

IN BALANCE

SPA BY NOVOTEL

SPA MENU

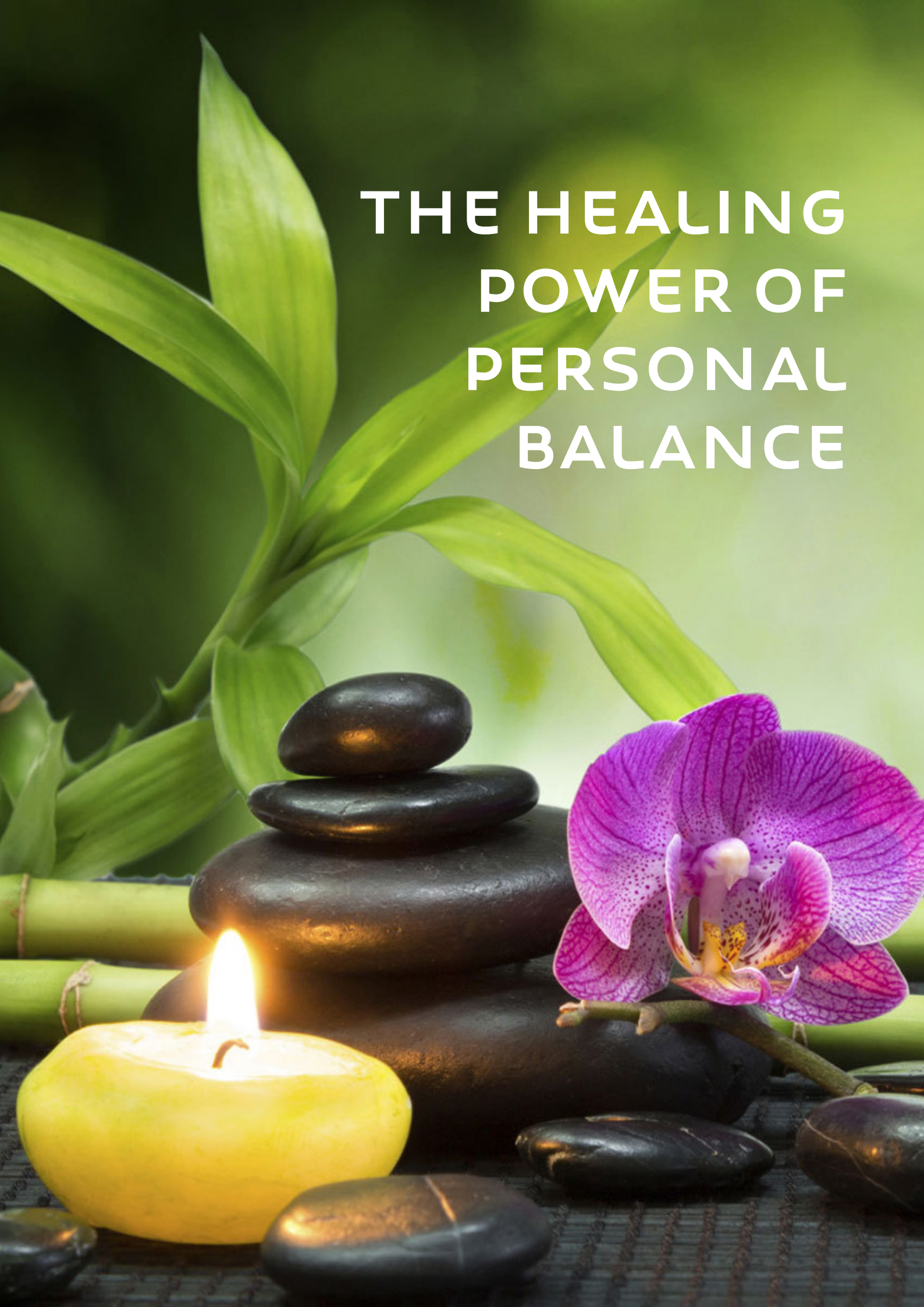
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THE HEALING POWER OF PERSONAL BALANCE



BODY REVIVER MASSAGE

In Balance Signature Massage

60 minutes 1,500 Baht / 90 minutes 1,900 Baht

The unique Classic Oil massage is adapted from the Swedish massage combined with Aromatherapy and Traditional Thai Massage. To create a sense of wellbeing by increasing blood circulation, lymphatic drainage, improving muscle tone, skin tone and total relaxation. Choose your oil from our quality blends to suit the needs of your mind and body.

