

INTRODUCTION

Inspire the spirit while your body is revitalised by the healing hands of therapists trained in a fusion of healing practices, as well as modern rejuvenation and well being techniques. A wide range of relaxation, balancing, revitalizing and purifying treatments drawn from Ayurveda along with treatments of international influences to soothe your senses, restore vital balances and enhance energy of both body and mind. Unwind in the sauna room and Jacuzzi or pamper yourself with beauty treatments evolved over centuries. Indulge yourself in the splendor of a bygone era at the Dhatri Spa.

RELAXATION

DESIGNED TO ACHIEVE TOTAL RELAXATION AND WELL BEING OF THE SOUL SOOTHING AWAY STRESS AND TENSION.

	Minutes	Baht
Swedish massage Medium pressure with long strokes concentrated on back and shoulders for body de-stress.	60/90	2600++/3200++
Aromatherapy massage Finger tip and palm pressure applied evenly about the body with essential oils used to relax or rejuvenate the senses, perfect for general de-stress or jet lag recovery.	60/90	2600++/3200++
Expectant mother massage This gentle, massage is specifically designed for the expectant mothers (more than 4 months pregnant).	60/90	2600++/3200++
Head & scalp massage A universal relaxation treatment concentrating on the neck, head, arm and scalp by using firm strokes and aroma infused hot towels.	60/90	2600++/3200++
Jasmine Oatmeal scrub A relaxing body exfoliation by hand, firm but gentle pressure to deep cleanse and revive the skin, followed with warm oil full body massage to renew the senses and rejuvenate your spirit completes this treatment.	90	3200++
Aloe Vera wrap Damaged, dry or sun burnt skin is treated to the cooling effect of circular application strokes to the body with hand prepared ingredients.	90	3300++
Refreshing Organic Facial Natural ingredients freshly hand prepared after consultation, and then applied with relaxing pressure strokes to the face. Rejuvenates and repairs facial skin.	75	3000++

BALANCING

DESIGNED TO ACHIEVE CLEANSING, FORTIFICATION AND NOURISHMENT OF THE BODY AND MIND.

	Minutes	Baht
Thai foot massage Traditional Thai foot therapy to promote general health and well-being. Depending on your preference – a soft to medium kneading of the soles of the feet up to the knee refreshing the body all over.	60/90	1900++/2500++
Fusion Bamboo massage Gently heated pieces of smooth bamboo are used for rolling over tight muscles with warm oil to remove tension.	60/90	2600++/3200++
Evening tea Sea salt scrub Finely ground tea sea salt is applied to the skin, topped with an all natural paste allowed to soak into the skin for 40 minutes followed by a brisk shower to wash away the drawn out impurities. This is then complimented with an oil massage treatment designed to relax	90	3200++
Deep cleansing Moor mud Effective cellulite treatment using Dead Sea Moor Mud to reduce the appearance of cellulite, hand applied and then the body is wrapped in a heat blanket to achieve maximum results. Treatment is completed with a firming massage.	90	3300++
PAYOT Deep Cleansing Treatment Facial treatment applying the famous Payot product. This treatment is designed to remove excess oil from the skin and revitalize to give a healthy glow	75	3200++

REVITALIZING

DESIGNED TO ACHIEVE AN INCREASE IN BODY ENERGY, BRIGHTEN YOUR SPIRIT AND BRING CLARITY TO THE MIND.

	Minutes	Baht
Thai massage Holistic, non oil treatment that combines rhythmic massage, acupressure and gentle twisting to stimulate muscles and release tension all over the body.	60/90	2600++/3200++
Balinese massage A deep-tissue massage that combines long stroke and aromatherapy to ease muscular and joint pain ,calms and deeply relaxes.	60/90	2600++/3200++
After work out treatment This powerful full body, oil massage is designed to relieve aching muscles and joints after periods of physical stress and strain using deep tissue massage.	60/90	2600++/3200++
Muscle relieve Massage Oil Massage that stimulates circulation through a combination of slow and intense strokes according to your needs. Warm herbs are applied to increase blood flow and bring blood with oxygen and nutrients to the muscles and major organs.	60/90	2600++/3200++

