



**NOVOTEL**  
HOTELS & RESORTS  
PHUKET KARON BEACH  
RESORT & SPA

## CONTACT US

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## OPENING HOURS

OPEN DAILY  
FROM 9:00 - 21:00

FOR MORE INFORMATION  
AND RESERVATIONS PLEASE CALL 8666  
TEL: +66 (0) 76 358 666



**In Balance** by NOVOTEL  
Spa

## BODY MASSAGE 60/90 MINUTES

### IN BALANCE THERAPY

Treat your senses and infuse your emotion with "Warm Oil Massage" which is a deeply comforting, relaxing and unique full body massage. Combination of relaxing treatment using heated natural product with Thai herbal compress full body massage was created with pure pleasure in mind. it's warm and relax muscle tissue and promotes the growth of health

**90 MINUTES - THB 1,499**

### Stress Relief Massage

A series of long flowing effleurage movements and gentle but effective massage strokes, combined with our special blend "stress relief" massage oil, consisting of a fine combination of Lavender, Sandalwood and Orange essential oils, which are used to melt tension and harmonize the body, sending you into a deep state of relaxation, leaving you completely stress free.

**60/90 MINUTES - THB 1,099/1,349**

### Swedish massage

Combinations of Eastern & Western massage techniques to reduce the muscle tension & revive the body with positive energy. A traditional yet classic full body massage, resulting in an all-over "feel good" sensation.

**60/90 MINUTES - THB 1,099/1,349**

### Balinese Massage

This therapeutic massage focuses on specific area, with deep pressure applied during massage especially stiff neck, upper back and lower back to relieve body tension and restore normal movement.

**60/90 MINUTES - THB 1,099/1,349**

### Sport Massage

A Western massage that uses of special blended essential oils that address specific sport related needs which incorporates Swedish massage, cross-fiber friction and tapotement , all culminating to enhance performance ,to promote healing post injury or sport maintenance.

**60/90 MINUTES - THB 1,199/1,349**

### Thai Massage

An ancient Traditional Thai Massage is a fusion of acupressure, energy work and stretching techniques, reduces muscular tension, improves circulation, boost the immune system and balancing both body and mind.

**60/90 MINUTES - THB 799/999**

### Thai Herbal Compress

Thai traditional ancient deep pressure massage releases blockages and restores a smooth flow of energy. Combine with a heated Thai herbal compress with to detoxify your body ,ideal to ease muscle ache and pain, leaving you feeling totally relaxed and completely restored.

**90/120 MINUTES - THB 1,149/1,499**

## ON THE SPOT 30/60 MINUTES

### Foot Massage

A most therapeutically effective massage of the feet! Commence with hot towel footbath and moving onto the reflex points of the feet, which correspond, to every organ & gland in the body. Through the feet & acupressure, the autonomic nervous system, the lymphatic & circulation system are affected. It aids in the stimulation of the body's own healing process

**30/60 MINUTES - THB 499/799**

### Back, Neck & Shoulder Massage

Relax & unwind with this very specific treatment specifically designed by @ In Balance Spa to soothe away all of the muscle stress & tension from around the back, shoulder & neck area, & feel the remarkable difference from the magical touch. An excellent treatment either pre or post travel.

**30/60 MINUTES - THB 499/799**

### Back Muscle relieve

Exfoliate on the back and combine massage results in rounded shoulders and tight, inflexible muscles in the neck and upper back. Relaxing massage, along with kneading the shoulders can help in reducing pain in the

**30/60 MINUTES - THB 499/799**

### Indian Head Massage

This luxurious ,nurturing massage combined with Ayurveda techniques; you will achieve supreme relaxation and noticeable health restoration to your hair.Clear your mind with this massage to relax and remove fatigue caused by mental stress.

**30/60 MINUTES - THB 499/799**

## BODY SCRUB 60 MINUTES

### Fresh coconut polisher

Suitable for all skin types this gentle exfoliation treatment removes dead skin cells; coconut exfoliation removes dead cells and nourishes the skin to leave it silky smooth, soothes and promotes skin's softness

**60 MINUTES - THB 999**

### Coffee Yogurt Scrub

Let the refreshing scent of the natural ingredients relax your body during the treatment and look forward to youthful and radiant skin

**60 MINUTES - THB 999**

### Fresh Tamarind Cleanser

The Thais have used tamarind as a natural centuries we just improved on the traditional recipe by adding healing and oatmeal to make it even more effective in gently removing dead skin cells.

**60 MINUTES - THB 999**

### Cereal oatmeal scrub

Our cream scrub is specially made for exfoliating the skin while not forget to taking care of your delicate skin as the cream itself is softening and moisturizing while being scrubbed. With an addition of Barley and Lotus seed extract, it helps smoothen and rejuvenate for a glowing skin.

**60 MINUTES - THB 999**

### Evening Tea Sea Salt Scrub

Sea salt scrub in natural oil [Sweet almond, Safflower Oil ,Olive oil, Jojoba oil, Vitamin E ] ;a truly spa experience of exfoliating and moisturizing at the same time.

**60 MINUTES - THB 999**

## BODY WRAP 45/60 MINUTES

### White Mud Wrap

Allow the clay's natural properties to eliminate toxins. The White mud is rich in minerals and nutrients, helping the skin to detoxify and stimulate the body and nourish skin.