Aromatherapy Massage

60 minutes 1,300 Baht / 90 minutes 1,700 Baht

Based on classic Swedish technique, this therapeutic massage uses soothing hand movement to work into muscle and soft tissue to induce relief from stress and tension of Mind and Body. Essential oils will be adapted to each individual's specific needs and pressure can be varied to optimize your comfort.

Sports Massage

60 minutes 1,700 Baht / 90 minutes 2,200 Baht

This massage is perfect after a day's activities and for those wanting more concentration on tension relief in a particular area of their back or body. Sports Massage will help alleviate the likelihood of muscle injury and/ or cramp. This massage will vary according to your particular need.

Hot Stone Massage

90 minutes 2,900 Baht

This specialty smooth massage uses various sizes of basalt stone. After being sanitized and heated in water, the stones are placed and massaged along the body in order to relax the muscles, release tension and alleviate stress. This massage includes Chakras balancing and powerful healing by stones.

Relaxing Foot Massage

45 minutes 600 Baht

The traditional foot treatment begins with a ritual cleansing of your feet and legs. Our signature massage of your feet and an herb infused steamed towel wrap will promote relaxation and a sense of well being.

BODY REVIVER MASSAGE

Traditional Thai Massage

60 minutes 800 Baht / 90 minutes 1,100 Baht

The art of ancient traditional Thai-style massage, combining force on pressure points, muscle and ligaments and stretching. Concentrating mainly on the legs and back, involves gentle stretching and relieving of tension and the joint stretched along the meridian of the body.

Thai Herbal Compress

90 minutes 1,400 Baht / 120 minutes 1,800 Baht

Experience Thai Massage at its best with combination of heated Thai herbal compress to detoxify your body. Prepared in the timeless traditional Thai methods, this treatment is ideal to ease muscle ache and pain leaving you feeling totally relaxed and completely restored.

Indian Head Massage

60 minutes 1,200 Baht

This luxurious, nurturing massage technique uses pure warm coconut oils combined with Ayurveda techniques. With the addition of a vitamin and mineral rich hair and scalp, you will achieve supreme relaxation and noticeable health restoration to your hair. This massage is excellent for insomnia and chronic headaches.

De - Stress Back, Neck and Shoulder

30 minutes 800 Baht

A perfect introductory massage or for those who are stressed and short on time. Focusing on the back, neck and shoulders, this massage uses oil and combination techniques to relax this particularly tension area.

BODY SCRUB

Tamarind Body Scrub

30 minutes 1,200 Baht

Tamarind extract is high in AHA and Enzymes and rich in fiber and vitamin C. It helps to remove dead skin cells, reduction of dark spots and skin degeneration.

Invigorating Coffee Scrub

30 minutes 1,200 Baht

Give your skin and senses an invigorating boost with Anti-Cellulite Coffee Scrub Body. This exfoliating scrub revitalizes and rejuvenates your skin, tightens pores. You will be surprised at the soft, smooth feel of your skin.

Tropical Fruit Body Scrub

30 minutes 1,200 Baht

Luxuriate in a refreshing potpourri of fruit enzymes extracted from exotic fruits like the papaya, guava, mango, banana and pineapple. Cleanse, exfoliate and moisturize with this stimulating body care collection. An invigorating pick-me-up, step out of the shower redolent of the tangy aromas of a tropical fruit cocktail.

Himalayan Crystal Scrub

30 minutes 1,200 Baht

One of the healthiest salts on earth to eliminate impurities and tantalize the senses with its rich aroma, this indulgent ritual replenishes the skin and leaves it with a healthy glow.

Sesame & Honey Body Scrub

30 minutes 1,200 Baht

An earthy scented scrub inspired by local traditions, the recipe incorporates sesame seeds and golden honey that are ideal to exfoliate dead skin cells.



