

IN BALANCE

SPA BY NOVOTEL


NOVOTEL
HOTELS & RESORTS

PHUKET KARON BEACH
RESORT & SPA



BODY MASSAGE 60/90MINUTES

ROYAL THAI HERBAL COMPRESS MASSAGE

A Therapeutic massage style that will use a Thai herbal poultices compress to decrease bad energy and sluggishness. soothing muscle tension and stiffness.

90/120 MINUTES THB 1,299/1,599

STRESS RELIEF MASSAGE

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, Sandalwood and 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.

60/90 MINUTES THB 1,099/1,349

AROMATHERAPY MASSAGE

Aromatherapy Massage is a valuable relaxation technique for reducing anxiety and stress. And beneficial to the immune system. It a holistic practice of using aromatic essential oils to evoke a pleasurable mood. remove negative energy and promote physical and mental revitalization.

60/90 MINUTES THB 1,099/1,349

BALINESE MASSAGE

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.

60/90 MINUTES THB 1,099/1,349



SPORT MASSAGE

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.

60/90 MINUTES THB 1,199/1,349

THAI MASSAGE

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.

60/90 MINUTES THB 799/999

THAI HERBAL COMPRESS MASSAGE

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.

90/120 MINUTES THB 1,149/1,499



ON THE SPOT

FOOT MASSAGE

Stimulating pressure points on the feet that correspond to different parts of the body.

This massage gives an extreme sense of relaxation,
improves circulation and promotes a general feeling of well being.

30/60 MINUTES THB 499/799

BACK, NECK & SHOULDER MASSAGE

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.

30/60 MINUTES THB 499/799

INDIAN HEAD MASSAGE

This luxurious ,nurturing massage combined with Ayurveda techniques; you will achieve supreme
relaxation and noticeable health restoration to your hair. Clear your mind with this massage to
relax and remove fatigue caused by mental stress.

30/60 MINUTES THB 599/799



BODY SCRUB

FRESH COCONUT POLISHER

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.

60 MINUTES THB 999

COFFEE YOGURT SCRUB

Let the refreshing scent of the natural ingredients relax your body during the treatment and look forward to youthful and radiant skin.

60 MINUTES THB 999

FRESH TAMARIND CLEANSER

The Thais have used tamarind as a natural centuries we just improved on the traditional recipe by adding healing and oatmeal to make it even more effective in gently removing dead skin cells.

60 MINUTES THB 999

CEREAL OATMEAL SCRUB

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.

60 MINUTES THB 999

EVENING TEA SEA SALT SCRUB

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.

60 MINUTES THB 999

BODY WRAP

WHITE MUD WRAP

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.

45 MINUTES THB 899

AFTER SUN SOOTHER

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.

60 MINUTES THB 899

RED WINE BODY MASK

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.

45 MINUTES THB 999

SPA PACKAGE

JET LAG REVIVAL

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.

90 MINUTES THB 1,889

PERFECT PAMPER

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.

A Choice Of Body Scrub	30 minutes
A Choice Of Body Wrap	60 minutes
Deluxe Jacuzzi	30 minutes
Mini facial	30 minutes
A Choice of Full Body Massage	90 minutes

210 MINUTES THB 3,599

IN BALANCE SPA PACKAGE

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.

Fresh coconut polisher	30 minutes
A Choice of body massage	90 minutes
Resurgence Renewal Facial	60 minutes

180 MINUTES THB 3,100

SIAM PACKAGE

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

Fresh Tamarind Cleanser	30 minutes
White mud Wrap	30 minutes
Thai massage	60 minutes
Hot compress	30 minutes

150 MINUTES THB 1,999

LOOK GREAT

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.

Choices of body scrub	30 minutes
Choices of body massage	60 minutes
Refreshing facial	60 minutes

150 MINUTES THB 1,999

SLEEP WELL PACKAGE

After a long travel .if you feel uncomfortable or jet Lag, and anti-stress with body massage of your choice 60min foot massage 30 min. Will aid you in enjoying a peaceful night sleep and restore your energy and zest for next day's activities.

Body massage	60 minutes
Foot massage	30 minutes
Indian Head massage	30 minutes

120 MINUTES THB 1,599

FACIAL TREATMENTS

RESURGENCE RENEWAL

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.

คืนค่าผิวหน้าสว่างให้แก่คุณ ด้วยทริทเม้นท์ที่ผ่อนคลายมากที่สุดของเรา เพื่อ บำรุงผิวหน้าของคุณให้สวยใส
ผิวของคุณจะได้รับการบำรุงอย่างล้ำลึกและความชุ่มชื้นยาวนาน เผยผิวอ่อนเยาว์ คืนความอ่อนนุ่ม เรียบเนียน ยิ่งขึ้นจนรู้สึกได้ในครั้งแรกที่ทำ

75 MINUTES THB 1,399

HAND AND FEET THERAPY

Spa Manicure, Spa Pedicure grooming of cuties and nail and optional nail polish color of your choice.

NAIL RESHAPE HAND/ FEET, COLOR	THB 350
SPA MANICURE 60 MINUTES	THB 699
SPA PEDICURE 60 MINUTES	THB 699
SPA MANICURE & SPA PEDICURE 120 MINUTES	THB 1,299

DELUXE MANICURE

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.

75 MINUTES THB 899

DELUXE PEDICURE

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.

75 MINUTES THB 899





OPENING HOURS

OPEN DAILY

FROM 9:00 - 21:00

FOR MORE INFORMATION AND RESERVATIONS

PLEASE CALL: 8666

TEL: +66 (0) 76 358 666