



4 ELEMENTS SIGNATURE TREATMENT

At Talay Spa, the harmony of these four elements dances in perfect symphony, offering a sanctuary for holistic renewal and inner harmony.



EARTH

Earthly Renewal Massage:

Indulge in a deeply relaxing massage that combines the healing properties of warm earthy essential oils with therapeutic massage techniques. The treatment begins with a grounding meditation to center your mind and body. Infused with earthy scents are then used to massage your body, melting away tension and promoting deep relaxation. The treatment concludes with a soothing scalp massage to leave you feeling rejuvenated and balanced.

Forest Aromatherapy Facial: 60 mins Nature facial

Immerse yourself in the soothing scents of the forest with our Earth-inspired aromatherapy facial. This customized facial begins with a cleansing ritual using natural botanicals and earth-derived ingredients to purify and balance your skin. A nourishing mask, infused with earthy aromas then applied to replenish moisture and revitalize your complexion.

- Honey Sesame scrub 30 + Aroma Massage 60 + Nature facial 60 150 mins 4500 THB
- Coconut Scrub 30 + white clay wrap 60 + Aroma massage 60 150 mins 4500 THB



WATER

Seaweed Body Wrap:

The rejuvenating properties of the sea with our seaweed body wrap treatment. Rich in vitamins, minerals, and antioxidants, seaweed is known for its detoxifying and nourishing benefits for the skin. After a gentle exfoliation to prepare the skin, a warm seaweed mask is applied to your body, cocooning you in its hydrating embrace. As you relax in the wrap, the seaweed works to detoxify the skin, reduce inflammation, and improve skin tone and texture. After rinsing off in a warm shower, emerge with soft, supple skin and a renewed sense of vitality.

Ocean Breeze Aromatherapy Massage:

Transport yourself to a tranquil seaside retreat with our ocean breeze aromatherapy massage. This soothing treatment begins with a calming inhalation of ocean-inspired aromas marine algae. A blend of nourishing oils, infused with marine extracts and essential oils, is then gently massaged into the skin using long, flowing strokes to promote relaxation and stress relief. The rhythmic sound of waves and gentle sea breeze enhance the sensory experience, allowing you to drift away into a state of deep relaxation and bliss.

- Scrub 30 + Milk bath 30 + Massage 90 150 mins Single / Couple 4500/8000 THB
- Scrub 30 + Massage 90 + wrap 30 150 mins Single/ Couple 4500/8000 THB

AIR

Aromatherapy Inhalation Massage:

In the uplifting scents of the air with our aromatherapy inhalation massage. This rejuvenating treatment begins with a soothing inhalation of essential oils known for their calming and invigorating properties, As you breathe in the fragrant aromas, tensions melt away, and your mind drifts into a state of tranquility. Then, indulge in a customized massage using gentle, flowing strokes to release muscle tension and promote relaxation. The combination of aromatic inhalation and therapeutic massage will leave you feeling refreshed, revitalized, and deeply relaxed.

Breathwork Meditation Session:

Harness the power of your breath to calm the mind, soothe the spirit, and invigorate the body with our breathwork meditation session, is a powerful tool for cultivating resilience, enhancing focus, and restoring balance to the body, mind, and spirit.

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| • Massage 60 + foot 30 + focus 30 | 120 mins | 4300 THB |
| • Massage 60 + facial 60 | 120 mins | 5300 THB |

FIRE

Fire and Ice Hot Stone Massage:

Experience the transformative power of fire and ice with our signature hot stone massage. This invigorating treatment begins with the placement of heated volcanic stones along key energy points on your body, allowing the warmth to penetrate deep into your muscles, melting away tension and stress. The combination of heat and cold promotes circulation, relieves muscle soreness, and leaves you feeling energized and revitalized.

Fire and Spice Aromatherapy:

A sensory journey of warmth and vitality with our fire and spice aromatherapy bath soak. This indulgent treatment begins with a fragrant bath infused with warming spices such as cinnamon, clove, and nutmeg, creating a soothing and invigorating atmosphere. As you soak in the aromatic waters, feel the tension melting away and your spirits lifting as the heat of the fire element envelops you. To enhance the experience, sip on a cup of spiced tea or cider and let the soothing scents transport you to a place of relaxation and renewal.

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| • Hot stones + Head 30 | 120 mins | 5200 THB |
| • Herb ball oil + Head 30 | 120 mins | 5200 THB |

About The 4 Elements Essential

In the heart of Talay Spa lies a journey of elemental rejuvenation, where body and mind intertwine with the ancient forces of nature.

Earth

Grounding and stability, the earth element embraces you with the healing touch of mineral-rich mud wraps and grounding massages, restoring balance to weary souls.



Water

Flowing serenity washes over, cleansing and purifying. Immersed in tranquil pools and aqua therapies, the water element replenishes vitality and fosters emotional clarity.

Fire

Igniting passion and vitality, fire's warmth rejuvenates weary muscles, releasing tension and stimulating circulation with heated stone treatments and invigorating saunas.



Air

Lightness of being and clarity of thought emerge as the air element breathes life into every pore, through revitalizing aromatherapy and gentle breezes that soothe the spirit.