



A TOUCH OF THAILAND

---

**CENTARA GRAND & BANGKOK CONVENTION CENTRE  
AT CENTRALWORLD**

**OPEN 09:00 TO 23:00 HRS.**



# WELCOME TO SPA CENVAREE!

Discover the art of relaxation with our Thai-inspired holistic journeys, designed to restore balance to your body and mind through traditional techniques, soothing music, and the healing power of touch.

## OUR HOLISTIC MENU

The luxurious treatment menu at Spa Cenvaree uses only the finest locally harvested Thai ingredients, aromatic oils, and therapeutic herbs for a truly blissful experience. Enter a world of tranquil healing that awakens your senses and soothes your mind with a curated selection of treatments designed to invigorate tired muscles, boost circulation, and restore your body's natural balance for serene relaxation and well-being.



SPA  
Cenvaree

# SPA MENU

Moroccan Hammam	4
Wellness Journey <b>Rebalance Your Inner Senses</b>	5
Thai Tranquillity <b>The Origin of Cenvaree</b>	7
A Couple's Journey <b>Honeymoon Treat</b>	9
Signature treatments <b>Heart of Cenvaree</b>	11
Massage Therapies <b>A Touch of Cenvaree</b>	13
Beauty Therapy – Body <b>Nurturing with Cenvaree</b>	15
Beauty Therapy – Facial	17
Spa Etiquette	18



## Moroccan Hammam

**Single**

**75 mins**

**Couple**

**120 mins**

This rejuvenating ritual begins with a deeply cleansing and purifying black soap application and full-body Kessa glove exfoliation, culminating in luxurious skin moisturization with Argan Oil to leave you feeling completely revitalized.

# Wellness Journey

## Rebalance Your Inner Senses

180 mins

### Sleep

*Includes: Exfoliation, Aromatherapy Massage, and Foot Massage. Chamomile tea is offered after your treatment.*

This signature spa treatment blends a gentle full-body exfoliation with a soothing head-to-toe massage. Let our expert therapist work their magic to release muscle tension and leave you feeling relaxed and restored.

### Detox

*Includes: Dry Brushing, Detox Massage, Head Massage, and Face Massage. Detoxifying juice is offered after your treatment.*

Unwind and restore balance with our specialised massage designed to release deep-seated tension in the abdominal area, while also improving liver and digestive functions for a revitalised, detoxified you.

### Energiser

*Includes: De Aging Salt Scrub, Deep Tissue Massage, and Foot Massage. Ginger Tea is offered after your treatment.*

This ancient Chinese pressure-point massage rejuvenates your body's energy flow to relieve pain, stiffness, and promote blood circulation for blissful relaxation.



# Thai Tranquility

## The Origin of Cenvaree

### Thai Body Balance

**150 mins**

Smoothing Foot Scrub, De Aging Body Scrub, choice of Traditional Thai Massage or Aroma Therapy Massage to balance your daily lifestyle.

Indulge in a luxurious Thai spa journey that blends signature experiences and ancient traditions that nourish your spirit.

### A Samunprai

**150 mins**

Experience the ultimate relaxation with a rebalancing massage that uses a special blend of aromatherapy oils and Thai herbs to release muscle tension and stimulate circulation, while steamed herbal clay pots filled with medicinal herbs detoxify and rejuvenate your skin.

### Ultimate Wellbeing

**180 mins**

Inspired by village rituals of deep cleansing after long days in the field, earth stones are used to increase strength and vitality, while heated basalt stones loosen tense muscles and reduce inflammation.

### Serenity

**150 mins**

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp to instill relaxation. Using a finely blended mixture of Avocado oil and Kaffir Lime, this recipe is Thailand's best kept secret for lustrous and silky soft hair.





## **A Couple's Journey**

### **Honeymoon Treat (Price for two)**

#### **A Summer Best**

**120 mins**

Replenish your skin's moisture and promote youthfulness with this anti-aging skin hydration treatment. A blend of sea salt gently exfoliates and rejuvenates your skin. Your journey comes to an end with an ultra-soothing aroma massage and a herbal bath.

