



SATI



SATI



Sati is to be mindful, to be in the moment.

*True awakening, comprehension, and adapting to the present inspire Sati Spa with three guiding principles: **Concentration, Meditation, and Tranquillity** – all with the aim of promoting mindfulness, peaceful living, a strong body, and an energised mind and spirit.*

Sati Spa preserves the knowledge of Thailand's traditional healing practices used to rejuvenate and recover from fatigue, stress, and discomfort. We combine these ancient therapies with modern approaches to create unique immersive experiences that will leave you feeling reinvigorated and revitalised.

Meet us at Sati Spa to feel better and live brighter.

INDEX

NEW YOU MINDFULNESS JOURNEY

4

SATI SIGNATURE

6

BODY UNWIND

8

AYURVEDIC TREAT

11

BODY TREAT BY HARNN

13

BODY PAMPER BY HARNN

15

FACE GORGEOUS

17

ANNE SEMONIN PARIS

19

BEAUTY ME

22

CHILDREN SPA

24

SPA ETIQUETTE

25

NEW YOU
MINDFULNESS
JOURNEY



NEW YOU MINDFULNESS JOURNEY

WELL-BEING JOURNEY

Vital energy and oxygenated blood flow along the meridian lines in our body. Keeping these pathways energised promotes good circulation and heart health. Tai Chi, a moving meditation (series of gentle exercises), improves blood circulation, strengthens the body and mind, and brings tranquillity. It is followed by an herbal detox soak and scrub, both specially formulated to remove harmful elements from the body. Finally, a detox massage leaves you refreshed and energised.

- Tai Chi Session 45 minutes (morning session)
- Sati Detox Bath 30 minutes
- Detoxifying Juniper Berry & Cedar Wood Scrub 60 minutes
- Detox Away Massage 90 minutes

3 hours 45 minutes THB 9,900

WELL-ACTIVE JOURNEY

Start your day full of energy by connecting with nature with an early morning power walk on the beach, the sand gently massaging your feet. Follow it up with an invigorating Muay Thai session – learn the postures through a choreographed routine. End the session with a relaxing four-hands massage using a one-eyed coconut shell, only available at Sati Spa.

- Morning Power Walk on the Beach 15 minutes (morning session)
- Muay Thai Session 45 minutes
- Sati Kala Four-Hands Massage 90 minutes
- Kala release muscle + Coconut warm oil massage
- + Face stone massage + Indian warm oil head massage

2 hours 30 minutes THB 9,900

WELL-SLEEP JOURNEY

Specially created to help improve your quality of sleep, through targeted therapies and thoughtful practices. Let Sati Spa soothe you into a night of undisturbed slumber.

- Yoga Session 45 minutes
- Sati Herbal Steam 30 minutes
- Sati Mindfulness Massage - Thai Yoga massage 90 minutes
- + Meditation + Crystal sound therapy
- + Relaxing Deep Inhalation
- Light & Healthy Dinner + Juice

2 hours 45 minutes THB 6,900

A woman with dark hair tied back, wearing a grey short-sleeved uniform, is performing a massage on a client's back. She is using a large, smooth, light-colored stone. Her eyes are closed, and she has a focused expression. A name tag on her uniform reads "MAM". The background is softly blurred, showing a window with greenery outside. The text "SATI SIGNATURE" is overlaid in the center of the image.

SATI
SIGNATURE





SATI SIGNATURE

SATI KALA FOUR-HANDS MASSAGE

Kala Muscle Release | Body Massage | Stone Uplifting Face Massage | Indian Head Massage

The one-eyed coconut shell is believed to provide protection against evil and attract happiness and wealth. At Sati Spa, we use this special coconut shell to massage the main energy pathways of the body in order to provide deep muscle relaxation. Then, two therapists apply warm coconut oil to soothe the body, followed by a stone face-lifting massage with warm oil. An Indian head massage with warm coconut oil completes the treatment.

90 minutes THB 8,900

SATI MINDFULNESS MASSAGE

Integrating Hatha Yoga | Thai Massage | Hermit Posture Bend | Meditation | Crystal Sound Therapy

This treatment is formulated to soothe your mind and loosen your muscles, leaving you more relaxed than ever before. Advised for those dealing with muscle stiffness due to stiff posture, or from sitting or standing for long periods of time.

