing natural therapies. In this soothing treatment, honey blended with yogurt is gently massaged into the skin using rhythmic strokes. Honey deeply hydrates and locks in moisture, while its natural antioxidant and antimicrobial properties, combined with the antibacterial and antifungal benefits of yogurt, help protect and heal the skin. This nourishing blend supports skin renewal, restores softness, and leaves your skin feeling supple, radiant, and refreshed.

3,000 Baht  
55 Mins



## Ayur Face Massage

A rejuvenating facial massage inspired by ancient Ayurvedic healing. Warm herbal oils enriched with Indian saffron and *Rubia cordifolia* are gently massaged into the skin to relax facial muscles, boost circulation, and release toxins. Restores natural glow and radiance. This deeply nourishing treatment also supports lymphatic drainage, helping to tone the skin and soften signs of aging.

1,900 Baht  
30 Mins



# Day Packages

Days	Treatments	Duration
Shakti (Strength)		
1	Ayurveda Lifestyle Consultation & Shiroabhyangam	25 Mins
2	Ela Kizhi	55 Mins
3	Udvarthnam, Abhyangam	85 Mins
		8,500 Baht 165 Mins
Ojas (Vitality)		
1	Ayurveda Lifestyle Consultation & Padabhyangam	25 Mins
2	Abhyangam	55 Mins
3	Njavara Kizhi	55 Mins
4	Pizhichil	85 Mins
5	Udvarthnam, Shirodhara	115 Mins
		17,500 Baht 335 Mins
Shodhana (Detoxification)		
1	Ayurveda Lifestyle Consultation & Padabhyangam	25 Mins
2	Marma Abhyangam	55 Mins
3	Nasyam, Ela Kizhi	85 Mins
4	Nasyam, Podi Kizhi	85 Mins
5	Nasyam, Njavara Kizhi	85 Mins
6	Udvarthnam, Shirodhara	85 Mins
7	Udvarthnam, Pizhichil	85 Mins
		28,000 Baht 505 Mins



# Ayurveda Retreats

Days

Treatments

Duration

## Jiva (Life of Bliss)

1	Abyangham, Detox Herbal Steam	55 Mins
2	Shirodhara, Shiro Abhyanga	85 Mins
3	Khizi, Padabhyangham	85 Mins

JIVA is a 3-day Ayurveda program which not only enlightens senses but also the mind and the soul. Ayurveda preaches different ways of life regimes to be followed depending on the KALA or Time (Seasons), hence the treatments are customized depending on the seasons of nature and the DOSHA.

9,000 Baht 225 Mins

## Ayur Suk Shanthi

1	Shirodhara, Abyangham, Detox Herbal Steam	110 Mins
2	Khizi, Shiro Abhyanga, Padabhyangham	135 Mins
3	Udwartanam, Abyangham, Detox Steam	135 Mins
4	Pada Abyangham	55 Mins

4 days of ancient secrets of Ayurveda working externally and penetrating deep into your tissues with goodness of herbs chosen according to your character and Dosha in accordance with the prevailing season. 450 minutes of combination of various Ayurveda treatments each day would make your Mind, Body, and Soul to be merrier and deeply relaxed.

18,000 Baht 435 Mins

# *Veda Villa*

CENTURIES-OLD TRADITIONAL AYURVEDA THERAPIES



*Welcome to the world of VEDA Villa, where the traditional therapies are presented as it was since the ancient times. The therapist is well known to be trained directly under the Vaidyar (Traditional healer and keepers in South India), with the knowledge of the herbs and preparations prescribed by the inhouse Ayurveda doctor as it was since centuries ago in India.*

## Uzhichil – Kalari Warrior’s Massage

3,300 Baht  
55 Mins

*Strength. Restoration. Timeless Healing.*

Rooted in the ancient martial traditions of Kalari, this Kerala-born therapeutic massage was once used to enhance the strength and vitality of warriors. Today, it offers a deeply restorative experience that blends traditional healing wisdom with soothing, rhythmic touch. A generous application of warm, medicated herbal oil is used throughout the treatment to tone and energize the muscles, lubricate the joints, and detoxify the body by promoting lymphatic drainage.

## Yoga Abhyangam

3,500 Baht  
55 Mins

*Therapeutic Stretch. Deep Renewal*

A deeply healing experience that blends the benefits of a herbal oil massage with gentle, assisted yoga-inspired stretching. This unique therapy harmonizes soft tissue manipulation and mindful movement to guide the body into a profound state of relaxation and release.

The flowing stretches enhance flexibility, ease muscle tension, and calm both body and mind.

