



ROSALYN  
SPA

ENGLISH



KHAO LAK RESORT



## OUR STORY

At Rosalyn Spa, we represent the ancient Thai health care tradition, which has been passed down from generation to generation over the past 1,000 years. Throughout Thai culture and other cultures around the world, the belief is that the human anatomy consists of four elements.

In addition, we have chosen to focus on one of them, the earth, as the main environmental element of the spa. Rosalyn Spa's treatment concept is based on the principle of balancing the chakras to enhance the smooth flow of energy in the body. Natural and powerful essential oils are captured in our unique massage oil. Rosalyn Spa's unique use of aromatherapy techniques creates an experience of harmony and balance.

Believing in the healing power of essential plants, we have carefully created a collection of aromatic products under the aromatherapy philosophy so that they can provide the maximum benefits of their tailored healing powers. Improve physical, mental, and emotional well-being



# WELLNESS PROGRAM

## RELAXATION AND WELL SLEEP

3 AND 5 DAYS

Experience total relaxation with our wellness expert who care for you from head to toe. Reconnect with your inner self and restore your equilibrium, allowing for quality sleep. This treatment is perfect for anyone needing a break from modern life or seeking to reconnect with their spirit.

## DETOXIFY PROGRAM

3 AND 5 DAYS

A relaxing solution to a stressful lifestyle, our detoxifying spa program promotes a healthy body and beautiful skin. Using detoxifying massage and other treatments, it nourishes, revitalizes, and rejuvenates after overindulgence.

## RE – BALANCING PROGRAM

3 AND 5 DAYS

The Perfect Balance of Body and Soul treatments are meticulously designed to take you to the height of relaxation and relieve stress. Similarly, our Re-balancing program will let you enjoy sets of daily spa treatments that suit your specific desire from our certified therapist.

## SIGNATURE ROSALYN BLEND

3 AND 5 DAYS

Traditional Thai experience is a holistic approach to healing. It is based on balancing one's elements, which affects your personality and health. We believe that health can be restored through lifestyle changes, massage, herbal treatment and exercise. We are proud to present time-tested, age-old traditional Thai therapies aimed at restoring the balance between the four bodily elements.



# SIGNATURE PACKAGES

## **VICHY HYDROTHERAPY**

75 minutes

Experience a sensory journey with warm water from showerheads aligned to your spine. This treatment stimulates circulation, energizes the body, and provides deep relaxation for a true sense of renewal.

Package Included: Steam, Mini Massage, Scrub and shower.

## **INDULGE BODY BALANCE**

120 minutes

Our specifically designed exfoliation treatment using natural products will leave you with a great feeling of revitalized, invigorated, and glowing, healthy skin.

Package Included Massage and Facial.

## **ROSALYN COCONUT PARADISE**

150 minutes

Escape to a tropical paradise with the hydrating power of coconut. This luxurious package nourishes your skin and calms your senses for total rejuvenation.

Package Included: Body Scrub, Massage, Head Massage.

# SIGNATURE PACKAGES

## HEALING STONE MASSAGE

90 minutes.

Healing Stone Massage Therapy is very effective in creating harmony and positive energy flow thus promoting a sense of balance, energy and peace. The stones also help to open up your chakras and meridians throughout the body during the massage.

## AYURVEDA EXPERIENCE

120 minutes.

Immerse yourself in ancient Ayurveda with this holistic journey to balance body, mind, and spirit. Rooted in a 5,000-year tradition, it combines natural therapies and personalized treatments for harmony and well-being

Package Included: Ayurveda Marma point massage and Indian head massage.

## REBALANCE BODY ELEMENT

165 minutes.

Experience a unique blend of ancient Thai herbal traditions and healing stones. This treatment combines warm herbal compresses and therapeutic stones for deep restoration, balancing the body, easing tension, and rejuvenating the spirit.

Package Included: Steam, Scrub or Body wrap, Sound therapy, Massage and healing stone face treatment.

## COUPLE RETREAT

160 minutes .

