Talay Spa celebrates the Southern Thai culture. Comprising of a handful of contemporary suites, the melody of the waves and the gentle breath of our frangipani garden soothes all who come to Talay Spa. Spa treatments use natural products made with ingredients from well known Thai herbs, plants and flowers.

Rooted in the timeless healing traditions of Thailand, Talay Spa is designed to restore balance and harmony to your body and mind. Relax in an oasis of beauty, grace and tranquility. Intoxicating aromas of the world’s most exotic elixirs and oils are used in treatments designed to deliver radiance, healing and a quiet sense of inner and outer well-being.

Choose to have treatments in our air-conditioned individual spa villas.
Please contact our Spa Team at 44 to make a reservation or have a consultation.

Flower & Herb Scented Massage Oils

<table>
<thead>
<tr>
<th>Massage Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champa Massage Oil</td>
<td><em>Michelia alba flower oil</em> (used to relaxing, de-stress)</td>
</tr>
<tr>
<td>Jasmine Massage Oil</td>
<td><em>Jasmine flower extract</em> (used to calming, anti-septic, de-stress)</td>
</tr>
<tr>
<td>Lemongrass Massage Oil</td>
<td><em>Lemongrass oil</em> (used to balancing, anti-septic, skin toning)</td>
</tr>
<tr>
<td>Ylang Ylang Massage Oil</td>
<td><em>Ylang Ylang oil</em> (used to calming, de-stress)</td>
</tr>
</tbody>
</table>
Feel relax with our signature therapies

ALLURE OF THE COCO
Experience a signature treatment of Talay Spa totally finest ingredient from nature with a combining of scrub and massage using a creamy coconut scrub to gentle remove dead skin cells and help to promote your skin. A luxurious blend of therapeutic healing techniques East meet West experience will balance energy flow and enhance relaxation throughout the entire body. A truly invigorating experience which will leave you relaxed and free of tension.

Gentle Touches – Feel divine

AROMATIC OIL MASSAGES

Lunar Massage
Stimulate blood circulation with a light to medium pressure massage using a choice of four pure exotic essential massage oils that highlight the lymphatic lines.

Thai Aromatic Massage
Natural fragrant oils applied with acupressure techniques to penetrate and nourish. Hot Thai herbal compress is applied to relieve aching muscles. This treatment combines Oriental and Western styles and is known for its pure pampering pleasure.

Swedish Massage
A medium pressure, well-being treatment using massage techniques of Effleurage, vibration, tapotement and Petrissage movements combined with aromatic oils to ease tension, increase the level of oxygen in the blood and improve circulation.

Deep Tissues
A firm, deep therapeutic massage that relieves aches and eases and pampers tired muscles.

Back Stress Release
Ease that troubling backache with a Swedish and deep tissues massage that focuses on meridian energy lines. The use of five elements body oil will calm tired muscles. Specifically targeting back, neck and shoulder areas where you need it most.

Ancient Himalayan Stone Therapy
Gui Shi, more commonly known as hot stones are tenderly applied to your meridian points to ensure the smooth flow of Chi throughout your body. Restore inner well-being and spiritual harmony with the aid of warm river stones, which have been individually carved and blessed by Nepalese monks demonstrating the 8 symbols of fortune.

Indian Head Massage
Travel back in time to find your inner balance. An invigorating pressure point scalp massage using energizing hot oils to open up the pores and refresh you.

<table>
<thead>
<tr>
<th>Services</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunar Massage</td>
<td>60 min</td>
<td>THB 2,000</td>
</tr>
<tr>
<td>Thai Aromatic Massage</td>
<td>90 min</td>
<td>THB 2,800</td>
</tr>
<tr>
<td>Swedish Massage</td>
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</tr>
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<td>Deep Tissues</td>
<td>90 min</td>
<td>THB 2,800</td>
</tr>
<tr>
<td>Back Stress Release</td>
<td>30 min</td>
<td>THB 1,200</td>
</tr>
<tr>
<td>Ancient Himalayan Stone Therapy</td>
<td>60 min</td>
<td>THB 2,000</td>
</tr>
<tr>
<td>Indian Head Massage</td>
<td>60 min</td>
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</tr>
</tbody>
</table>

Applicable government and 10% service charge are excluded from the prices listed above
SENSE OF THAI THERAPIES

Thai Massage
Relax in comfy cotton pyjamas as the combination of a meridian point massage and gentle stretching of ancient Thai techniques help release body tension and blocked energy.

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<tr>
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<tbody>
<tr>
<td>60 min</td>
<td>THB 1,500</td>
</tr>
<tr>
<td>90 min</td>
<td>THB 1,900</td>
</tr>
<tr>
<td>120 min</td>
<td>THB 2,500</td>
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</tbody>
</table>

Thai Herbal Compress
Organically grown indigenous herbs and spices bound within a heated compress are applied lightly over the body to stimulate blood circulation and revive tired aching muscles after an invigorating Thai massage.

