



# IN BALANCE

SPA BY **NOVOTEL**

FIND BALANCE ONCE MORE WITH OUR CAREFULLY-SELECTED  
TREATMENTS TO EASE YOU AWAY FROM ALL TENSION

*At In Balance Spa we take care of new customers as well as returning guests. Visiting a spa for the first time can be intimidating, and we want you to feel relaxed when you arrive so we have listed a few ideas below that will make your spa experience go smoothly.*

### **Booking Appointments**

*Our peak times are in the mid and late afternoon. We recommend calling in advance to ensure that you get the time of your choice.*

### **Punctuality**

*Please arrive 10 minutes early. We want you not to feel rushed, so that we can also begin on time. If something prohibits you from arriving on time, please call and let us know, we will try to accommodate the later time.*

### **Attire**

*Our goal is for you to be comfortable, so please wear whatever you feel comfortable in. Many of our treatments do require removal of the clothes, so we recommend that you wear something easy to remove. If modesty is an issue, please remember that our highly trained team will ensure your complete comfort and drape all areas of the body that are not being treated.*

### **Jewelry**

*If possible, it is always best to leave your jewelry in your in-room safe. You may be asked to remove any jewelry before receiving your treatment. If you do wear your jewelry, just remember to take it with you when you leave.*

### **The Treatments**

*Your treatment is all about you. Please let us know if you want the therapist to spend more time in a certain area, apply greater or lesser pressure, or simply leave something out of the treatment. Our trained therapists are very knowledgeable and happy to share information and recommendations with you.*

### **Medical Conditions**

*To ensure your safety and ours, please advise us of any medical issues you may have. Not all treatments are suitable for all clients. Please disclose any concerns before your treatment begins.*

### **Cell Phones**

*We do our best to offer a relaxing and calm spa environment. Please help us by turning off your cell phone ringer or leaving your phone in your room.*

### **Pre-Treatment**

*To start many of our treatments we commence with a foot bath of hot water with tamarind and sea salt. Our foot ritual has been developed to improve blood circulation and prepare you for your treatment. Rehydration is also promoted through the use of a refreshing local elixir.*

### **Post-Treatment**

*Take a few moments after your treatment to allow your body and mind to reach equilibrium, taking in all the benefits from your treatments. Final step is to rehydrate your body with our specially prepared herbal tea. This completes your treatment by helping your body to replenish and rejuvenate.*







# BODY MASSAGE

---



## IN BALANCE THERAPY (Signature)

*Take yourself to a realm of relaxation with "Warm Oil Massage", our collection of aromatic massage oils. They blend exquisitely fragrant ingredients to be gentle and nourishing for the skin, leaving your body relaxed and your senses refreshed. In combination with Thai herbal ball compress, traditionally used in Thai massages for its therapeutic benefits. The herbal ball is ideal to relieve muscular pain, improve blood circulation and promote relaxation while balancing your mind, body and spirit to bring out inner harmony.*

90 MINUTES

THB 1,399



## AROMATHERAPY MASSAGE

*A classical massage consisting mainly of long strokes over oiled skin and kneading of the outer layers of muscle tissue to reduce stress and soothe sore joints and muscles. A uniquely luxurious blend of essential oils has been specially designed for this treatment. The series of strokes and proper pressure aid your lymphatic system and remove blockages of the circulatory system.*

60/90 MINUTES

THB 1,199/1,349



## 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 & orange essential oils, which will help loosen muscle tissue, release toxins, and increase blood and oxygen circulation throughout the entire body. Provide you into a deep state of relaxation, leaving you completely stress-free.*

60/90 MINUTES

THB 1,199/1,349



## SPORTS MASSAGE

*This deep tissue massage targets sore muscles and enhances muscle recovery after exercise and from stresses of daily life. Enjoy the soothing strokes of our classic massage combined with medium to firm pressure compression and light stretching to promote circulation, flexibility, and muscle recovery. Sports Massage can be customized to target problem areas, ease stress and muscle pain, and increase circulation.*

