

MÖVENPICK

MYTH HOTEL  
PATONG PHUKET

# AVIDASPA

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noun

vitality, vigour or energy

Inspired by ancient Chinese healing methodologies and techniques whilst also combining various essences long considered of cultural significance in Phuket, A VIDA Spa & Wellness introduces an indulgent and exhilarating, tailor-made selection of signature body treatments. From traditional body massages to personalised Spa & Wellness Packages, A VIDA truly lives up to its name – To Life.



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# BODY MASSAGE TREATMENTS

## 按摩疗法

### A VIDA SPA SIGNATURE MASSAGE 缓解焦

Restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

使用治疗性触发技术恢复背部，颈部和肩部按摩 缓解肌肉紧张，恢复背部和脊柱的活动性和对齐。

**90 MINUTES 分钟 | THB 泰铢 3,000**

### THAI MASSAGE 缓解焦

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

结合身心，这种充满活力的治疗重新唤醒了身心，轻柔伸展运动的按摩技术。

**60/90 MINUTES 分钟 | THB 泰铢 1,400/1,900**

### SOOTHING AROMA MASSAGE 舒缓芳香按摩

A gentle, relaxing massage in which our therapists apply long strokes and use their thumbs on the body's pressure points to achieve a full body balancing. The nature healing powers of the essential oils penetrate the body through massage to enhance both physical mental well-being.

温和，放松的按摩，治疗师可以通过长冲程按摩，并用拇指按在身体的压力点上，以达到充分的身体平衡。

精油的自然治愈能力通过按摩渗透到身体，从而增强身心健康。

**60/90 MINUTES 分钟 | THB 泰铢 1,800/2,400**

### DEEP TISSUE MASSAGE

This massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques.

这种按摩可以缓解压力，缓解肌肉紧张，促进血液循环，改善活动性，肌肉和肤色。它针对的是受关注的领域

由客人指定并在治疗上深入肌肉层，用温和的压力和释放技术解决触发点。

**60/90 MINUTES 分钟 | THB 泰铢 2,000/2,500**

### HOT STONE MASSAGE 热石按摩

Therapeutic and relaxing, this treatment alleviates stiffness and soreness while restoring energy and balance. Smooth, warmed stone glide across your body in long, flowing strokes. The stone's heat relaxes the muscles and has a soothing effect on your emotions. Simultaneously, other stones are placed on your body's energy points, deeply infusing muscles with heat to melt away tension.

这是一个全身按摩，让石头释放压力和紧张，并增加到受影响区域的血液流量。来自石头的热量提供了

疲劳和过度劳累肌肉的额外放松，并具有治疗效果 软组织受损。它也被称为促进更好的睡眠。

**90 MINUTES 分钟 | THB 泰铢 3,000**

### PREGNANCY MASSAGE 孕期按摩

Specifically designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet while uplifting your spirit.

这款按摩专为孕妇准备，同时轻柔，安慰和爽肤。它旨在改善血液循环和放松肌肉 抚慰未来母亲的腿和背部

**60/90 MINUTES 分钟 | THB 泰铢 1,800/2,400**

### LITTLE BIRDS MASSAGE 孕期按摩

Kids suffer from little problems which are hardly noticed by others. They experience pain and stress in very much the way adults do. Let your child discover the world of wellbeing. This massage provides comfort, relaxation, reduction of stress hormones, and improves quality of sleep.

这款按摩专为孕妇准备，同时轻柔，安慰和爽肤。它旨在改善血液循环和放松肌肉 抚慰未来母亲的腿和背部

**60 MINUTES 分钟 | THB 泰铢 1,200**



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# SPA PACKAGES

## 套餐

### A VIDA SIGNATURE SPA PACKAGE 孕期按摩

A private session of guided body movements to begin the journey of the spirit:

引导身体动作的私人疗程开始精神之旅:

**30 minute** Rejuvenate Milky Bath Experience 30分钟的复原牛奶泡澡体验

**30 minute** Champaca Floral Body Polish 30分钟Champaca花卉身体磨砂膏

**60 minute** Swedish Massage 60分钟瑞典式按摩

**120 MINUTES** 分钟 | THB 泰铢 **3,300**

### CHOCOLATE THERAPY 巧克力 治疗

**60 minute** Chocolate Body Scrub 巧克力身体磨砂60分钟

**60 minute** Chocolate Body Wrap 巧克力身体裹敷60分钟

**60 minute** Massage with Cocoa Extract Body Oil 用可可提取身体油按摩60分钟

**60 minute** Facial Treatment with Chocolate 巧克力面部护理60分钟

**2 Blissful Hours of Holistic Chocolate Indulgence.** 分钟 | THB 泰铢 **1,900**

### JUST FOR US 仅限我们

Spend some time with your special someone and. Combine your choice of

60 minute body scrub with 60 minute full body massage

这种治疗结合了60分钟的夫妻按摩和60分钟的身体磨砂

**120 MINUTES** 分钟 | THB 泰铢 **4,500**

### A JOURNEY OF WISHES AND DREAM 愿望与梦想的旅程

This treatment can be tailored to suit your individual requirements.