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</tr>
</thead>
<tbody>
<tr>
<td>120 min</td>
<td>THB 2,800</td>
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</tbody>
</table>

Aqua Foot Massage
Experience energy re-balancing and enhance your immunity with a pressure point massage with a black sapphire stone stick. Your soles will feel stimulated with positive glowing energy.

<table>
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<tr>
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</table>

Therapeutic Focus Massage
Pick and Choose
- Relaxing Head massage
- Express Hands & Feet Massage

Scrub your cares away....

BODY SCRUBS

Mineral Sea Salt Scrub
Cleanses with embracing sweet almond body oil and mineral sea salts that help renew your skin. The invigorating scrub is followed by a calming body lotion, which is applied using gentle hand movements. Ideal for oily skin.

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</table>

Detox Coffee Body Scrub
Detox your skin with our coffee scrub to remove dry surface skin cells, whilst the caffeine found in the coffee scrub typically increases blood flow, redistributes the fat cells and decreases the formation of cellulite, the honey and yogurt smoothens your skin. Ideal for firm skin.

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Coco Pine Scrub
Deep cleanse your body with the essence of Phuket pineapples, weathered coconuts and mineral sea salts and remove surface impurities. The after-scrub body lotion produces silky skin free of oxidants. Ideal for glowing skin.

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Coconut Creamy Scrub
Healthy blended from nature, the recipe for coconut creamy scrub which is good for dry and sensitive skin. The exfoliating effects help to make your skin look fairer, smoother and softer and also good for pre-sun and after sun it helps to keep your tan skin. Ideal for dry and sensitive skin.

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<tr>
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Wraps – feel great

**BODY WRAPS**

**Marine Clay Wrap**
Applying green clay detoxifying seaweed mask that absorbs toxins, purifies your skin, reduces pigmentation and gives you a glowing skin.

**Moor Mud Wrap**
Use nature’s miracle from mineral sediments gathered from the fresh water lakes blended in Lavender and Chamomile oils absorb impurities and detoxify.

**Chocolate Tender Wrap**
Let your body absorb a chocolate and cinnamon treat that purifies the oxidant properties and tighten skin’s elasticity and enhance collagen.

**Emerald Sea Wrap**
Step out of the sun and spoil yourself with a cold compress followed by refreshing Aloe Vera and cucumber gel to treat sun burn and begin rejuvenation.

**LUXURY BATHS**

**Rock Salt Bath**
Explore ancient bathing rites by dipping into an oversized tub with relaxing ice blue crystal bath salts or energizing Himalayan bath salts to relax your body, mind and soul.

**The Milky Wave**
Live true to yourself and slip into a fragrant rose milk bath or an anti-stress aromatic milk bath and linger in pure bliss and solitude.

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<td>Emerald Sea Wrap</td>
<td>60 min</td>
<td>THB 2,200</td>
</tr>
<tr>
<td>Rock Salt Bath</td>
<td>30 min</td>
<td>THB 900</td>
</tr>
<tr>
<td>The Milky Wave</td>
<td>30 min</td>
<td>THB 900</td>
</tr>
</tbody>
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It is all about the face…

Qi FACIAL TREATMENTS BY SHISEIDO PROFESSIONAL

BASIC FACIAL CARE

Qi Extra Moisturizing Treatment *(Normal to Dry skin)*  
Helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.  
60 min  THB 2,300

Qi Balancing Combination Treatment *(Combination skin)*  
Helping normalize cell turnover with the mask balancing and enhancing physiological functions of skin. Producing a bright, supple and resilient skin.  
60 min  THB 2,300

Qi Sensitive Skin Treatment *(Sensitive skin)*  
Helping improve and balance the PH level of skin with the lotion mask. Protecting skin against oxidation without any allergy, alleviating the fatigue of skin.  
60 min  THB 2,300

BASIC FACIAL CARE

Qi Rejuvenating Treatment *(For all Skin type)*  
Protecting against dark marks, freckles and dull areas on skin with a special cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.  
90 min  THB 3,000

OPTIONAL CARE

Qi Eye Beauty Treatment  
Specially massaging to provide eyes luxuriously moist and bright. By using special eye serum and eye gel mask to make the resilience and youthful of eyes.  
60 min  THB 1,900

Applicable government and 10% service charge are excluded from the prices listed above
**Tips and Toes…**

**NAILS SERVICE**

**Pedicure Enhancer**
A refreshing foot cleanse is followed with an exfoliating scrub and tea blend moisturizer. Nail polish, a color of your choice will be applied.

60 min  THB 950

**Manicure Enhancer**
A refreshing hand cleanse is followed with an exfoliating scrub and tea blend moisturizer. Nail polish, a color of your choice will then be applied.

