

IN BALANCE

SPA BY NOVOTEL



OPEN DAILY
FROM 9.00 - 21.00

FOR MORE INFORMATION AND RESERVATIONS
Please contact Our Spa at EXT 8666 or +66 (0) 76 358 666



BODY MASSAGE | 身体按摩

IN BALANCE THERAPY | 平衡疗法

Treat your senses and infuse your emotion with “Warm Oil Massage” which is a deeply comforting, relaxing and unique full body massaged. Combination of relaxing treatment using heated natural product with Thai herbal compress full body massage was created with pure pleasure in mind. It's warm and relax muscle tissue and promotes the growth of health.

热油按摩是一种让你感觉舒适且深度放松的全身按摩，结合泰国草药热敷，使您身心放松，舒缓紧张的肌肉组织，促进健康。

90 Minutes THB 1,399 | 90分钟 1,399泰铢

STRESS RELIEF MASSAGE | 减压按摩

A series of long flowing effleurage movements and gentle but effective massage strokes, combined with our special blend “stress relief” massage oil, consisting of a fine combination of Lavender, Orange essential oils, which are used to melt tension and harmonize the body, sending you into a deep state of relaxation, leaving you completely stress free.

通过一系列的轻抚动作结合温和又非常有效的按摩手法，配以特调的“释压”按摩精油，内含薰衣草和橘子精油，能舒缓紧绷的身体，使您倍感惬意。

60/90 Minutes THB 1,099/1,349 | 60/90分钟 1,099/1,349泰铢

AROMATHERAPY MASSAGE | 香薰按摩

This unique massage combines soft to medium pressure by thumb kneading techniques. A uniquely luxurious blend designed using amazing product. The series of strokes and proper pressure aid your lymphatic system and remove blockages of the circulatory system.

这一独特奢华的按摩通过拇指揉捏，配合一系列的手法，恰到好处的施以轻到中等的压力于您的淋巴系统，让您的循环系统保持畅通。

60/90 Minutes THB 1,099/1,349 | 60/90分钟 1,099/1,349泰铢

DEEP TISSUE MASSAGE | 深层肌腱按摩

A highly invigorating form if deep tissue massages therapy that focuses on realigning deeper layers of the muscles organs and connective tissues, it is especially helpful for chronically tensed and contracted areas such as a stiff neck, back tightness sore shoulder and tender pain.

这是一个能让你精力充沛的按摩方式。专注于更深层肌层器官和结缔组织的重组，作用于长期紧缩的部位，对于例如落枕、背紧痛，肩膀痛尤其有效果。

60/90 Minutes THB 1,099/1,399 | 60/90分钟 1,099/1,399泰铢

BALINESE MASSAGE | 巴厘岛式按摩

This therapeutic massage focuses on specific area, with deep pressure applied during massage especially stiff neck, upper back and lower back to relieve body tension and restore normal movement.

这种保健按摩注重于特定部位，按摩时施以深压，尤其是僵硬的颈部、上背部和下背部，以缓解身体的紧张程度，恢复正常运动。

60/90 Minutes THB 1,099/1,349 | 60/90分钟 1,099/1,349泰铢

SPORT MASSAGE | 体育推拿

A Western massage that uses of special blended essential oils that address specific sport related needs which incorporates Swedish massage, cross-fiber friction and tapotement, all culminating to enhance performance, to promote healing post injury or sport maintenance.

一种西方的按摩方式，使用特调精油，配合瑞典式按摩（控制肌肉运动的按摩方法），横向纤维按摩和轻叩式按摩，最终的目的是提升表现，促进伤后康复或运动保养。

60/90 Minutes THB 1,199/1,349 | 60/90分钟 1,199/1,349泰铢

THAI MASSAGE | 泰式按摩

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

古老传统的泰式按摩融合了穴位按摩，能量修炼和拉伸技巧，能减缓肌肉紧张，促进循环，增强免疫力，平衡身心。

60/90 Minutes THB 799/999 | 60/90分钟 799/999泰铢

THAI HERBAL COMPRESS | 泰式草药按摩

Thai traditional ancient deep pressure massage releases blockages and restores a smooth flow of energy. Combine with a heated Thai herbal compress with to detoxify your body. Ideal to ease muscle ache and pain, leaving you feeling totally relaxed and completely restored.