Enjoy an unforgettable romantic experience with our rose-scented treatment.

Start with body exfoliation, followed by a soothing bubble bath, an aromatherapy massage, and a custom facial with scalp massage for a truly memorable moment.

Package Included: Body Scrub ,Milk Bath, Massage and Facial.

# MASSAGES

## **TRADITIONAL THAI MASSAGE**

60/90 minutes

A blend of Thai and yoga stretches to enhance flexibility, release blockages, and restore energy flow, promoting deeper body reconnection beyond relaxation.

## **DEEP-TISSUE MASSAGE**

60/90 minutes.

Deep tissue massage relieves chronic pain, reduces stress, and improves posture. It helps break up scar tissue, reduce inflammation, and boost circulation, easing tension, pain, and improving mobility.

## **BALINESE MASSAGE**

60/90 minutes.

Experience the healing traditions of Bali with our Balinese Massage, blending gentle stretches, acupressure, and deep tissue techniques to restore energy, promote relaxation, and balance body and mind.

## **ROSALYN SIGNATURE MASSAGE**

60/90 minutes.

Relax with this specialized treatment from Rosalyn Spa, designed to release muscle tension in the back, shoulders, and neck. Feel the difference with every soothing touch.

## **OFFICE SYNDROME MASSAGE**

60 minutes.

An office syndrome massage targets muscle stiffness, limited movement, and chronic pain common in office workers. Using deep tissue techniques, it relieves tension and promotes relaxation."

## **THAI FUSION MASSAGE**

90 minutes.

Combination of Thai and Aromatherapy massage with medium to firm pressure to soothe all aches improve blood circulation and stimulate energy flow.

## **THAI HERBAL COMPRESS MASSAGE**

90 minutes.

Thai herbal compress is a traditional treatment using heated herbal packs to relieve pain, reduce inflammation, and promote relaxation.

## **RELAXING CANDLE MASSAGE**

90 minutes.

Elevate your relaxation with a Candle Massage, blending warm candle wax and a nourishing massage to melt away stress and tension.

## **ADDS ON**

### **STEAM**

30 minutes.

Enjoy a calm and peaceful moment in our steam room while your body will rejuvenate with our herbal selection.

### **AROMA ROSE BATH**

30 minutes.

Bathing in roses is known as a powerful mood enhancer. Apart from being a detox for your body, it will also help you sleep better.



# EXPRESS MASSAGES

(Each 30 Minutes.)

## FOOT MASSAGE

Indulge in the rejuvenating benefits of our Foot Massage and experience the perfect way to relax and unwind. Treat yourself to a moment of pampering that focuses on one of your body's most hardworking parts.

## BACK NECK AND SHOULDER MASSAGE

Treat yourself to the ultimate relaxation experience with our Back, Neck, and Shoulder Massage. Let our skilled therapist's help you melt away tension and rejuvenate your body.

## INTENSIVE HEAD MASSAGE

Indulge in the calming benefits of our Dry Head Massage and discover a world of relaxation and rejuvenation. Perfect for any occasion, this treatment is a wonderful way to take a break from your busy day and recharge your mind and body.

## AROMA FACE MASSAGE

Experience the ultimate indulgence with our Aroma Face Massage, a luxurious treatment that combines the benefits of aromatherapy with gentle facial massage techniques. This rejuvenating experience not only enhances your skin's appearance but also promotes relaxation and well-being.

## ABDOMINAL MASSAGE

Experience the healing benefits of an Abdominal Massage, a specialized therapy focused on gently stimulating the abdomen to promote digestive health, improve circulation, and relieve tension. This targeted massage technique not only supports the body's natural detoxification process but also nurtures emotional balance by addressing the core of your physical and energetic center.

## INDIAN HEAD MASSAGE

Indian Head Massage combines gentle kneading, acupressure, and soothing strokes to release tension from the scalp, neck, and shoulders. This holistic technique not only relaxes the muscles but also rejuvenates the mind.



# BODY TREATMENTS

## **DETOX SCRUB**

45 Minutes.

Nourish and rejuvenate your body with the therapeutic properties of green tea.