BODY & SKIN TREATMENT

A body wrap - also known as a 'body cocoon' or 'body mask' - is a treatment created to enhance the health and appearance of skin, and sometimes reduce body measurements. A nourishing oil or mineral-rich formula is applied to the body before wrapping in bandages or a plastic film. This promotes the extraction of dirt, toxins and excess water from the skin.

Aloe Vera Soothing Wrap

30 minutes 1,400 Baht

A wonderful cooling treatment remoisturizes, soothes and regenerates your skin. This soothing wrap uses the calming and healing properties of Aloe Vera to rehydrate the skin. It is our suggestion to those who are feeling the effects of a long day in the sun.

Purifying Dead Sea Mineral Mud

30 minutes 1,400 Baht

A deep sea mineral wrap to detoxify and stimulate the cellular functions of the skins. Deep sea mud is applied to purify the skin and eliminate toxins from the body, which is then wrapped in a thermal blanket to further enhance absorption of the mud's rich natural minerals.

Tropical Fruit Wrap

30 minutes 1,400 Baht

Tropical fruits are rich in anti-oxidants and essential enzymes, biochemically known as papain which soften and revitalize the skin. The treatment is finished with moisturizing body cream to leave your skin radiant. We recommend this treatment for all skin types.

THE WELLNESS JOURNEY

Includes full use of our heat treatment facilities.

In Balance Signature Body Therapy

Body Scrub, Body Wrap, Signature Massage

2 hours 3,300 Baht

This popular treatment begins with a relaxing exfoliation and perfect choice to accompany a mask and massage. Choose from our specially designed Body scrub menu, next replenish and nourish the skin with a powerful organic clay mask and pamper yourself with De-stress hot oil body massage. Afterwards, your skin will feel smooth and your body relaxed.

Good Bye Jet lag

Aroma Massage, Indian Head, Foot Relaxing

2 hours 30 minutes 3,000 Baht

Designed to recover from fatigue and sleep disturbance resulting from disruption of the body's normal circadian rhythm as result of jet travel. This treatment includes a body massage with your choice of special blended balancing oils to promote relaxation, followed by an Indian head massage to encourage blood circulation to head, neck and shoulder. Complete your journey with a relaxing foot massage to relieve heavy and tired legs.

In Balance Signature Spa Program

Body Brush, Body Scrub, Detox Bath, Signature Massage

2 hours 30 minutes 3,900 Baht

An integrated and intensive purifying treatment, our body scrub treatments begin with a dry body brushing to gently buff the skin and to stimulate lymphatic flow. Combine purifying herbal scrub, balneotherapy and purifying aromatherapy massage. This intensive treatment will encourage your body's own detoxification systems to improve your overall vitality.

De-stress Detoxifying Treatment

Body Scrub, Detox Bath, Aroma Massage, Facial Treatment

2 hours 30 minutes 4,000 Baht

This treatment provides maximum relaxation and the elimination of toxins, while releasing physical and nervous tension. Enjoy the benefits of a choice of body scrub combined with a detoxifying bath infused with subtle oils and herbs and Aroma massage with chakra balancing; restore the clarity of your facial skin with a pampered facial massage.

Honeymoon Sweet

Body Scrub, Milk Bath, Aroma Massage, Facial Treatment

3 hours 4,200 Baht / 1 person • 7,500 Baht / 2 person

This package treatment is designed for couples to enjoy a tender and blissful half-day spa experience together. The treatment begins with a choice of body scrub combined with an aromatic private Jacuzzi, after we offer you a choice of aromatic oil massage and facial treatment. All the time you will feel love is all around.



FACIAL AND SKIN TREATMENT

The basis of all our facial treatments is a thorough analysis of your skin, performed by our professional therapists to determine your skin care needs.

Hydration Facial Treatment

60 minutes 1,500 Baht

Replenish dry, tired skin with this ultimate moisture experience. Use this Honey mask to ease fine lines, double skin hydration, restore your skin's natural contours and recapture a youthful glow. Instantly tighten, firm and revive dehydrated skin, whilst smoothing lines and renewing resilience.