60 min  THB 950

**Pedicure Detox**
An intense cleansing and moisturizing detox using refreshing tea blend products is followed with a soothing paraffin anti-septic wax to make the feet feel softer and smoother. Finished with application of nail polish.

90 min  THB 1,400

**Manicure Detox**
An intense cleansing and moisturizing detox using refreshing tea blend products is followed with a soothing paraffin anti-septic wax to make the hands feel softer and smoother. Finished with application of nail polish.

90 min  THB 1,400

**Nail Color Change**

30 min  THB 500

**French Manicure or French Pedicure**

60 min  THB 1,050

**Hair Waxing Service**

Waxing is considered to be the most effect method for removing unwanted hairs from practically any part of the body. Waxing is the epilation method which ensures complete removal of hair shafts from underneath surface of the skin. Waxing is also one of the long lasting temporary hair removal methods.

**WAXING SERVICE**

**Full Legs Waxing**

60 min  THB 1,600

**Half Legs Waxing**

30 min  THB 900

**Full Arms Waxing**

60 min  THB 1,200

**Half Arms Waxing**

30 min  THB 800

**Full Back Waxing**

60 min  THB 1,500

**Chest Waxing**

45 min  THB 1,200

**Under Arms Waxing**

30 min  THB 700

**Bikini Line Waxing**

45 min  THB 1,000

**Brazilian Waxing**

60 min  THB 1,500

**Upper Lip / Chin / Eye Brow**

50 min  THB 500

Applicable government and 10% service charge are excluded from the prices listed above
Stay longer – feel better…

**TALAY SPA PACKAGES**

**Beyond of the Sea**
- 30 minutes of Rock Salt Bath
- 30 minutes of Blue Sea Body Scrub
- 60 minutes of Lunar Massage
- 30 minutes of Indian Head Massage

**Experiment the Exotic East!**

The embracing mineral sea salts renews your skin and cleanses your body. The invigorating scrub is followed by a calming body lotion, which is applied using gentle hand movements. Five pure exotic essential massage oils will stimulate your body and blood circulation leaving you feeling utterly rested. Experience invigorating pressure point Indian head massage using energizing hot oil to open up pores and refresh you.

**Pure Detox**
- 30 minutes of Rock Salt Bath
- 30 minutes of Coffee Detox Scrub
- 60 minutes of Swedish Massage
- 60 minutes of Qi Balancing Combination Treatment

**Ideal for the Health Connoisseur!**

Detox your skin with coffee scrub and remove dry surface skin cells and increase blood flow whilst redistributing fat cells and decreasing the formation of cellulite. Pair your detox scrub with cleansing your lymphatic system which removes toxins and smoothens your glowing skin. AContinue by facial treatment will helping normalize cell turnover with the mask balancing and enhancing physiological functions of skin. Producing a bright, supple and resilient skin.

**Fountain of Youth**
- 30 minutes of Milky Bath
- 30 minutes of Talay Body Scrub
- 90 minutes of Thai Aromatic Massage
- 60 minutes of Qi Extra Moisturizing Treatment

Combining of three treatments for your pampering pleasure! Our skilled masseuse will gently remove all skin impurities with a Mineral Sea Salt scrub that blends will give you an alabaster smooth skin. Natural oils are applied using acupressure techniques to penetrate and nourish the skin. The facial will helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.

**Life in the Andaman Sea**
- 30 minutes of Rock Salt Bath
- 90 minutes of Moor Mud Wrap
- 60 minutes of Lunar Massage
- 60 minutes of Qi Rejuvenating Treatment

Spoil yourself today from “face to toe” and let nature’s miracle from mineral sediments blended in Lavender and Chamomile oils absorb impurities and leave your skin glowing. Enhance and relax your glowing body with a lunar massage that will stimulate blood circulation and highlight the lymphatic lines. Continue the spoiling facial treatment protecting against dark marks, freckles and dull areas on skin with a special cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.

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How to Spa

OPENING HOURS
10:00 – 21:00

RESERVATIONS
It is recommended that you reserve your Spa well-being experience in advance to avoid disappointment. Please contact us at the Talay Spa reception by dialing 44 or visit us in person to review our repertoire. Our Spa Connector will request your guest room number at time of booking to secure your reservation.

CANCELLATION POLICY
We kindly request that if you need to cancel your appointment; please contact us at least four (3) hours prior to the treatment time. If the cancellation is made less than four hours before the treatment, a cancellation fee of 50% would be charged to your guest account. For bookings with less than two hours notice, a fee of 100% would be charged to your room.

ARRIVAL
Please arrive 15 minutes prior to your scheduled treatment time. If you have booked a Facial experience, please have your face free of cosmetics and for men, please shave one hour prior to your treatment. Please note that arriving late for your appointment will decrease your actual treatment time.

VALUABLES
We suggest you leave your valuables in the safety deposit box located in your room.

TRANQUIL TIME
To ensure a serene experience at the Talay Spa, please switch off your mobile phone and other electronic devices.