<p>Lemongrass sea salt scrub Finely ground sea salt mixed with lemongrass is applied to the skin and allowed to soak into the skin for 40 minutes, followed by a brisk shower to wash away the drawn out impurities. This is then complimented with a lemongrass body lotion treatment designed to rejuvenate</p>	90	3200++
<p>PAYOT SOLUTION PEAU NETTE Face, Eyes and neck cleansing treatment applied by a gentle brush. Deep cleansing and quick results</p>	75	3900++
<p>PURIFYING DESIGNED TO INCREASE BLOOD CIRCULATION AND REPLENISH THE BODY THEREBY PROMOTING FIRING AND TONING.</p>	Minutes	Baht
<p>Warm milk compress massage Warm Oil Massage to the body followed by a beauty compresses and milk massage. created to tone body skin and improve blood circulation</p>	90	3200++
<p>Four hand massage Two therapists gently work in harmony to create an all over sensation of complete relaxation, draining all feeling of stress from the body and mind. This oil massage is the ultimate relaxation indulgence</p>	90	4500++
<p>Red wine wrap This beauty body treatment experience begins with a gentle yet thorough exfoliation of the body using a blend of red wine scrub followed by a Red wine wrap that energizes and rejuvenates you while your body is cleansed. Your treatment concludes with a soothing massage with our firming body oil infused with grape seed, chamomile, geranium and Kiwi kernel. Your skin is left feeling hydrated, soft and silky smooth.</p>	120	4300++
<p>Seaweed wrap More than an ordinary wrap, this body experience begins with a vigorous yet gentle exfoliation using seaweed salt. Your body is then lathered with deep cleansing and detoxifying mud mask. While the mud cleanses and the body is wrapped, your therapist performs a scalp massage to relieve any tension or stress. Your treatment concludes with an application of our soothing massage blend to tone your skin.</p>	120	4300++
<p>PAYOT Brightening Treatment This anti-aging firming and brightening facial defies time creating a bright and radiant complexion. This therapy includes an intense eye firming mask to enjoy the renewed benefit of a youthful glow. Pressure point techniques work in harmony with our products to provide immediate results.</p>	75	4100++

AYUVEDA THERAPY

A holistic system of healing which focuses on maintaining the balance of energy within us

Ayurvedic massage - Relaxing

Detoxifies your body and revitalizes your spirit.

Minutes

Baht

75

3200++

Shiroabhyanga - Balancing

Loosen tight muscles and encourage blood circulation.

60

2600++

Padabhyanga - Revitalizing

Helpful in the prevention of illness

60

2600++

Hot herbal poultice - Purifying

Stimulate blood circulation and energy flow.

60

2600++

EXCLUSIVE TREATMENT BY PAYOT

PAYOT experience elixir body treatment

Designed to relax and indulge, this is a triple cleansing treatment with loofah self shower scrub between each course. Nourishes, Repairs and Relaxes

Minutes

Baht

90

4200++

PAYOT Anti-Cellulite Treatment

Sophisticated session with Grapefruit-Orange precious oil that is massaged into the skin and followed up with a punch effect on cellulite to reshape the figure.

75

3700++

PAYOT Wrinkle Correcting Treatment

Anti Wrinkle treatment applied by brush to affected areas of the face. Helps diminish the fine lines, wrinkles and renews the skin.

90

4100++

DHATRI CUSTOMIZED SPA PACKAGES

You and Me treatments (Choose from RELAXATION OR BALANCING OR REVITALISING OR PURIFYING) Magnificent treatment suite filled with soothing music and blissful aromas, the perfect setting to share a spa treatment experience with a friend or loved one.

Minutes

Baht

RELAXATION

For Him

120

4600 ++per person

Swedish massage

Medium pressure with long strokes concentrated on back and shoulders for body de-stress.

75

Indian head massage

A popular treatment using firm techniques on the marma (vital) points to promote a calm mind, stress free body and good health.

45

For Her

Relaxing massage

60

A gentle therapeutic massage technique maximizes the healing properties of essential oil and is customized to promote relaxation all well being.

Organic Relaxing facial

60

Combining skin renewing fresh product and a deep facial massage, this treatment release facial tension, increase the clarity of the skin and eye and improve skin texture.

BALANCING

140

4900++per person

For Him

Fusion Bamboo treatment

90

Created especially for men, this treatment begins with a deep cleansing exfoliation and hot compress followed by a warm thermal mud mask to draw out impurities. Your treatment concludes with a soothing back massage leaving you feeling refreshed and renewed.