60/90 MINUTES

THB 1,199/1,349



# TRADITIONAL THAI



## THAI MASSAGE

60/90 MINUTES | THB 899/1,199

*Renew with an ancient healing tradition. Practiced and revered throughout Thailand for 2,500 years, this timeless massage technique encourages the body's internal energy to flow more freely, improving overall health, wellbeing and vitality. Our therapist uses fingers, thumbs, elbows, arms and feet in a combination of acupressure and stretching movements. Problem areas of tension and stress are alleviated. Flexibility is enhanced. Holistic harmony promotes connection between mind, body and spirit.*



## THAI HERBAL COMPRESS

90/120 MINUTES | THB 1,349/1,599

*Traditional Thai massage techniques knead and stretch away tension. Therapeutic herbs are steamed in a muslin compress and massaged along the body using gentle circular and rolling movements. Remedial aromatics relax and energise the mind and body, instantly relieving stiff muscles, congestion and mental tension.*



## FOOT MASSAGE

30/60 MINUTES | THB 549/899

*The 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 and gland in the body. Through the feet and acupressure, the autonomic nervous system, the lymphatic and circulation system are affected. It aids in the stimulation of the body's own healing process, this massage helps to unblock energy channels to improve general health and creates holistic harmony.*





# TRAVEL RECOVERY



## JET LAG REVIVAL

90 MINUTES | THB 1,399

*Getting here is easy but recovery is a little more difficult! Let us assist and guide you to fully recuperate much quicker. A 60-minute stress-relief massage will help to eliminate the body aches and pains followed by a 30-minute resurgence renewal facial treatment.*



## BACK, NECK & SHOULDER MASSAGE (Signature)

30/60 MINUTES | THB 599/799

*Relax and unwind with this signature treatment specifically designed by In Balance Spa to soothe away all of the muscle stress and tension from around the back, neck & shoulder areas to create a deeply calming effect. An excellent treatment either pre or post-travel.*



## INDIAN HEAD MASSAGE

30/60 MINUTES | THB 599/799

*The art of Indian Head Massage is a popular Ayurvedic form of healing and relaxation used widely in Asia to combat daily tension and stress. Indian head massage includes neck, shoulders and upper arms as well, working deeply over the muscles and pressure points that help muscles relax. Moving on to the head, gentle massage techniques are used to stimulate and revive this area and the entire head is covered to encourage circulation, oxygen and nutrients to the area. The effect of this treatment is to relieve physical and mental ailments, increase oxygen supply to the brain, relaxing muscle and nerve fibres and help stimulate hair growth.*



## COFFEE SCRUB

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

60 MINUTES

THB 999

# BODY SCRUB



## FRESH COCONUT POLISHER

*Suitable for all skin types, this gentle coconut exfoliation treatment removes dead skin cells and nourishes the skin to leave it silky smooth, while soothing the skin and promoting softness.*

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 true spa experience of exfoliating and moisturizing at the same time. Feel the softness of your skin after a nourishing evening tea sea salt scrub.*

60 MINUTES

THB 999







## 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 the skin.*

60 MINUTES

THB 999



## BODY WRAP



## AFTER SUN SOOTHER

*This body wrap uses cooling and desensitizing aloe vera gel to alleviate the discomfort of over-exposed skin. While calming any burning or stinging sensation, this treatment helps heal, soothe and decrease skin temperature. It would be perfect for sensitive skin, sunburned skin or excessive sun exposure.*

60 MINUTES

THB 999



## RED WINE BODY MASK

*In ancient Greek time, grapes were used to cure the skin and its leaves used to stop bleeding and pain. With its ailment properties, 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 youthful skin with free radical properties. Also, it provides skin conditioning for a soft and supple skin, while rejuvenating sun-damaged skin.*

60 MINUTES

THB 999



# SPA JOURNEY



## PERFECT PAMPER

240 MINUTES | THB 3,599/6,599

Relax, unwind, and completely indulge with a half day of spa experiences for your perfect escape. Reboot your exhausted body with a series of individually selected skin treatments and a customized full-body massage to suit your personality and lifestyle.