90 minutes THB 4,900

SATI KHIT PILLOW MASSAGE

Triangle Pillow | Thai Massage

This truly original signature massage from Sati Spa enhances the effects of Thai massage and stretching techniques using a traditional triangle pillow. The pillow is strategically placed to support muscles and reduce tension for a more effective massage experience. Every position is carefully designed to reduce muscle pain, creating a sense of balance and well-being well after the massage is completed.

90 minutes THB 4,900

B O D Y
U N W I N D





BODY UNWIND

AUTHENTIC THAI MASSAGE

Inspired by the ancient healing techniques of old Siam, this dry-massage is performed without oils and involves activating key pressure points combined with meridian line stretches to improve mobility and flexibility, ease stress and strain, and increase blood circulation.

60 minutes	THB 3,000
90 minutes	THB 3,900
120 minutes	THB 4,900

AUTHENTIC THAI FUSION MASSAGE

Ancient Siamese healing therapy uses traditional hot compresses filled with herbs, oils, and natural enzymes to soothe the muscles. The heated compress helps the skin to better absorb the herbs, detoxifying and de-stressing tired muscles and joints for a powerfully soothing experience.

90 minutes	THB 4,900
120 minutes	THB 5,900

WARM STONE OIL MASSAGE

Hot stone massage therapy melts away tension, increases circulation, and speeds up metabolism. Each session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. Our experienced massage therapists also incorporate a customised massage, using hot stones to enhance the effects.

90 minutes	THB 4,900
120 minutes	THB 5,900

SATI AWAKEN MASSAGE

Natural plant extracts and essential oils are mixed in a bespoke blend to suit your individual goals. From relaxation to stimulation, we create a state of natural self-healing and regeneration by massaging the body with a personalised aromatic blend to balance hormones, cortisol, and adrenaline levels through the sense of smell and touch.

60 minutes	THB 3,500
90 minutes	THB 4,900
120 minutes	THB 5,900

DETOX AWAY MASSAGE

This gentle therapy is designed to encourage lymphatic drainage, carrying toxins and waste away from the tissues, aiding in the body's natural detoxification process.

60 minutes	THB 3,500
90 minutes	THB 4,900



BODY UNWIND

SPORTS MASSAGE

Ideal for athletes and fitness enthusiasts, this therapy can be customised to relax or stimulate the muscles. It increases blood circulation, encourages lymphatic drainage, and helps repair tissue by removing lactic acid from the body in a natural way.

60 minutes	THB 3,500
90 minutes	THB 4,900

BALINESE MASSAGE

A traditional therapy that heals through deep ritualistic movements. Our therapists apply ideal pressure with constant, rhythmic, shiatsu-style pressure point techniques, combined with your selection of our specially blended aromatherapy oils.

60 minutes	THB 3,500
90 minutes	THB 4,900

PRE NATAL MASSAGE

A nurturing and therapeutic experience for moms-to-be, this special therapy is designed to increase circulation and reduce water retention while easing lower back pain and hip discomfort.

60 minutes	THB 3,500
90 minutes	THB 4,900

AFTER SUN SOOTHING MASSAGE

This relaxing treatment uses the healing power of fresh Aloe Vera to help regenerate your skin after a sunny day on the beach, while refreshing and moisturising your skin. The therapy includes a combination of massage techniques to bring you into a state of deep relaxation.

60 minutes	THB 3,500
90 minutes	THB 4,900

A person wearing a grey short-sleeved uniform with a name tag is pouring water from a polished copper pitcher into their open palm. The water is falling onto the back of a person lying on a massage table. The scene is softly lit, creating a calm and therapeutic atmosphere.

AYURVEDIC TREATMENTS



AYURVEDIC TREATMENTS

EMOTIONAL RELEASE MASSAGE



Chi Nei Tsang incorporates the Ayurvedic practice of using warm oil in the navel

A detoxifying massage, Chi Nei Tsang literally means 'working the energy of the internal organs'. The abdomen is systematically warmed with oil using palming massage strokes. This specialised technique works from deep within to reach the emotional causes of deep-rooted disease.