## **TAMARIND SCRUB**

45 Minutes.

Our specifically designed exfoliation treatment using natural products will leave you with a great feeling of revitalized, invigorated, and glowing, healthy skin.

## **COCONUT SCRUB**

45 Minutes.

Suitable for all skin types, this gentle exfoliation treatment removes dead skin cells. This coconut exfoliation will nourish the skin to leave it silky smooth and soothed.

## **ALOE VERA BODY WRAP**

45 Minutes.

The perfect wrap treatment to calm your skin from the sun's aggression by applying Aloe Vera all over your body. Will assist in maintaining that longer-lasting, healthy suntan.

## **DETOX BODY WRAP**

45 Minutes.

Purify and detox with our body wrap, reducing stress, boosting circulation, and removing toxins while gently exfoliating your skin.

## **BODY MUD MASK**

45 Minutes.

Experience our Body Mud Mask Treatment, a luxurious detox that softens and revitalizes your skin. Rich in minerals, it draws out impurities and replenishes moisture, leaving you refreshed and renewed.

# FACIAL

## REJUVENATING FORMULA FACIAL

60 Minutes.

Our stimulating facial massage with Hyaluronic and Align actives boosts cell energy, prevents premature aging, and restores firmness. It rejuvenates the skin, adding moisture and elasticity.

## ULTRA-SENSITIVE FORMULA FACIAL

60 Minutes.

The gentle skin treatment for sensitive skin and skin that has been damaged by the sun reduces irritation and soothes the skin with Aloe Vera. The soothing Aloe Vera compounds are a natural relieve to redness and damage caused by the sun.

## INTENSIVE GOLD FACIAL

60 Minutes.

A luxurious facial treatment that combines relaxing massage and wrinkle-reducing actives. It improves skin clarity and has anti-aging effects. Pentavitin extract protects collagen, fights free radicals, and repairs skin cells.

## FIRMING & TIGHTENING FACIAL

75 Minutes.

The Firming Facial tightens and firms dull skin in one application. Egg white protein boosts collagen, while natural extracts hydrate and reduce wrinkles. The lightweight formula absorbs quickly and restores a youthful look.

# KIDS TREATMENTS

## MY FIRST TIME MASSAGE

30 Minutes.

This experience helps, relieve stress and anxiety.

## MY FIRST TIME FACIAL

30 Minutes.

A mini facial designed to introduce the basic skincare to our young spa fans. This experience includes a cleaning, face massage and a gentle mask.

## DAD AND ME IN PARADISE

60 Minutes.

Experience a father and son bonding time at the spa as Dad enjoys the combination of back, head, shoulder, and foot massage while he has a kids massage and foot massage treatment.

## I LOVE YOU MOM

90 Minutes.

Combination of a body massage, express facial for mother and child to enjoy together



# PRICE LIST

## MASSAGES

|                              |                                |
|------------------------------|--------------------------------|
| Traditional Thai Massage     | 60/90 Minutes. THB 1,490/2,290 |
| Deep Tissue Massage          | 60/90 Minutes. THB 1,690/2,490 |
| Balinese Massage             | 60/90 Minutes. THB 1,590/2,390 |
| Rosalyn Signature Massage    | 60/90 Minutes. THB 1,590/2,390 |
| Office Syndrome Massage      | 60 Minutes. THB 1,690          |
| Thai Fusion Massage          | 90 Minutes. THB 2,690          |
| Thai Herbal Compress Massage | 90 Minutes. THB 2,690          |
| Relaxing Candle Massage      | 90 Minutes. THB 2,690          |

## ADDS ON

|                  |                       |
|------------------|-----------------------|
| Steam            | 30 Minutes. THB 500   |
| Aroma, Milk Bath | 30 Minutes. THB 1,000 |