Spa Pedicure

50

Soothe your feet with a combination of lemongrass and Kafir lime. Your feet are soaked in a wonderful aromatic blend of lemongrass and Kafir lime followed by a scrub to remove rough spots leaving your skin soft and silky. A luxurious foot massages with our lemongrass and Kafir lime blend and an application of enamel completes your treatment.

For Her

Thai foot massage (compress) massage

90

Gently heated pieces of smooth bamboo are used for rolling over tight muscles with warm oil to remove tension.

Spa Manicure

50

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe lemongrass and Kafir lime "facial for the hands" is the ultimate renewal treatment. The treatment concludes with a massage using essential oil infused with lemongrass and Kafir lime and vitamin and a perfect polish of the nails. Your hands are left radiant and glowing.

REVITALIZING

160

5200++ per person

For Him

After work out treatment

110

This powerful full body, oil massage is designed to relieve aching muscles and joints after periods of physical stress and strain using deep tissue massage.

Foot massage 50
Thai foot therapy to promote general health and well-being.
Depending on your preference – a soft to medium kneading
of the soles of the feet up to the knee refreshing the body all over.

For Her

Yogurt coffee scrub 50
A deep detoxification scrub that stimulates circulation to reduce
cellulite followed by an application of guava yoghurt to promote
moisturizing.

Balinese treatment 110
A deep-tissue massage that combines long stroke and aromatherapy
to ease muscular and joint pain calms and deeply relaxes.

PURIFYING

For Him 180 7200 ++

Herbal poultice therapy 90
An Indian treatment to stimulate blood circulation and energy flow.

PAYOT male purifying facial 60
A purifying facial designed to leave your complexion rejuvenated
and revitalized.

Express spa manicure or Spa pedicure 30
Soothe your feet or your hand with a combination of lemongrass
and Kafir lime. Followed by a scrub and massage leaving your skin
soft and silky, an application of enamel completes your treatment.

For Her 180 7700++

Four hand massage 90
Two therapists gently work in harmony to create an all over sensation
of complete relaxation, draining all feeling of stress from the body
and mind. This oil massage is the ultimate relaxation indulgence

PAYOT eye treatment 60
Banish puffiness and dark circles with luxurious potent antioxidant
eye repair treatment. A perfect complement to any facial by
brightening tired eyes.

Express spa manicure or spa pedicure 30
Soothe your feet or your hand with a combination of lemongrass
and Kafir lime. Followed by a scrub and massage leaving your skin
soft and silky, an application of enamel completes your treatment.

Synergy
Take your spa experience to a new level and choose two or more
consecutive therapies to suit your individual needs and enjoy the
benefits of a discounted package price.

GROOMING AND GLAMOUR

Spa Mani

Using one of nature's most potent antioxidants to keep your hands in good health, this deluxe lemongrass and Karfir lime "facial for the hands" is the ultimate renewal treatment. An intense 2-step exfoliation will rejuvenate, deeply hydrate and help restore skin to a more youthful appearance. The treatment concludes with a massage using essential oil infused with lemongrass, Karfir lime, vitamins and a perfect polish of the nails. Your hands are left radiant and glowing.

Minutes

60

Baht

1600++

Spa Pedi

Soothe your feet with a combination of lemongrass and Karfir lime. Your feet are soaked in a wonderful aromatic blend of lemongrass and Karfir lime followed by a scrub to remove rough spots leaving your skin soft and silky. A luxurious foot massages with our lemongrass and Karfir lime blend. An application of enamel completes your treatment.

60

1800++

HAIR CARE

Shampoo & Blow dry

Short hair

Long hair

Men 's hair trim

(Includes hair wash and blow dry)

Lady 's hair trim

(Includes hair wash and blow dry)

Kid 's hair trim

(Includes hair wash and blow dry)

Minutes

45

60

60

60

45

Baht

1200++

1300++

1500++

1700++

1000++

BEARD CARE

Beard trim / shave

(Complimented with scalp massage)

Beard grooming

(Complimented with express organic men facial)

Minutes

60

75

Baht

1800++

3000++

DEPILATORY WAXING BY YLCON

	Minutes	Baht
Back waxing (Complimented with scalp massage)	60	2000++
Under arm treatment (Complimented with shoulder massage)	45	1500++
Full arms treatment (Complimented with hand massage)	50	1800++
Half legs treatment (Complimented with foot massage)	60	1800++
Full legs treatment (Complimented with legs massage)	60	2000++
Bikini waxing (Complimented with scalp massage)	75	2000++
Brazilian waxing (Complimented with scalp massage)	75	2500++

FIT ACTIVITIES**Minutes****Baht**

Yoga and meditation

Yoga sessions include meditative postures and breathing techniques that will help you attain a state of well-being and serenity.