60 minutes

THB 3,900

BACK RELIEF MASSAGE



This Ayurvedic practice uses herb-infused warm oil to relieve back pain

This massage begins with a 'hermit doing body contortion' posture to relieve lower back pain. Next, the treatment uses an herbal Ayurvedic remedy known as Kativast – warm medicated oil infused with herbs – that is applied along with black gram paste. This is done for an extended period to allow the herb-infused oil to be absorbed into the skin and provide long-lasting relief.

60 minutes

THB 3,900

LEGS & FEET TREAT MASSAGE



Marma points are activated to stimulate self-healing

This deeply relaxing and soothing treatment combines massage and the activation of pressure points that correlate with specific body parts and organs to help stimulate the body's natural healing powers.

60 minutes

THB 3,900

DEEP SLEEP MASSAGE



This Indian head massage includes the Ayurvedic technique of Shirodhara

This massage focuses on the three higher chakras – mind, body and spirit – and works on your energy epicentre. After the crown massage, the next step is Shirodhara. This Ayurvedic healing technique involves pouring warm oil on the centre of your forehead in a slow, steady stream, leaving you relaxed, serene, ache-free, and clear-headed.

60 minutes

THB 3,900



B O D Y T R E A T
B Y H A R N N



BODY TREAT BY HARNN

ENERGISING | YUZU AND VETIVER SCRUB

Achieve healthy, hydrated, and glowing skin as you moisturise with the HARNN yuzu and vetiver scrub. This luxurious yet lightweight formula helps to exfoliate, soften, and brighten the skin with Himalayan salt, konjac scrub, and caffeine. In addition, a powerful combination of ceramide, tripeptide, hyaluronic acid, and panthenol helps restore youthfulness by keeping the skin hydrated.

60 minutes

THB 3,300

DETOXIFYING | JUNIPER BERRY AND CEDAR WOOD SCRUB

Using cutting-edge niosome technology to penetrate deep into targeted areas, the HARNN juniper berry and cedar wood body scrub is used to gently exfoliate the skin. Sugar removes impurities and offers hydration, while golden silk extract makes the skin silky smooth. The marine and algae extract is high in antioxidants and protects against pollution and reduces inflammation. Mangosteen powder, rich in polyphenol, nourishes the skin and has wound healing effects.

60 minutes

THB 3,300

COLLAGEN BOOSTING | ORIENTAL ROSE SCRUB

Get naturally healthy glowing skin with this purifying body scrub containing organic rose water, apricot seed, shea butter and coenzyme Q10 to help replenish moisture, improve skin health, and promote natural smoothness.

60 minutes

THB 3,300

BRIGHTENING | WHITE TEA AND CAMELLIA SCRUB

Unveil healthy, soft, and smooth skin with HARNN white tea and camellia body oil spray, infused with multivitamins and niacinamide. A combination of salicylic acid, glycolic acid, and lactic acid provides moisture and radiance for soft and supple skin, while the white tea extract and encapsulated cica scrub hydrates and maintains skin moisture balance. Finally, the olive oil, sea buckthorn seed oil, and calendula oil soften and revitalise the skin.

60 minutes

THB 3,300

B O D Y P A M P E R
B Y H A R N N





BODY PAMPER BY HARNN

SOOTHING | AFTER SUN SOOTHING GEL

Aloe Vera is widely used in cosmetics and alternative medicine for its rejuvenating, healing, and soothing properties. In a gel form, its cooling nature effectively relieves sunburns, reducing redness and irritation while soothing the skin. Our unique extract – organic floral water – has been added to the formula to enhance the soothing properties.

60 minutes

THB 3,300

DETOXING | PURIFYING BODY MASK

Turmeric and liquorice extracts are the key ingredients of this body mask, with their excellent skin brightening properties derived from centuries-old Asian wisdom. Natural plant oils of jojoba, sweet almond, and safflower nourish and balance the skin, leaving it with a natural glow. The therapeutic properties of jasmine essential oil make for an energised experience.

60 minutes

THB 3,300

FIRMING | CONTOURING BODY MASK

Our carefully selected active ingredients – algae extracts, pink pepper oil, amino acid proline, and capsicum – work harmoniously against excessive fat while stimulating your metabolism to support the firming process, for silky and healthy skin. Combined with a blend of coconut oil, sweet almond oil, and rice bran oil, this firming body wrap helps reduce cellulite while returning natural moisture to the skin.