## SIGNATURE PACKAGES

|                          |                        |
|--------------------------|------------------------|
| Vichy Hydrotherapy       | 75 Minutes. THB 2,990  |
| Indulge Body Balance     | 120 Minutes. THB 3,500 |
| Rosalyn Coconut Paradise | 150 Minutes. THB 3,490 |
| Healing Stone Massage    | 90 Minutes. THB 2,890  |
| Ayurveda Experience      | 120 Minutes. THB 3,290 |
| Re-Balance Body Element  | 165 Minutes. THB 3,990 |
| Couple Retreat           | 160 Minutes. THB 7,690 |

## EXPRESS MASSAGES

30 Minutes.

|                                |           |
|--------------------------------|-----------|
| Foot Massage                   | THB 990   |
| Back Neck and Shoulder Massage | THB 990   |
| Intensive Head Massage         | THB 990   |
| Aroma Face Massage             | THB 1,190 |
| Abdominal Massage              | THB 1,190 |
| Indian Head Massage            | THB 1,190 |

## BODY TREATMENTS

45 Minutes.

|                     |                       |
|---------------------|-----------------------|
| Detox Scrub         | 45 Minutes. THB 990   |
| Tamarind Scrub      | 45 Minutes. THB 990   |
| Coconut Scrub       | 45 Minutes. THB 990   |
| Aloe Vera Body Wrap | 45 Minutes. THB 1,190 |
| Detox Wrap          | 45 Minutes. THB 1,190 |
| Body Mud Mask       | 45 Minutes. THB 1,190 |

## FACIALS

|                         |                       |
|-------------------------|-----------------------|
| Rejuvenating Formula    | 60 Minutes. THB 2,690 |
| Ultra-Sensitive Formula | 60 Minutes. THB 2,690 |
| Intensive Gold          | 60 Minutes. THB 2,690 |
| Firming & Tightening    | 75 Minutes. THB 2,890 |

## KIDS SPA

|                        |                       |
|------------------------|-----------------------|
| My First Time Massage  | 30 Minutes. THB 690   |
| My First Time Facial   | 30 Minutes. THB 890   |
| Dad and Me in Paradise | 60 Minutes. THB 2,690 |
| I Love You Mom         | 90 Minutes. THB 3,590 |

## WELLNESS PROGRAM

|                           |                              |
|---------------------------|------------------------------|
| Relaxation and Well Sleep | 3 & 5 Days THB 10,900/16,900 |
| Detoxify Program          | 3 & 5 Days THB 10,900/16,900 |
| Re-Balancing Program      | 3 & 5 Days THB 10,900/16,900 |
| Signature Rosalyn Blend   | 3 & 5 Days THB 10,900/16,900 |

All prices are inclusive government tax and service charge.

## **SPA OPERATING HOURS**

Daily from 9 am to 8 pm (last treatment 7 pm)

## **APPOINTMENTS**

Advance booking is recommended to ensure availability of time and services.  
Please dial extension 7201 for spa or [HB436@accor.com](mailto:HB436@accor.com)

## **TREATMENT PREPARATION**

We recommend guests arrive 15 minutes prior to scheduled treatments, allowing time to complete a spa consultation and relax in the spa's environment.

## **SPA ENVIRONMENT**

The minimum age for spa treatments is 16 and 5-11 for kids treatment. Guests under the age of 16 are required to have parental consent prior to their booking being accepted.

## **GUEST ATTIRE**

Proper attire is required for all guest coming to the Spa. Undergarments and bathrobe are provided for spa treatments.  
Valuables please leave all valuables in the safe in your suite.

## **CANCELLATION POLICY**

We understand that schedules change and we will do our best to accommodate. Once your spa time is reserved, we kindly ask for a minimum cancellation notice of 4 hours for spa treatments and 24 hours for wellness program. Cancellations made within the respective notice period will be subject to an additional charge for the booked service.

## **SPECIAL CONSIDERATIONS**

Our spa consultation must be completed and signed to ascertain any allergies or previous injuries and avoid any discomfort during the treatment. Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any medical or health concerns.

## **PRICING**

All prices are subject to local tax and service charge. Spa reservations after operation hours are subject to an additional surcharge.



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SPA