泰式传统古老的深压按摩，让您释放压力的同时感到精力充沛。结合泰式草药热敷，祛除体内毒素，减轻肌肉疼痛，让您彻底的放松并恢复精力。

90/120 Minutes THB 1,149/1,499 | 90/120分钟 1,149/1,499泰铢



ON THE SPOT | 对点按摩

FOOT MASSAGE | 足部按摩

A most therapeutically effective massage of the feet! Commence with hot towel footbath and moving onto the reflex points of the feet, which correspond, to every organ & gland in the body. Through the feet & acupressure, the autonomic nervous system, the lymphatic & circulation system are affected. It aids in the stimulation of the body's own healing process.

一种最有效的足部按摩方法。用热毛巾洗脚，接着按捏足部反射点，对应到身体的每个器官和腺体。通过足部和穴位，刺激自主神经系统、淋巴系统和循环系统。有助于身体机能的自我恢复。

30/60 Minutes THB 499/799 | 30/60分钟 499/799泰铢

BACK, NECK & SHOULDER MASSAGE | 背部、颈部和肩部按摩

Relax & unwind with this very specific treatment specifically designed by In Balance Spa to soothe away all of the muscle stress & tension from around the back, shoulder & neck area & feel the remarkable difference from the magical touch. An excellent treatment either pre or post travel.

这种特效疗法是平衡水疗公司特别设计的，可以消除背部、肩部 and 颈部的所有的肌肉压力和紧张，体会不可思议的感觉。旅游之前之后您可能想要放松一下，舒缓腰酸背痛，那么这个就特别适合。

30/60 Minutes THB 499/799 | 30/60分钟 499/799泰铢

TENSION RELIEF | 减压按摩

A quick relaxing and soothing massage designed to relieve stress and muscle tension, this massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

一种让您快速放松的按摩方式，旨在缓解压力和肌肉紧张，此种按摩能让您立刻放松，因为它能促进循环，特别适合长期端坐桌前的人群。

30/60 Minutes THB 599/799 | 30/60分钟 599/799泰铢

INDIAN HEAD | 印式头部按摩

Based on the principle of Ayurveda, this soothing yet energizing exotic head massage combines pressure point techniques to relieve tension and awaken vital energy channels. Ideal for neck and shoulder tension. It will revitalize the mind and can help to relieve chronic headaches and sinus problems.

这种异国情调的头部按摩方法建立在印度伟达养生学原则的基础上，能让您舒缓并且充满活力，结合压点技巧达到消除紧张、唤醒生命力。

对于颈部和肩部的紧张是理想的放松方式。能让您恢复精神，帮助您减轻慢性头痛和鼻窦问题。

30/60 Minutes THB 599/799 | 30/60分钟 599/799泰铢



BODY SCRUB | 身体去角质

FRESH COCONUT POLISHER | 鲜椰磨砂

Suitable for all skin types this gentle exfoliation treatment removes dead skin cells; coconut exfoliation removes dead cells and nourishes the skin to leave it silky smooth, soothes and promotes skin's softness.

适用所有肤质，这种温和的去角质的治疗能去除死皮细胞；椰香愈疗去除死细胞并滋养皮肤如丝般光滑，舒缓及促进肌肤的柔软。

60 Minutes THB 999 | 60分钟 999泰铢

COFFEE SCRUB | 咖啡豆去角质

An efficient exfoliating scrub which invigorates your senses and remove skin's impurities. It helps to decrease the formation of cellulite when the coffee is applied to the surface of skin.

高效的去角质方法，激活您的感官，去除皮肤杂质。

咖啡施用于皮肤表面，有助于降低脂肪团形成

60 Minutes THB 999 | 60分钟 999泰铢

CEREAL OATMEAL SCRUB | 谷物燕麦去角质

Our cream scrub is specially made for exfoliating the skin while not forget to taking care of your delicate skin as the cream itself is softening and moisturizing while being scrubbed. With an addition of Barley and Lotus seed extract, it helps smoothen and rejuvenate for a glowing skin.

我们的磨砂膏专为去角质而制，去角质的同时呵护您的娇嫩肌肤，如乳霜般柔肤补水。加入大麦和莲子提取物，有助于抚平肌肤，焕发皮肤容光。

60 Minutes THB 999 | 60分钟 999泰铢

EVENING TEA SEASALT SCRUB | 晚茶海盐去角质

Sea salt scrub in natural oil (Sweet almond, Safflower Oil, Olive oil, Jojoba oil, Vitamin E) a truly spa experience of exfoliating and moisturizing at the same time.