60 minutes

THB 3,300

FACE
GORGEOUS





FACE GORGEOUS

HARNN HERITAGE CLARIFYING FACIAL



(For normal to oily skin)

This treatment begins with a deep cleansing facial steam with Ozone, followed by a gentle exfoliation and balancing mask. Light nourishment helps replenish the skin's moisture without oiliness and leaves the skin soft and glowing.

Detoxifying Lymphatic Drainage Massage | Relaxing Facial Massage | Deep Nutrition Facial Mask | Hand and Foot Massage | Hot Facial Steam with Ozone | Skin Exfoliation | Cold Facial Steam with Ozone | Gentle Moisturising

60 minutes

THB 3,500

HARNN HERITAGE HYDRATING FACIAL



(For normal to dry skin)

This hydrating treatment begins with gentle cleansing, followed by a mild exfoliation and then a detoxifying facial mask. A nourishing moisturiser completes the experience.

Revitalising Lymphatic Drainage Massage | Relaxing Facial Massage | Deep Nutrition Facial Mask, | Hand and Foot Massage | Skin Exfoliation | Skin Hydrating Moisturising

60 minutes

THB 3,500

HARNN HERITAGE JADE UPLIFTING FACIAL



(For dry or aging skin)

Dryness and dehydration are the primary causes of aging skin. This combination of a hydrating facial mask and a cellular regenerating massage improves blood circulation and relaxes tense muscles that are a precursor to wrinkles. The result is a firm and luminous complexion.

Revitalising Lymphatic Drainage Massage | Uplifting Facial Massage | Deep Nutrition Facial Mask | Hand and Foot Massage | Skin Exfoliation | Skin Hydrating Moisturising

60 minutes

THB 3,900

ANNE
SEMONTIN
PARIS



ANNE SEMONIN PARIS

Because everyone is unique, each Anne Semonin programme is customised. It starts with a personal diagnosis to identify areas of concern. Your beauty therapist then creates a personalised beauty prescription, depending on your needs, time, and lifestyle.

ANNE SEMONIN DEEP MARINE PURIFYING FACIAL



Perfect for combination, oily, congested, and problematic skin, this complete deep cleansing and purifying treatment combines traditional steam and extraction techniques with a lymphatic drainage massage. A detoxifying anti-inflammatory peel-off mask and intensive aromatic complexes are used to soothe, calm, and rebalance the skin to encourage a visibly clearer complexion.

60 minutes

THB 3,900

ANNE SEMONIN SKIN RENEWAL FACIAL



Experience micronized crystal powder mixed with a nourishing massage butter, followed by a magical acid emulsion. This transformative treatment reinvents the surface of your skin within minutes, infusing it with an efficient blend of ingredients and polishing it to perfection.

60 minutes

THB 3,900

ANNE SEMONIN CRYOTHERAPY AGE DEFYING FACIAL



Excellent for mature, dry, and dehydrated skin, this contouring and firming facial is designed to combat the visible signs of aging. Innovative Anne Semonin neuro cosmetic ingredients are combined with 100% active serums and advanced cryotherapy ice cubes to restore the skin's natural youthful glow. The result is instantly tightened, firmed and revitalised skin, perfect for special events.

60 minutes

THB 3,900

ANNE SEMONIN ULTRA FIRMLING FACIAL



A firming and tightening skin treatment combined with anti-fatigue therapy. It improves skin elasticity and tonicity, boosts hydration levels to smooth out skin texture, and stimulates cellular metabolism to delay skin aging.

60 minutes

THB 3,900



ANNE SEMONIN PARIS

ANNE SEMONIN EXTREME MOISTURE FACIAL

Intense moisture replenishment treatment for dry, dehydrated skin. It softens, conditions, smooths skin texture, and reinforces natural moisturising factors and skin protection.

60 minutes THB 3,900

ANNE SEMONIN SOOTHING REPAIR FACIAL

A rapid repair and soothing facial to treat tight, climate-damaged and over-stressed skin. It reduces blotchy colour and relieves irritation. Sun damage is minimised, reducing tissue damage and deep cellular stress, while hydrating and soothing the skin.