## Shila Abhyangam

3,800 Baht  
55 Mins

*Warm Stones & Deep Serenity*

A sacred Ayurvedic ritual that combines the healing properties of warm basalt stones with the nourishing touch of herbal Ayurvedic oils for a profoundly restorative deep tissue massage.

As the heated stones glide slowly across the body, they stimulate circulation, melt away muscular tension, and draw out stored toxins—inviting a deep sense of stillness and balance. This ancient therapy calms the overactive Vata energy, quieting the mind and nurturing inner peace.

## Shirodhara Classical

6,000 Baht  
120 Mins

*Third Eye Therapy, Deep Mental Rejuvenation*

This signature therapy blends the deeply relaxing Kerala-style Abhyanga massage with the meditative stillness of Shirodhara, where a warm, herb-infused oil is gently streamed over the forehead and third eye, flowing across the crown, hair, and scalp. Designed to restore mental clarity, soothe the nervous system, and promote a deep state of relaxation, this treatment is ideal for calming both physical strain and emotional stress.

## Royal Shirodhara

5,000 Baht  
85 Mins

*Indian Head Massage with Shirodhara*

An indulgent Ayurvedic therapy that begins with a soothing massage of the head, neck, shoulders, and feet, followed by the serene flow of warm herbal oil in a steady stream across the forehead and third eye.

This powerful treatment helps quiet the mind, promote mental clarity, and awaken the body's cellular intelligence—leaving you deeply relaxed, focused, and rebalanced.

## Kaya Lepa – Choorna

3,200 Baht  
55 Mins

*Detox Wrap, Herbal Renewal.*

A purifying Ayurvedic body wrap using warm herbal powders and natural banana leaves to detoxify, boost immunity, and support fat metabolism. Ideal for reducing inflammation, easing joint pain, and improving skin clarity—leaving the body lighter, clearer, and deeply refreshed.

## Kaya Lepa – Ela

3,200 Baht  
55 Mins

*Leaf Therapy, Herbal Relief.*

A traditional Ayurvedic body wrap using freshly ground Moringa, Castor, Jackfruit, and Tamarind leaves, known for their powerful anti-inflammatory and healing properties. Wrapped in warm banana leaves, this treatment soothes discomfort and supports recovery from joint pain, injuries, and muscle strain.

## Jambeera Pinda Sweda

2,800 Baht  
55 Mins

### *Lemon Poultice Therapy for Pain & Flexibility*

A warm, therapeutic herbal poultice filled with lemon (Jambeera) and healing powders is applied to the body using medicated oils or dry heat, based on individual needs. Rich in Vitamin C and essential minerals, this nourishing treatment relieves pain, inflammation, and enhances joint and muscle flexibility.

## Karna Poorna

1,800 Baht  
25 Mins

### *Ear Therapy. Sound Clarity.*

A calming Ayurvedic ritual from the daily wellness routine of Dinacharya, Karna Poorna involves the gentle application of warm herbal oil into the ears, following a soothing massage around the ear and jawline.

This treatment nourishes the auditory system, promotes ear health, and eases discomfort from surrounding areas like the jaw and neck, offering deep relief and enhanced sensory balance.

## Thalapothichil

2,800 Baht  
55 Mins

### *Cooling Herbal Head Therapy*

A traditional Ayurvedic Pitta-balancing treatment that soothes the mind and cools the scalp. A calming herbal paste of sandalwood, vetiver root, and other cooling herbs blended in buttermilk is applied over the scalp and wrapped in a banana leaf cap. Warm herbal oil is gently poured on top, allowing the scalp to absorb the full healing benefits.





The Mangosteen

*Ayurveda & Wellness Resort, Phuket*

# Mangosteen

Wellness Spa Menu



# *Wellness Massages*

## Swedish Massage \*

For complete relaxation, nothing really beats the smooth stroking hand techniques used in a professional Swedish massage. Using aromatherapy oils, this massage covers all the body and pressure can be applied to suit everybody's needs.

2,400 Baht  
55 Mins

## Energy Massage `

For complete relaxation, nothing really beats the smooth stroking hand techniques used in a professional Swedish massage. Using aromatherapy oils, this massage covers all the body and pressure can be applied to suit everybody's needs.

2,400 Baht  
55 Mins

## Thai Reliever Massage `

Combines the unique stretching techniques of Thai massage with the soothing strokes of Western massage. This body massage will reduce tension and soothe away your aches and pains.

2,400 Baht  
55 Mins

## Romance Massage \*

Like a graceful dance, this massage uses rhythmic palm and elbow strokes that flow to release tension from every pore of your body with medium pressure.