Deep Cleansing Facial Treatment

60 minutes 1,500 Baht

This deep cleansing facial treatment dissolves pore-clogging impurities and refines pores, whilst taking away dull, dry skin cells to even skin texture and tone. This professional-strength deep cleansing treatment feature a Vitamin C radiance peel to open up clogged pores and improve clarity and smoothness.

Sensitive and After Sunburn Facial Treatment

60 mins 1,500 Baht

Whether a skin's redness was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

Whitening Facial Treatment

60 minutes 2,000 Baht

Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tone, this fast-acting formula with double brighteners will boost skin radiance and reverse visible signs of damage. If your skin is suffering from dullness and loss of elasticity, see the youthful glow and leave your skin brighter and smoother.

Perfect Firming

90 minutes 3,000 Baht

Intensive and designed to eliminate impurities and re-contour your face. This treatment effectively tones and stimulates cell regeneration with the best use of specifically developed anti-ageing products. For a smoother, firmer and younger face looked.

HYDROTHERAPY & JACUZZI

Hydrotherapy is the use of water in the treatment of disease to ease many kinds of illnesses. There are several techniques, including baths and Jacuzzi

Balneotherapy Bath

30 minutes 600 Baht

Balneotherapy is the art of water therapy. This healing by water is used to revitalize the body and to relieve pain by improving circulation and boost the immune system. It's soothing and relaxing as a leisurely soak, balneotherapy will be adapted to each individual's specific needs.

Milky Honey Bath

30 minutes 600 Baht

Soak away the tensions with a milk bath infused with a mix of honey and fresh rose petals to wash your cares away, while candles gently flicker to bring a sense of deep relaxation. Rich in vitamins to nourish and revitalize the skin, enjoy this romantic bath with a cup of warm tea.

Detox Bath

30 minutes 600 Baht

Use the detox bath salts as a full body soak to help detoxify, relax, soothe tight muscles, aches and pains. A detox bath will assist your body in eliminating toxins, as well as absorbing vitamins and other substances with an effect on circulation, metabolism as well as muscle tension.

WAXING SERVICE

Treatment time will be advised by the therapist.

Half Leg/ Full Leg	800 Baht / 1,200 Baht
Half Arm/ Full Arm	500 Baht / 900 Baht
Underarm	500 Baht
Back Wax	1,400 Baht

Nail Treatments

Spa Manicure 600 Baht

Spa Pedicure 700 Baht

Running off to a meeting, attending a special event or just a romantic dinner for two or playful night on the town? Our spa manicure and pedicure option gives you just what you need – a cleanse, trim, and deep moisturising treatment and (for ladies), your choice of colour. You'll be in and out before you know it.

Deluxe Manicure 1,200 Baht

The standard yet definitive manicure experience comprises of a reviving exfoliation, nail filing & shaping, cuticle trim, refreshing hand & lower arm massage, Clean & Easy paraffin bath, and O.P.I nail lacquer application to give you the ultimate & complete manicure.

Deluxe Pedicure 1,600 Baht

The standard but perfect pedicure experience comprises of a revitalizing flower foot bath & deep cleansing exfoliation, nail filing & shaping, cuticle trim, soothing foot & lower leg massage, Clean & Easy paraffin bath, and O.P.I nail lacquer application to give you the perfect pedicure.

HOW TO SPA

HOURS OF OPERATION

Opening Hours: 10.00 am – 10.00 pm daily

Last booking is at 09.00 pm

ARRIVAL TIME

- You are encouraged to arrive 15 minutes prior to your appointment in order to change, and relax. Please be advised that late arrivals will result in a reduction of treatment time.

SCHEDULING AN APPOINTMENT

- To schedule an appointment for the perfect treatment, please speak with our Spa reception team who will guide you to the right choice. We would encourage you to advance reserve prior to your arrival. Please be advised that a credit card number is required for making a reservation.

SPA ETIQUETTE

- Our spa environment is one of relaxation and tranquility. We respectfully request that all visitors keep noise to a minimum. Please turn off your mobile phones or other handheld devices.