海盐磨砂膏中蕴含[甜杏仁、红花油、橄榄油、荷荷芭油、维生素E]；

真正的水疗体验，去角质的同时补水保湿。

60 Minutes THB 999 | 60分钟 999泰铢





BODY WRAP | 裹体美容

WHITE MUD WRAP | 白泥裹体

Allow the clay's natural properties to eliminate toxins. The White mud is rich in minerals and nutrients, helping the skin to detoxify and stimulate the body and nourish skin. 粘土的天然属性有助消除毒素。白泥富含矿物质和养分，帮助肌肤排毒，促进身体健康，滋养皮肤。

60 Minutes THB 999 | 60分钟 999泰铢

AFTER SUN SOOTHER | 晒后安抚

Ease the sting out of a strenuous day of sunbathing with this mollifying and pleasant application of Aloe Gel which will assist in maintaining that longer lasting healthy suntan. 舒缓日光浴后的刺痛感，使用芦荟凝胶将有助于维持更持久健康的日光浴。

60 Minutes THB 999 | 60分钟 999泰铢

RED WINE BODY MASK | 红酒全身护理膜

In Greek ancient time, grapes have been used to cure the skin and its leaves used to stop bleeding and pain. With its ailment property, it is renowned as "The queen of health fruit". Grape seeds also contain polyphenol with antioxidant potency twenty times greater than that of Vitamin C and E. Hence, it is perfect for promoting skin youth with free-radical property. Also it provides skin conditioning for a soft and supple skin.

It can be also used for sun-damaged skin. 古希腊时期，葡萄被用于治疗皮肤，葡萄叶子用于止血和止痛。因其可治病的属性，葡萄被誉为“健康水果女王”。葡萄籽还含有多酚，其抗氧化能力是维生素C和E的20倍，适用于提升肌肤年轻态。此全身护理膜能帮助调理皮肤，使皮肤柔柔嫩嫩。它还适用于晒后损伤的肌肤。

60 Minutes THB 999 | 60分钟 999泰铢



SPA PACKAGE | 水疗套餐

JET LAG REVIVAL | 时差复活

Getting here is easy but recovery is a little more difficult! Let us assist and guide you to fully recuperate that much quicker! A 60-minute Stress Relief Massage will help to eliminate the body aches and pains followed by a Resurgence Renewal facial treatment 30 minutes.

倒时差是很辛苦的，让我们帮助您彻底地快速地恢复精神。
1个60分钟的减压按摩将助您消除身体疼痛，
30分钟的脸部护理唤醒您的面部肌肤活力，让您容光焕发。

90 Minutes THB 1,889 | 90分钟 1889泰铢

PERFECT PAMPER | 宠爱自己

Relax, unwind, and completely indulge with a half day of spa experiences for your perfect escape. Enjoy a relaxing soak and milky bath before enjoy the series of Perfect skin Treatment and A customized full-Body Massage.

逃离都市森林，享受半天的水疗体验，彻底放松身心。

享受完牛奶浴浸泡，再为您提供一系列的皮肤护理和全身按摩。

A Choice Of Body Scrub 身体去角质	30 minutes
A Choice Of Body Wrap 身体去角质	30 minutes
Deluxe Jacuzzi 豪华水流按摩	30 minutes
Resurgence Renewal Facial 面部唤醒护理	60 minutes
A Choice of Full Body Massage 全身按摩	90 minutes

240 Minutes THB 3,599 | 240分钟 3,599泰铢

IN BALANCE SPA PACKAGE | 平衡水疗套餐

Enjoy total spa experience. Start with open pore for skin to be ready for Fresh coconut scrub then follow by signature massage and Organic Facial.

Leave your body and mind enriched, relaxed and stress-free.

享受完整的水疗体验。先打开您的脸部毛孔，使用鲜椰去角质，接着为您进行特色按摩和有机面部护理。让您的身心充实，放松，无压力。

Fresh coconut polisher 鲜椰磨砂	30 minutes
A Choice of body massage 身体按摩	90 minutes
Resurgence Renewal Facial 面部唤醒护理	60 minutes

180 Minutes THB 3,100 | 180分钟 3,100泰铢

SIAM PACKAGE | 暹罗套餐

Recover Thai ancient remedies with and exquisite treatment.