## The Secret of Mangosteen\*

2,400 Baht  
55 Mins

Using techniques long and firm palm strokes with warm oil help induce the body, mind, and soul into relaxing. This massage is perfect to recover from jetlag.

## Relaxing Foot Massage\*

2,400 Baht  
55 Mins

Originating from Egypt, this foot massage applies pressure to nerves ending in the feet relating to all different organs of the body. It is great to help you sleep and for water retention, this therapeutic treatment also involves a calming neck massage.

2,400 Baht  
55 Mins

## Mangosteen Deluxe

Starting with the ancient Thai technique of massaging your back with a Hot Herbal Compress, this superb massage also incorporates a full body massage for total relaxation and skin nourishment.

2,800 Baht  
85 Mins

## Coconut Toning Massage

Coconut oil enriched with phosphorus and magnesium will help enhance radiant skin and enrich the suntan, and a relaxing massage would tone the muscles.

\*Relaxing Massage ` Deep Massage

2,400 Baht  
55 Mins

# *Body Scrubs*





### Aroma Salt Scrub (Suitable for oily skin)

An invigorating scrub using Aromatherapy salt, Aroma essential oil and a softening body lotion. Refines surface skins, exfoliates dead cells, nourishes the skin, stimulates circulation, and improves skin colour.

1,800 Baht  
40 Mins



### Acid Fruit Scrub (Suitable for normal / dry skin)

Tangerines and milk are the source of natural nutrition in this refreshing fruit scrub. The natural cleansing will leave you with soft, faultless skin.

1,800 Baht  
40 Mins



### Herbal Scrub (Suitable for normal / dry skin)

With a blend of traditional herbs and sesame oil, your skin will be cleansed by removing dead skin cells. This scrub will moisturize and encourage new cell growth to produce healthier looking skin.

1,800 Baht  
40 Mins



*Body  
Wraps*

## Mangosteen Body Detoxification (Suitable for all skin)

Naturally occurring fruit acid from within the Mangosteen is used for this treatment to remove dead skin cells, kill bacteria, and draw out toxin, leaving you feeling clean and refreshed. Unique in its preparation and application, Mangosteen is placed all over the body and enveloped with warm heating blankets to encourage the fruits cleansing properties.

3,000 Baht  
55 Mins

## Mud Body Wrap (Suitable for normal and dry skin)

Naturally, available mud infused with the essence of seaweed and Papaya is applied to the body which is then lightly wrapped to retain the body's natural heat. This relaxing process detoxifies, improves skin tone and elasticity, and encourages stress relief and relieves pressure on the muscles.

2,600 Baht  
55 Mins

## Papaya Wrap (Suitable for normal and dry skin)

This blend of fresh papaya and natural honey will supply your skin with moisture and boost its natural healing power with its antiseptic resources.

2,600 Baht  
55 Mins

## Aloe Vera Skin Soothers (Suitable for Sunburn)

After too much sun, relieve your burnt or dried skin with Aloe Vera applied directly to the skin and followed by a moisturising body lotion. Also included head massage, you will leave totally refreshed.

2,600 Baht  
55 Mins

## Banana Milk Wrap (Suitable for all skin)

Banana milk filled with the goodness of vitamin A and potassium helps to cleanse and refine your skin suitable for all skin types.

2,600 Baht  
55 Mins

# *Facial Treatments*



## Softness Facial treatment (Suitable for Sensitive Skin)

A veritable bath of softness for sensitive skin takes away the 'pulled tight' feeling, renders skin comfortable and supple, brightens the complexion and relaxes facial features.

2,900 Baht  
55 Mins

## Purify Deep Cleansing (Suitable for Male Skin)

Purifies, absorbs excess sebum. Sloughs off cells and tightens dilated pores. The skin is clean and healthy. Stabilize the lipid balance by regulating serum flow. Purify, make skin mat, fresh and sparking.

2,900 Baht  
55 Mins

## Moisturising Facial (Suitable for Dry Skin)

A special moment of relaxation for tired and dry skin. The epidermis is nourished with active ingredients which give it comfort and suppleness. Corn oil protects the skin's layer from harmful effects of free radian. The upper layers of the epidermis are actively moisturised.

2,900 Baht  
55 Mins

## Thai Herbal anti-ageing Facial scrub & Mask (All in one)

100% hand-crafted herbal product, with more than 50 natural ingredients which are all sourced from tropical Thailand. Hand selected, dried, and powdered naturally with no chemicals and no machinery. The product is designed to slow the aging process, brighten skin, and reduce wrinkles.