60 minutes THB 3,900

ANNE SEMONIN HYDRA EXPRESS FACIAL

Does your skin need to be revitalised? Ideal for all skin types and conditions, this treatment soothes and deeply hydrates the skin to prevent premature aging. A quick and effective solution to regain comfort, suppleness, and glow.

60 minutes THB 3,900

ANNE SEMONIN MIRACLE EYES TREATMENT

Designed to enhance, lift, and firm your under-eye area. The state-of-the-art Eye Express Radiance Ice Cubes with their cryotherapy benefits are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of aging.

30 minutes THB 2,900



BEAUTY ME



BEAUTY ME

HAND SPA

A delightful treatment that includes a soak and moisturising exfoliation, shaping and quenching of cuticles and nails, and a renewing mask. A brief massage later, your nails are buffed and ready for the nail paint. A choice of gel polish or traditional nail polish is available.

75 minutes

THB 2,300

FOOT SPA

A luxurious treatment that refreshes your feet with a soak and moisturising exfoliation, and cuticle work. Nails are clipped and filed, hard skin removed, and a renewing mask applied. A brief massage later, your nails are buffed and ready to paint. A choice of gel polish or traditional nail polish is available.

75 minutes

THB 2,300

GEL MANICURE

This deluxe manicure begins with a hand exfoliation, nail shaping, filing, and cuticle care. Then hands are gently massaged, followed by gel colour polish of your choice.

90 minutes

THB 3,000

GEL PEDICURE

This deluxe pedicure includes various stages: exfoliation, nail clipping and filing, cuticle care, and hard skin removal. After a gentle massage, your choice of gel polish completes the treatment.

90 minutes

THB 3,000

GEL REMOVAL

30 minutes

THB 1,200

NAIL POLISH

30 minutes

THB 600

CHILDREN CARE

RELAXING MASSAGE

Kids get to be pampered and nurtured just like mum and dad with a classic massage treatment.

60 minutes THB 2,900

HAND AND ARM MASSAGE

This relaxing treatment releases tension, soothes tired muscles, and is ideal for kids who spend a lot of time on their smartphones and other devices.

30 minutes THB 1,900

FOOT AND LEG MASSAGE

This relaxing and therapeutic treatment improves blood circulation, relieves any aches and pains, and has the best results in combination with a hand massage, for double the bliss and benefits.

30 minutes THB 1,900

KIDS MANICURE AND NAIL COLOUR

Perfect for your young ones – a neat nail trim followed by hand exfoliation and hand massage. We offer a selection of designs for the nail painting.

30 minutes THB 1,000

KIDS PEDICURE AND NAIL COLOUR

The full pampering pedicure starts with a nail trim, foot soak and exfoliation, and finishes with a relaxing massage. The nails are then ready for a nice paint job.

30 minutes THB 1,000

KIDS HAIR BRAIDING

THB 250 per braid



SPA ETIQUETTE

SPA HOURS

Daily, 10:00 hrs. to 20:00 hrs.

SPA RESERVATIONS

Please contact the spa reception directly or dial extension number 8330. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure maximum results, and we recommend using the steam room before any treatment to stimulate your circulatory and lymphatic systems to enhance the benefits of your treatment.

ON ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the spa's tranquil surroundings to set the mood for your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guest reservations, please be aware that we may not be able to extend your treatment time in the event of late arrival.

CANCELLATIONS

Please provide a 5-hour notice for individual treatments and 24-hour notice for spa packages to avoid being charged 50% of the treatment price. Failure to keep your appointment without cancellation will result in a 100% charge of the treatment price.

AT THE SPA

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Sati Spa is a sanctuary of peace and harmony, so we kindly ask that you please speak at a low volume so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe for at least six hours after any massage, body treatment, or depilatory waxing. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments can be charged to your guest room folio and will appear on your account at the time of departure from the hotel. Otherwise, major debit and credit cards are accepted.

CHILDREN

Please refrain from bringing children under 12 years old to the spa. However, younger guests aged 12-15 are welcome to enjoy a selection of special treatments under the supervision of a guardian.