#### **Honeymoon Retreat**

**210 mins**

Full Body Dry Brushing, followed by a soothing massage and signature face massage to complete this perfect Couples retreat.

#### **Niran Nirvana (Heaven for Two)**

##### **Supabburut (treatment for the gentlemen)**

**210 mins**

Begin your treatment with steam therapy followed by Tamarind & Sesame Detoxifying Scrub, luxurious Citrus & Coconut Milk Bath, Deep Muscular Massage, Jurlique Facial Formula for Him and end your experience together with refreshment.

##### **Supabsatri (treatment for the ladies)**

**210 mins**

Begin your treatment with steam therapy followed by Sea Champagne Body Contour Wrap, Luxurious Citrus & Coconut Milk Bath, Aromatherapy Massage Jurlique Intense Recovery for her and end your experience together with refreshment.



## Signature Treatments

### Heart of Cenvaree

#### **Hai Mueai - Thai Ritual for Back Relief**

**60 mins**

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists. Combining deep tissue, Swedish, and stretching techniques, along with a soothing herbal back compress to relax tired muscles in the back, shoulders, and neck, you will feel yourself transported to a state of elevated bliss.

#### **Nuad Thai – Traditional Thai Massage**

**60 / 90 mins**

Restore the flow of your body and feel a renewed sense of vitality as this ancient massage technique stretches your muscles with applied pressure along your body's energy lines.

#### **Nuad Tao – Traditional Thai Foot Massage**

**60 / 90 mins**

This treatment promotes relaxation throughout the entire body using pressure points on the soles of the feet. When your tension is released, herbal foot compress filled with warming herbs is applied to revitalise your legs.

#### **Nuad Pra Kob – Thai Herbal Compress Massage**

**90 / 120 mins**

This intensive and soothing traditional Thai massage uses a Samunprai (hot poultice) to invigorate your muscles and detoxify your body. The spice extract in the oil helps to detoxify and Uplift your skin

#### **Salt Pot Muscle Melter**

**120 mins**

Experience the rejuvenating power of this centuries-old healing ritual which combines salt and herbs to ease muscle tension. Our skilled therapists begin with a deep tissue massage, focusing on your neck and shoulders, before using steamed clay pots filled with a blend of sea salt and medicinal herbs to provide soothing relief to your relaxed muscles.

#### **Thai Harmony – Four-Hand Massage**

**90 / 120 mins**

Four hands are better than two in this dual-therapist massage combining Thai, Swedish, Shiatsu, and Reflexology techniques in a carefully choreographed blend of deep rhythmic movement that leaves you feeling completely renewed.



# Massage Therapies

## A Touch of Cenvaree

Embark on a tranquil and personalised journey at Spa Cenvaree, where the power of touch harmonises and balances your body

### Aromatherapy

90 mins

Our most popular treatment. A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several beautiful oil combinations.

### Swedish Massage

90 mins

Designed with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

### Hot Stone Massage

90 mins

Another very popular treatment, this hot stone treatment uses Basalt rocks heated in water, treated with essential oil, and placed along the meridians of the body, while a therapeutic body massage focuses on the feet, legs, lower back, and thighs to transport you to a level of deep relaxation.

### Deep Tissue Massage

90 mins

Perfect for the athletic individual who requires bodywork to release muscle tension and increase joint flexibility, this massage focuses on individual muscle groups using deep compression and strokes. Aromatherapy oils promote harmony of the body and mind.



## Beauty Therapy – Body

### Nurturing with Cenvaree

Enjoy a skin brightening experience with specially selected organic products to rejuvenate your body.

#### BODY SCRUB

##### De-Aging Scrub

**60 mins**

Gently exfoliate dull skin cells to leave your skin looking and feeling radiant, while promoting the absorption of natural vitamins and minerals.