HEALTH CONDITIONS

- Kindly advise us of any health conditions, allergies, injuries, high blood pressure, heart conditions, are pregnant or have any other medical complications. Guests who do are advised to consult their doctors before signing up for any spa services.

SMOKING AND ALCOHOL

- Smoking and the consumption of alcohol within the Spa are prohibited.

CANCELLATION

- A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show". We will try to remind you by personal phone call of your upcoming appointment.

VALUABLES

- We recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

PAYMENT AND REFUND

- We accept cash and all major credit cards. Treatment packages are non-refundable and non-exchangeable.

ข้อแนะนำการใช้บริการสปา เวลาให้บริการ

เปิดให้บริการทุกวัน 10.00 – 22.00 น.

บริการทรีทเมนท์สุดท้าย เวลา 21.00 น.

เวลาเข้ารับบริการ

- ควรมาถึงก่อนเวลานัดหมาย 15 นาที เพื่อเตรียมตัวเปลี่ยนเสื้อผ้า และพ่อนคลายร่างกายก่อนรับบริการ หากมาสายเกินเวลานัดหมาย เวลาในการให้บริการทรีทเมนท์จะถูกหักลด และไม่ได้รับการชดเชย

การนัดหมาย

- เพื่อให้การจัดตารางนัดหมายเป็นได้อย่างเหมาะสม กรุณาสอบถามพนักงานต้อนรับของสปาเพื่อทำการนัดหมาย ทางสปาขอแนะนำให้สำรองวันและเวลาล่วงหน้าก่อนการเข้ารับบริการ กรุณาแจ้งหมายเลขบัตรเครดิตของท่านเพื่อทำการสำรองบริการสปา

ระเบียบการใช้บริการสปา

- เราจัดสภาพแวดล้อมของสปาเพื่อการพักผ่อน และความเงียบสงบ โปรดเคารพสิทธิด้านความเป็นส่วนตัวของผู้อื่น ทางสปาขอความกรุณาให้มีเสียงรบกวนให้น้อยที่สุด กรุณาปิดโทรศัพท์มือถือของคุณหรืออุปกรณ์พกพาอื่นๆ

สภาวะด้านสุขภาพ

- กรุณาแจ้งเจ้าหน้าที่ของทางสปา เกี่ยวกับข้อมูลด้านสุขภาพ เช่น ภูมิแพ้ การบาดเจ็บ ความดันโลหิตสูง โรคหัวใจ การตั้งครรภ์หรือภาวะแทรกซ้อนทางการแพทย์อื่นๆ หากมีอาการดังกล่าวขอแนะนำให้ปรึกษาแพทย์ก่อนเข้ารับบริการใดๆ ของทางสปา

การสูบบุหรี่ และการดื่มแอลกอฮอล์

- ไม่อนุญาตให้มีการสูบบุหรี่ และการดื่มแอลกอฮอล์ภายในสปา

การยกเลิกการจอง

- การยกเลิกการจองบริการสปา ควรแจ้งให้ทราบล่วงหน้า 24 ชั่วโมงก่อนเวลานัดหมาย หากการแจ้งยกเลิกการจองล่วงหน้าน้อยกว่า 4 ชั่วโมงจะต้องเสียค่าธรรมเนียม 50% ของค่าบริการทรีทเมนท์นั้นๆ และหากยกเลิกโดยไม่มีแจ้งให้ทราบล่วงหน้า ทางสปาขอสงวนสิทธิ์คิดค่าบริการเต็มจำนวน อย่างไรก็ตาม เราจะพยายามเตือนคุณทางโทรศัพท์ก่อนถึงเวลานัดหมาย

ทรัพย์สิน และของมีค่า

- ไม่ควรใส่เครื่องประดับขณะเข้ารับบริการสปา ทางฝ่ายบริหารและเจ้าหน้าที่จะไม่รับผิดชอบต่อการสูญหายของเงินหรือทรัพย์สินมีค่าใดๆ

การชำระเงิน และการคืนเงิน

- ทางสปารับชำระค่าบริการด้วยเงินสด และบัตรเครดิต หากเกิดหรือบริการทรีทเมนท์ไม่สามารถแลกเปลี่ยนหรือคืนเงินได้