Pamper your skin with fresh coconut scrub and white mud wrap then complete your experience with Thai massage hot compress.

国古老的治疗方法与精致的护理。使用鲜椰磨砂，白泥裹体，最后泰式按摩热敷。

Fresh Tamarind Cleanser 罗望子洁面	30 minutes
White mud Wrap 白泥裹体	30 minutes
Thai massage 泰式按摩	60 minutes
Hot compress 热敷	30 minutes

150 Minutes THB 1,999 | 150分钟 1,999泰铢

LOOK GREAT | 美丽自己

This treatment can be tailored to suit your individual requirements.

Begins with body scrub and follow by body massage.

Enjoy a luxurious treatment, leaving your skin soft smooth and ease tension away.
这种治疗方法可以根据您的个人需求进行调整。全身去角质后进行全身按摩。

享受豪华的护理，让您的皮肤柔软光滑，缓解紧张。

Choices of body scrub 全身去角质	30 minutes
Choices of body massage 全身按摩	60 minutes
Refreshing facial 面部唤醒	60 minutes

150 Minutes THB 1,999 | 150分钟 1,999泰铢

SLEEP WELL PACKAGE | 好眠套餐

After a long travel. If you feel uncomfortable or jet Lag and anti-stress with body massage of your choice 60 minutes foot massage 30 minutes.

Will aid you in enjoying a peaceful night sleep and restore your energy and zest for next day's activities.

长途旅行让人疲惫。如果你感到不舒服或时差不适，

可以选择身体按摩60分钟或足部按摩30分钟来缓解压力，
助您享受一个宁静的好眠之夜，恢复您的能量，以饱满的热情投入第二天的活动。

Foot massage 全身按摩	30 minutes
Indian Head massage 足部按摩	30 minutes
Body massage 印式头部按摩	60 minutes

120 Minutes THB 1,599 | 120分钟 1,599泰铢



FACIAL TREATMENTS | 面部护理

RESURGENCE RENEWAL | 焕醒护理

Restore your luminous glow, with our most indulgent facial. Luxurious and lasting hydration restores suppleness, texture and tone. After one treatment, you'll instantly unveil a more youthful skin. 奢华持久的水合作用重塑您肌肤的柔韧，顺滑肌肤纹理，提亮肤色。一次护理之后，您的肌肤立刻恢复年轻态。

60 Minutes THB 1,399 | 60分钟 1,399泰铢

HAND & FEET THERAPY | 手部和足部治疗

Spa Manicure, Spa Pedicure grooming of cuties and nail and optional nail polish color of your choice. 水疗美甲，水疗修脚美容，多色指甲油可选。

NAIL RESHAPE HAND/FEET COLOR | 指（趾）甲修型手/脚，颜色 THB 399 | 399 泰铢

**SPA MANICURE | 水疗美甲
60 Minutes THB 699 | 60分钟 699泰铢**

**SPA PEDICURE | 水疗修脚
60 Minutes THB 699 | 60分钟 699泰铢**

**SPA MANICURE & SPA PEDICURE | 水疗美甲和水疗修脚
120 Minutes THB 1,299 | 120分钟 1,299泰铢**

DELUXE MANICURE | 豪华美甲

Therapeutic your hand with scrub and massage with a nourishing cream to restore natural moisture and improve the texture of skin follow your nails will be shaped and cuticles and hydrated. Nail varnish is applied on request. 对您的手去角质，按摩，施用智能活水保湿乳霜，让您的手恢复天然保湿，顺滑指甲肌肤纹理。指甲油应要求涂上。

75 Minutes THB 899 | 75分钟 899泰铢

DELUXE PEDICURE | 豪华修脚

Transform your feet with our nail and cuticle care, then relax and enjoy a foot scrub and massage to soften and nourish your skin whilst boosting your circulation and relieving tired of swollen feet. Nail varnish is applied on request. 趾甲和角质层护理美容您的双脚，放松去享受一次脚部磨砂和按摩，软化并滋养您的肌肤，促进循环，缓解脚部水肿。趾甲油应要求涂上。

75 Minutes THB 899 | 75分钟 899泰铢



PHUKET KARON BEACH
RESORT & SPA