



## Spa Menu

### Intuitive Therapy

Our Intuitive Therapy eliminates the usual, choreographed treatments, enabling our therapists to work closer with you to meet your needs and wants. We believe this creates a healing space where both you and your therapist can establish an increased awareness of your mind-body connection. Intuitive Therapy can include focused massage on areas that require specific attention, as well as reflexology and energy work.

*90 minutes THB 7,900*  
*120 minutes THB 9,500*

### Massage Therapy from Around the Globe

**Thai Massage** combines gentle and strong stretches and is often likened to a basic form of Yoga. The movements use muscle compression, joint mobilisation and acupressure of the muscles, tendons, pressure points and energy lines, to leave you feeling refreshed and energised.

*60 minutes THB 5,800*  
*90 minutes THB 7,900*

**Thai Herbal Compress Massage** combines a stretching Thai massage with the application of a warm Luk Pra Kob herbal poultice, which contains healing herbs that help remove tension and stiffness from the muscles in the body.

*90 minutes THB 7,900*

**Abhyangam** is an ancient Indian oil massage therapy for deep relaxation and healing. It gives a feeling of stability and warmth while decreasing the effects of ageing, increasing circulation and moving lymph, helping the body detoxify and leaving your skin soft and smooth.

*60 minutes THB 5,800*  
*90 minutes THB 7,900*

**Swedish Massage** is one of the best-known bodywork techniques. It aims to relax the entire body and improve the circulation of blood and lymph by using a specific set of massage movements: effleurage (sliding movements); petrissage (kneading movements); friction or rubbing; and vibration and percussion. During a traditional Swedish massage, the therapist will also use passive and active joint movements, stretching and bending the joints.

*60 minutes THB 5,800*  
*90 minutes THB 7,900*

**Deep Tissue Massage** focuses on stretching the fascia, the web of connective tissue that surrounds, supports and accesses all of the body's muscles, bones, nerves and organs. Working layer by layer, through the connective tissue and muscles into the deepest accessible layers, this massage technique helps to correct posture and increase your freedom of movement.

*60 minutes THB 5,800*  
*90 minutes THB 7,900*

**Pre- and Post-natal Massages** are a wonderful, complementary choice for expectant or new mothers. They are specially designed to improve overall health, reduce stress and relieve muscle tension during this very special time.

*60 minutes THB 5,800*



## Scrubs

**Soneva Coffee Scrub** uses locally-sourced coffee granules and virgin coconut oil for an energising and nourishing body therapy that reveals soft and radiant skin.

*45 minutes THB 4,500*

## Manicure and Pedicure

**Manicure**

*60 minutes THB 4,500*

**Pedicure**

*75 minutes THB 4,800*

**File and Polish**

*30 minutes THB 2,800*

## Movement

**Personal Movement Training** is tailored to address your fitness and wellness needs. These private sessions can include:

- Building muscle strength and endurance
- Back and joint pain relief
- Cardiovascular training
- Muay Thai
- Pilates
- Bootcamp

*60 minutes THB 5,500*

**Private Yoga Sessions** are available for every age and ability, whether you are a novice or an experienced Yogi. Each session is personalised to you, and can be hosted at our Yoga Pavilion, or in the privacy of your villa.

*60 minutes THB 5,500*

## Your Wellness Experience at Soneva Kiri

- Soneva Soul is open daily from 09.00 to 21.00
- We kindly request that you arrive at the spa at least 15 minutes before your treatment to complete our Lifestyle Consultation.
- Bookings and cancellations can be made through your Barefoot Butler or directly with the Spa. If you need to cancel or modify a session, please advise the Spa or your Barefoot Butler at least 4 hours in advance to avoid a full charge being applied to your account.
- We suggest that you leave all valuables in the safe in your villa.
- Please note that In-villa Therapies have a 25% surcharge on our listed prices.
- To ensure a safe and healthy Yoga or personal training session, we request that you complete our health and medical form, ideally submitted before your session. Please be aware that your information will be kept strictly confidential and will only be used to adapt your workout to account for any pre-existing health conditions you may have. Our Movement Specialist recommends that you eat no later than 60 to 90 minutes before your training or Yoga session.

*\* All prices are quoted in Thai Bhat and include all taxes and service charge*



## Children's Corner

An unforgettable spa day for our youngest guests, with a range of fun, age-appropriate treatments.

### **Children's Massage**

Pamper your little ones with a gentle and relaxing full body massage using pure virgin coconut oil.

*30 minutes THB 3,000*

### **Yummy Coconut**

A gentle, all-over body scrub using fresh coconut to exfoliate and leave delicate skin feeling super soft.

*30 minutes THB 3,000*

### **Pretty Me**

A hand soak is followed by a gentle scrub and massage, and a choice of nail polish.

*30 minutes THB 3,000*

### **Fancy Feet**

A foot soak is followed by a gentle scrub and massage, and a choice of nail polish.

*30 minutes THB 3,000*

### **Spoil Me**

A soothing, gentle head massage using warm coconut oil is followed by a relaxing foot massage.

*30 minutes THB 3,000*