- A choice of body scrub
- A choice of body wrap
- Resurgence Renewal Facial
- A choice of full body massage

- 45 Minutes
- 45 Minutes
- 60 Minutes
- 90 Minutes



## IN BALANCE SPA JOURNEY (Signature)

180 MINUTES | THB 2,899/5,499

Calm your mind and body from head to toe and allow your body to regain its natural glow. This signature treatment package revives your skin by replenishing it with lost nutrients, hydrating it and restoring your body's balance through a signature massage of In Balance Spa.

- Fresh Coconut Polisher
- A choice of body massage
- Resurgence Renewal Facial

- 30 Minutes
- 90 Minutes
- 60 Minutes





## SIAM EXPERIENCE

Discover Thai ancient remedies with this exquisite treatment package. Pamper your skin with fresh tamarind 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 2,099/3,899



## RENEWAL JOURNEY

The beginning of any detoxification process is a gentle full body exfoliation, this prepares the body for the benefits it will receive from the gentle healing of an In Balance massage. Let this treatment start you on the way to a new you!

|                                      |            |
|--------------------------------------|------------|
| Evening Tea Sea Salt Scrub           | 45 Minutes |
| Signature In Balance Therapy Massage | 90 Minutes |

135 MINUTES THB 1,899/ 3,499



## LITTLE PIECE OF HEAVEN

120 MINUTES | THB 3,599

This mother & daughter package is a little piece of heavenly indulgence for both. Starting with a 45-minute facial each, the Little Miss Facial for daughter and the Resurgence Renewal Facial for mum, which will be experienced in our special treatment room for two. After your treatment, it's time to pamper your hands and feet with a 75-minute manicure and pedicure



## OH SO BEAUTIFUL

180 MINUTES | THB 5,299

Mother & daughter can enjoy a day of pampering and indulgence with this package. Starting off with a skincare workshop for mum & daughter. After, both will enjoy a relaxing 45-minute facial, 60-minute aromatherapy massage, followed by an express manicure and pedicure each.





# FACIAL TREATMENTS



## SPA MANICURE

*Immaculate, younger looking hands are achieved in a pampering sequence that exfoliates, revitalises and renews. Hands are protected, moisturised, nails shaped and coloured to perfection.*

60 MINUTES

THB 699



## SPA PEDICURE

*Professional spa formulations combine nature's most soothing and effective botanicals in a moisturising mask and massage. Feet are buffed and moisturised. Toenails are neatly shaped with a perfect paint finish.*

60 MINUTES

THB 699



## 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.*

60 MINUTES

THB 1,299



# HAND & FEET THERAPY







## PRINCESS MANICURE & PEDICURE

*A bubbly version of our In Balance Spa manicure & pedicure designed for young children (ages below 16). First, we soak the little fingers in a fun bath to cleanse and sanitize, then we trim nails and apply nail polish – you pick the color!*

**PRINCESS MANICURE** 30 minutes THB 399  
*(only for Princesses below 16 years old)*

**PRINCESS PEDICURE** 30 minutes THB 399  
*(only for Princesses below 16 years old)*



## SPA MANICURE & SPA PEDICURE

90 MINUTES | THB 1,099

*The perfect hand, foot and nail experience combining both of the exclusive spa manicure and pedicure treatments using organic natural products.*



## DELUXE MANICURE

75 MINUTES | THB 899

*Your nails will be shaped and your cuticles tidied and hydrated, followed by a massage of the hands and arms with a nourishing cream to restore natural moisture and improve the texture of your skin. Nail polish is applied on request.*



## DELUXE PEDICURE

75 MINUTES | THB 899

*Transform your feet with our nail and cuticle care, then relax and enjoy a foot scrub and massage to soften and nourish your skin while boosting your circulation and relieving tired and swollen feet. Nail polish is applied on request.*



**NOVOTEL**

HOTELS & RESORTS

**PHUKET KARON BEACH**  
RESORT & SPA

OPEN DAILY FROM 09:00-21:00

 [WWW.NOVOTELPHUKETKARON.COM](http://WWW.NOVOTELPHUKETKARON.COM)

 NOVOTEL PHUKET KARON BEACH RESORT & SPA

 +66 76 358 666