Begins with 60 minutes full body massage and followed by 30 minute facial.

Enjoy a luxurious treatment, leaving your skin soft smooth and relaxed.

**60 minute** Choices of Body Massage

**30 minute** Deep Cleansing

尽情享受60分钟的按摩和30分钟的面部护理。

**90 MINUTES** 分钟 | THB 泰铢 **2,900**

### ADD TO YOUR HOLISTIC SPA EXPERIENCE 添加您的整体水疗体验

**30 minute**分钟 Milky Bath 牛奶浴 | THB 泰铢 **500**



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# BODY SCRUBS & POLISHES

## 身体磨砂裹 要么 裹体

### BODY POLISH

#### CHINESE ANGELICA & GOLD NOURISHING SCRUB & WRAP 中国当归与黄金滋养磨砂膏

A centuries-old Chinese traditional treatment through the precious and powerful natural ingredient. It's soothing and healing properties.

绿茶以其抗氧化特性净化和恢复肌肤活力。

60 MINUTES 分钟 | THB 泰铢 2,000

#### CHAMPACA FLORAL BODY POLISH 花卉身体磨砂膏

Refresh, smooth and refine the skin with this body polish.

这款身体磨砂膏可令肌肤焕然一新，光滑细致。

60 MINUTES 分钟 | THB 泰铢 1,600

#### GREEN TEA BODY SCRUB 绿茶身体磨砂膏

This nourishing scrub uses natural pearl rice, top grade green tea and honey to remove dull skin cells and revitalize the body.

这款滋养磨砂膏采用天然珍珠米，高档绿茶和蜂蜜 去除暗沉的皮肤细胞，使身体恢复活力。

60 MINUTES 分钟 | THB 泰铢 1,600

#### TAMARIND BODY SCRUB 绿茶身体磨砂膏

A natural deep-cleansing and anti-aging treatment using a blend of tamarind fruit to exfoliate and smooth the skin, leaving it beautifully toned

使用罗望子混合物进行天然深层清洁和抗衰老护理 留下美妙的色调

60 MINUTES 分钟 | THB 泰铢 1,600

### BODY WRAP

#### SOOTHING ALOE VERA BODY WRAP 舒缓芦荟身体裹敷

This soothing wrap using water lily, green tea and chamomile, provides relief from sun damage and alleviates burning and stinging sensations.

这款舒缓的保湿套使用睡莲，绿茶和洋甘菊，提供缓解 太阳损伤，并有助于燃烧和刺痛感。

60 MINUTES 分钟 | THB 泰铢 1,700

#### ANTI-AGING GREEN TEA BODY WRAP 抗衰老绿茶身体裹敷

Green tea cleanses and rejuvenates the skin with its antioxidant properties.

绿茶以其抗氧化特性净化和恢复肌肤活力。

60 MINUTES 分钟 | THB 泰铢 1,700

#### HOT WHITE CLAY BODY WRAP 热白粘土包裹

A traditional herbal body mask combining all natural herbs and white clay to stimulate the lymphatic system and help eliminate toxins. This warming body mask will help to balance your body's energy flow while promoting blood circulation throughout the body.

Treatment is paired with a relaxing head massage.

传统的草药身体面膜结合了所有天然草药和白黏土，可刺激淋巴系统并帮助消除毒素。的头部按摩。

60 MINUTES 分钟 | THB 泰铢 1,700



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# FACIAL TREATMENTS

## 面部治疗

### PETITE, DEEP CLEANSING FACIAL 娇小, 深层清洁面部护理

This 30-minute facial treatment is ideal for those on the go.  
Your skin is cleansed, lightly exfoliated and gently massaged.  
A pore-refining mask is then applied, followed by a veil of light moisturizer.

这种30分钟的面部护理是旅途中的理想选择。你的皮肤被清洁了, 轻轻去角质, 轻轻按摩。

然后涂上毛孔细化面膜, 接着是一层轻盈的保湿霜。

**30 MINUTES 分钟 | THB 泰铢 1,500**

### SKIN RECOVERY 皮肤恢复

Sensitive skin requires special care, specialized ingredients and subtle techniques.