2,900 Baht  
55 Mins

# The Mangosteen Serenade

## Treatments

## Duration

### Mangosteen Revival

The best package if you just arrived. Two hours massage to pamper and relax the body after your long trip. Start with traditional Thai Massage to relieve your tension, headache, and backache and then continue with a Swedish Aromatic Oil Massage to relax the body and improve blood circulation.

Thai Massage	55 Mins
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Swedish Aromatic Oil Massage	55 Mins
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4,000 Baht 110 Mins

### Mangosteen Retreat

This heavenly experience starts with the Thai herbal steam, allowing the body to expel impurities and toxins through perspiration. This is followed the Herbal scrub to remove dead skin cells leaving your skin feeling soft and silky smooth. A Mangosteen Deluxe massage ends this session.

Thai Herbal Steam	15 Mins
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Herbal Scrub	40 Mins
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Anti-Stress Massage	40 Mins
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4,900 Baht 95 Mins

### Spirit of Mangosteen

Give your body a tune-up from head to toe. This is the ultimate treatment that combines all the signature therapies. Body treat comprises a fruit acid from Mangosteen to anti bacteria and draw out toxin from your skin. Purify your body with the unique massage technique from our therapist to relieve your tension, leaving you with renewed radiance. Your session also comes with a refreshing facial for show-stopping splendor!

Mangosteen Body Wrap	55 Mins
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Traditional Thai Massage OR Secret of Mangosteen Massage	55 Mins
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Choice of Facial	55 Mins
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6,900 Baht 165 Mins

# The Mangosteen Serenade

## Treatments

## Duration

### Power of Love (per couple)

Give your body a well-deserved tune up all over with this ultimate treat that combines all of Spa's signature therapies. Close your eyes and we will pamper you like nothing on earth. The package starts with Thai herbal steam, a body scrub and pampers yourself to a skin-softening body wrap or a revitalizing facial, and then continues with a body massage to soothe, sharpen your senses, and boost blood circulation. Finally relish with an aromatic bath that lulls you into dreamland.

Thai Herbal Steam	15 Mins
Choice of Body Scrub	40 Mins
Choice of Body Wrap OR Facial	55 Mins
Choice of Body Massage	55 Mins
Flower Jacuzzi	20 Mins

14,000 Baht 185 Mins

### Mangosteen Himalayan Salt Infrared Sauna

#### Public Hours

Monday, Wednesday, Friday at 1 pm - 3 pm

Breathe Deeply. Heal Naturally.

Experience the powerful healing properties of Himalayan salt, enriched with over 84 trace minerals and iron, known for its purity, respiratory support, and skin-rejuvenating benefits. When gently heated above 35°C, the salt releases mineral ions that help:

- Improve breathing and reduce respiratory issues
- Enhance skin clarity and soothe conditions like eczema
- Reduce oxidative stress and support the body's pH balance

Enjoy this deeply detoxifying treatment in our Infrared Sauna, with stunning views of the Andaman Bay and soothing warmth to relieve sore muscles.

#### Session info

- Advance booking required
- Maximum 5 guests per session
- Private sessions available (subject to availability)
- Guests are requested to take shower and be dry before entering the sauna

- 🌸 Ayuryoga, Wellness & Yoga Guest: Free for 30 minutes
- 🌸 Other Guest: 200 THB for 30 minutes
- 🌸 Private Sessions: 800 THB for 30 minutes

# Classical Combo Treatments

## Treatments

## Duration

### Tropical Delight

Choice of Massage 55 Mins

Choice of Facial 55 Mins

An amazingly calming, relaxing package that brings together two of our favorite treatments, a nourishing body massage and a Refreshing Facial treatment which is suitable for your skin.

4,500 Baht 110 Mins

### Ao Chalong Dream

Choice of Body Scrub and Steam 55 Mins

Choice of Body Massage 55 Mins

Choice of Facial 55 Mins

Starting with a Body scrub to exfoliate and tone the skin in preparation for rejuvenating massage. The massage enhances the feeling of total well-being; as blood circulation improves the stress is coaxed away. End the ultimate relaxation package with your choice of facial.

5,900 Baht 165 Mins

### Mangosteen Magic

Choice of Body Scrub 55 Mins

Choice of Body Wrap 55 Mins

Choice of Body Massage 55 Mins

Choice of Facial 55 Mins

Flower Jacuzzi 20 Mins

Starting with a Body scrub to exfoliate and tone the skin in preparation for rejuvenating massage. The massage enhances the feeling of total well-being; as blood circulation improves the stress is coaxed away. End the ultimate relaxation package with your choice of facial.

8,100 Baht 240 Mins