**45 MINUTES - THB 899**

### After sun soother

Ease the sting out of a strenuous day of sunbathing with this mollifying and pleasant application of Aloe Gel which will assist in maintaining that longer lasting healthy suntan.

**60 MINUTES - THB 899**

### Red wine Body Mask

In Greek ancient time, grapes have been used to cure the skin and its leaves used to stop bleeding and pain. With its ailment property, it is renowned as "The queen of health fruit" . Grape seeds also contain polyphenol with antioxidant potency twenty times greater than that of Vitamin C and E. Hence, it is perfect for promoting skin youth with free-radical property .Also ,it provides skin conditioning for a soft and supple skin. It can be also used for sun-damaged skin.

**45 MINUTES - THB 999**

## SPA PACKAGE

### Jet Lag Revival

Getting here is easy but recovery is a little more difficult! Let us assist and guide you to fully recuperate that much quicker! A 60-minute Stress Relief Massage will help to eliminate the body aches and pains followed by a Resurgence Renewal facial treatment.

**90 MINUTES - THB 1,789**

### Perfect Pamper

Relax, unwind, and completely indulge with a half day of spa experiences for your perfect escape. Enjoy a relaxing soak and milky bath before enjoy the series of Perfect skin Treatment and A customized full -Body Massage

- A Choice Of Body Scrub 30 minutes
- A Choice Of Body Wrap 60 minutes
- Deluxe Jacuzzi 30 minutes
- A Choice of Full Body Massage 90 minutes

**210 MINUTES - THB 3,599**

### In Balance Spa Package

Enjoy total spa experience. Start with open pore for skin to be ready for Fresh coconut scrub then follow by signature massage and Organic Facial. Leave your body and mind enriched, relaxed and stress-free.

- Fresh coconut polisher 30 minutes
- A Choice of body massage 90 minutes
- Refreshing Organic Facial 60 minutes

**180 MINUTES - THB 3,099**

### Siam Package 150 min

Recover Thai ancient remedies with and exquisite treatment. Pamper your skin with fresh coconut scrub and white mud wrap then complete your experience with Thai massage hot compress

- Fresh Tamarind Cleanser 30 minutes
- White mud Wrap 30 minutes
- Thai massage 60 minutes
- Hot compress 30 minutes

**150 MINUTES - THB 2,199**

### Peace Package 90 Min

Start with a natural body scrub to exfoliate dead skin cell and preparation for a soothing wrap to moisturize your skin leaving your skin glowing and radiance.

- Body Scrub 45 minutes
- Body Wrap 45 minutes

**90 MINUTES - THB 1,399**

### Look great 150 Min

This treatment can be tailored to suit your individual requirements. Begins with body scrub and follow by body massage. Enjoy a luxurious treatment, leaving your skin soft smooth and ease tension away.

- Choices of body scrub 30 minutes
- Choices of body massage 60 minutes
- Refreshing facial 60 minutes

**150 MINUTES - THB 2,299**

### Sleep Well Package 120 Min

After a long travel .if you feel uncomfortable or jet Lag, and anti-stress with body massage of your choice 60min foot massage 30 min. will aid you in enjoying a peaceful night sleep and restore your energy and zest for next day's activities.

- Body massage 60 minutes
- Foot massage 30 minutes
- Indian Head massage 30 minutes

**120 MINUTES - THB 1,749**

## FACIAL TREATMENTS

### Resurgence Renewal

Restore your luminous glow, with our most indulgent facial. Luxurious and lasting hydration restores suppleness, texture and tone. After one treatment, you'll instantly unveil a more youthful skin.

คืนค่าผิวหน้าสว่างให้กลับมา ด้วยกรีนบีทีที่พอกหลายมากที่สุดของเรา เพื่อบำรุงพืชมานับของคุณให้สวยใส ผิวของคุณจะได้ รับการบำรุงอย่างล้ำลึกและยาวนาน เพียงพริ้วอ่อนเยาว์ คืนความอ่อนนุ่ม เรียบเนียน ยິงยังมองเห็นริ้วรอยได้ในครั้งแรกที่ทำ

**60 MINUTES - THB 1,499**

## HAND AND FEET THERAPY

Spa Manicure, Spa Pedicure grooming of cuties and nail and optional nail polish color of your choice.

### Nail Resha

PE HAND/FEET, COLOR	<b>THB 399</b>
SPA MANICURE 60 MINUTES	<b>THB 699</b>
SPA PEDICURE 60 MINUTES	<b>THB 699</b>
SPA MANICURE & SPA PEDICURE 120 MINUTES	<b>THB 1,399</b>

### Deluxe manicure

Therapeutic your hand with scrub and massage with a nourishing cream to restore natural moisture and improve the texture of skin follow your nails will be shaped and cuticles and hydrated. Nail varnish is applied on request.

**75 MINUTES - THB 949**

### Deluxe Pedicure

Transform your feet with our nail and cuticle care, Then relax and enjoy a foot scrub and massage to soften and nourish your skin whilst boosting your circulation and relieving tired of swollen feet. Nail varnish is applied on request.

**75 MINUTES - THB 949**