This gentle treatment mildly cleanses and exfoliates, while decongesting, diffusing redness and calming irritation. A nourishing and cooling cream mask is then applied, followed by a sensitive skincare cream designed to leave the skin feeling fresh, cool, and alleviated.

敏感肌肤需要特殊护理, 专业成分和微妙 技术。这种温和的护理温和地清洁和去角质, 同时解除充血, 弥漫红肿和镇静刺激。

滋养和凉爽然后涂上乳霜面膜, 然后涂上敏感的护肤霜让肌肤感觉清爽, 凉爽, 舒缓。

**60 MINUTES 分钟 | THB 泰铢 2,500**

### REJUVENATING FACIAL 复原

Nourishes and de-ages dry skin types. This rejuvenating treatment helps to hydrate and restore vital skin health. The skin is gently massaged and followed by the application of a deeply hydrating Rejuvenating Dry Skin Mask with a natural blend of nourishing and calming ingredients. Ideal for dry and dehydrate skin.

滋养和去除干燥的皮肤类型。这种恢复活力的治疗有助于保湿和 恢复重要的皮肤健康。轻轻按摩皮肤,

然后涂抹 深层保湿活肤干燥肌肤面膜, 天然滋养和滋养 平静的成分。适合干性和脱水性皮肤。

**60 MINUTES 分钟 | THB 泰铢 2,500**

### AFTER SUN FACIAL 后太阳面部

Refine the skin using natural cleansing and gentle exfoliation followed by face massage using finest honey and mask of fresh cucumber. Leave your skin feeling soft and smooth.

使用天然清洁剂和温和的去角质剂来细化皮肤, 然后使用最优质的蜂蜜和新鲜黄瓜面膜进行脸部按摩。让您的皮肤柔软光滑。

**60 MINUTES 分钟 | THB 泰铢 2,000**

### REFRESHING THAI FACIAL 刷新泰国面

Suitable for dry skin, increase hydration, clears unflattering breakout, stimulate skin irritation.

适合干性皮肤, 增加水合作用, 清除不讨人喜欢的粉刺, 刺激皮肤。

**60 MINUTES 分钟 | THB 泰铢 2,000**



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# FOOT & HEAD MASSAGE

## 足部和头部按摩

### TENSION SOOTHER 缓解焦

Using an oil to massage around the back, neck and shoulders, this massage relieves stress, tension and improves circulation. A great compliment to any other massage or treatment if additional work on these areas is required!

使用治疗性触发技术恢复背部，颈部和肩部按摩 缓解肌肉紧张，恢复背部和脊柱的活动性和对齐。

**45 MINUTES 分钟 | THB 泰铢 1,000**

### HEAD MASSAGE 头部按摩

A deeply relaxing warm coconut oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

头部深度放松的精油性按摩，颈部和肩部采用颅骨技术缓解肌肉紧张 和头部和上半身的筋膜，并引起深刻的平静感。

**45 MINUTES 分钟 | THB 泰铢 1,000**

### SIGNATURE FOOT MASSAGE 特色足部按摩

Restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

恢复身体的平衡，并用此释放脚部的疼痛和压力 在经络上使用融合按摩技术的特征疗法腿部线条和脚部区域。

**45 MINUTES 分钟 | THB 泰铢 1,000**





# SPA ETIQUETTE

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Dedicate your time at our spa retreat for complete relaxation.

- When you arrive at the A VIDA SPA you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform our spa receptionist if you have any health concerns.
- While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.
- Mobile phones, while a necessary part of modern living, are not permitted in any of the treatment rooms or relaxation areas. In other areas please switch them to quiet or meeting mode.
- To ensure a peaceful, tranquil ambiance in the spa, children cannot accompany adults in the spa unless receiving a treatment.
- Your privacy and our therapists will advise you of their use. Our therapists are fully trained to drape you to respect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at the A VIDA SPA.
- Gentlemen should shave a few hours before any facial treatment to increase comfort.
- If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower. Your skin will absorb the oils' properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform our spa receptionist or your therapist.
- Our therapists are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment-massage pressure, room temperature or otherwise.
- Anything else during your treatment-massage pressure, room temperature or otherwise.
- The therapist reserves the right to terminate the treatment if she feels the clients' behavior is undesirable.

# CANCELLATION POLICY

- 4 hours notice is required to cancel or amend any reserved treatment.
- If less than 4 hours, 50% of the full treatment fee will be charged.
- In case of no-show, full treatment fee will be charged.



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Reservations are highly encouraged. Please contact A VIDA Spa at ext. 5901

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