Hatha Yoga

60

300++

Intermediate Level of Yoga for those ready to start taking this form of exercise more seriously. Ha is the sun and Thai is the moon. Hatha yoga is designed to improve the body balance as the moon at night balances the sun of the day.

Ashtanga Yoga

60

400++

Advanced level of Yoga concentrating on posture and holding of yoga positions giving participants a strong work out.

Early Yoga

60

300++

The introduction to yoga a class that teaches you how to breath in yoga style, and how perform yoga asana (asana is a yoga posture)

Pilates

60

300++

An innovative system of mind –body exercise designed to transform the way your body looks, feels and performs. Pilates improves flexibility, agility and economy of emotion and brings your mind in tune with your body, by emphasizing proper breathing, correct spinal and pelvic alignment and complete concentration on smooth, flowing movement, learning the breathing techniques ,it will help reduce your daily stress.

Tai Chi

60

300++

Ancient Chinese system of slow flowing movements and shifts of balance that strengthens the legs while increasing your range of motion and making you more resilient, and less prone to injury. The constant weight shifts train balance and body awareness, leading to confident ease of movement within the form and everyday life

Muay Thai Lesson

60

500++

Strenuous activity which teaches basic Thai boxing such as punching, kicking and use of elbows.

Private Personal Trainer

60

500++

Our Personal trainer will design an exercise session what is proper to your fitness level. Enjoy a fun work out!

Give Alms to Buddhist Monks

minimum 4 guest

600++/person

We are going to visit to the Thai temple for Alms (food or flower etc.) This activity is going to take an hour including transfer.

Walk in the rain forest

minimum 4 guest

1200++/person

Following the walking trek standing on top of Pra - Teaw's mountain at Talang sub-district. This activity is for two hours including transfer and gate passing.

<p>Visit Talang Museum We are going to visit Talang museum for sightseeing and getting information about Talang and Phuket history. This activity is going to take two hours including transfer.</p>	<p>minimum 4 guest</p>	<p>600++/person</p>
<p>Visit Local Market We are going to visit the local market for shopping and sightseeing experiencing the culture in the market. This activity is going to take one hour and a half including transfer.</p>	<p>minimum 4 guest</p>	<p>500++/person</p>
<p>Batik painting Batik is the method of dyeing fabrics or paper in which some areas are covered with wax, glues, or special products to keep dyes from penetrating the fabric</p>		<p>500++ - 800++</p>

Please call the spa extension "5090" or press "0" for Pullman touch on your guest room phone for FIT activities.

FOR THE COMPLETE FIT & SPA EXPERIENCE

To ensure that your FIT & SPA experience is a relaxing journey, we recommend the following:

- We encourage you to schedule your activities or treatment 24 hours in advance in order to ensure availability.
- Consult our INSTRUCTORS OR THERAPISTS who will be pleased to advise you on activities and treatment that suit your individual needs.
- To fully enjoy the peaceful and tranquil environment of the FIT & SPA, cellular phones and electronic devices are discouraged.
- We suggest the relaxing effect of a shower before your treatment.
- For your convenience, we suggest you come to the FIT & SPA reception 15 minutes prior to your activities or treatment in order to change and prepare yourself. You may wish to come to the spa already wearing the robe provided in your room.
- All FIT ACTIVITIES & SPA TREATMENT appointments can be scheduled or cancelled at the spa. If you find that you are unable to keep your appointment, we request four hour notice to avoid being charged for the treatment.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their treatment.
- Spa suites are available only for therapies with a minimum duration of one hour and half treatment hours.
- Relaxation is essential to the treatment process. It is advisable to schedule your treatment at a time when you will be able to relax for at least one hour after the treatment.
- Please note that the FIT & SPA is a non-smoking area.
- Guests with high blood pressure, heart condition or other medical complications and ladies who are pregnant should consult their doctor before scheduling an appointment for FIT activities & spa treatments.
- Home spa – Most of the body and skin care products that we use in our therapies are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.

Reservations and Cancellations

All FIT ACTIVITIES & SPA TREATMENT can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa within a 4 hour time frame to avoid the full charge of your service.