#### BODY WRAP

##### Signature Anti Cellulite

**105 mins**

Designed to boost lymphatic circulation and eliminate cellulite, this exclusive spa treatment includes an invigorating a warm green clay wrap followed by anti-cellulite massage to leave you feeling refreshed and revitalised.

##### Cenvaree Natural Skin Treat

**90 mins**

Indulge your body in the Cenvaree experience, start with a coconut scrub to remove the dead skin and immerse your body with the shine body mask cream. Then coconut oil is applied to your skin and will leave it glowing with a heavenly feel.





## Beauty Therapy – Facial

### Face Nourishment (Signature Organic Facial)

90 mins

A luscious, relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as Lemongrass, Tamarind, Oatmeal, Cucumber and Botanical Oils are used to deeply cleanse, exfoliate and hydrate the skin. A lymphatic facial massage is administered to improve blood circulation and help achieve firmer skin. A signature facial pouch filled with warm sesame rounds off the facial, leaving your skin refreshed and radiant.

### Anti-Aging (Jurlique Intense Recovery)

60 mins

An intensive facial to treat sun damaged and nutrient deprived skin with antioxidants derived from Carrot Root Extract, Evening Primrose, and Calendula.

### Face Hydration &Glow (Jurlique Deep Cleanse)

60 mins

This facial is designed to unclog pores while improving skin tone. This facial includes cleansing, exfoliation, steaming, cleansing mask to rid impurities and excess oils.

### Citylife Facial (Phytomer)

60 mins

A treatment that concentrate all the sea's skincare benefits to detox, revitalize skin and treat it to a breath of fresh air. The anti-pollution experience eliminate signs of fatigue, brightens the complexion and rehydrates skin

### Classical White Lumination Facial (Phytomer)

60 mins

An ultra - comprehensive anti aging treatment that brightens skin tone and reduces dark spots. The perfect pairing of marine scrub and whitening mask that rich in sea white and marine Criste to bathe the skin in radiance



## Spa Etiquette

Please respect the serenity and privacy of other guests by speaking in a soft voice or simply enjoying the silence. We kindly request that you refrain from using your mobile phone. Smoking is prohibited when using the Spa facilities.

### **How Should I Prepare For My Spa Treatment?**

To get the most from your spa experience, please arrive 15 minutes before your treatment to enjoy herbal tea in the relaxation lounge. Arriving late for your spa appointment will shorten your treatment time.

### **What Should I Wear?**

Disposable garments and a bathrobe are provided for your convenience at the spa. We encourage you to let the aroma oils soak into your skin for a few hours after the massage, and therefore recommend not wearing expensive clothing that could be stained by the oil.

### **What Should I Bring To My Spa Treatment?**

We recommend leaving valuables in your room. Lockers are provided; however, we are not responsible for the loss or damage of personal articles.

### **Are Children Allowed In The Spa?**

Children above the age of 13 are allowed in the spa but must be accompanied by a parent or guardian who will need to stay in the massage room for the duration of the treatment. Please ask our Spa team members for guidance on choosing the treatment that best suits your child's needs.

### **Do I Need To Tell The Therapist About Any Medical Conditions?**

Yes, it is important for your therapist to be fully aware of any current medical conditions to avoid any contraindications. If you have low/high blood pressure, a heart condition, skin allergies, or other medical complications, please consult your doctor before reserving our spa treatments. Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

### **What Is The Cancellation Policy?**

Rescheduling of appointments is subject to availability. Any cancellation received with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for a 'no-show'.



**CENTARA GRAND & BANGKOK CONVENTION CENTRE  
AT CENTRALWORLD**

999/99 Rama 1 Road, Pathumwan, Bangkok 10330

T: +(66) 02-100-1234

[spacenvareecgw@chr.co.th](mailto:spacenvareecgw@chr.co.th)

[www.spacenvaree.com](http://www.spacenvaree.com)