



A TOUCH OF THAILAND

CENTARA GRAND AT BEACH RESORT & VILLAS HUA HIN

OPEN 10:00 TO 20:00 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.

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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.

Energizer

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

7 Miracle Grains Body Scrub, Choice of Traditional Thai Massage or Aromatherapy Massage, Nourishing Organic Facial Treatment

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

Wanalee 'A Royal Treat'

180 mins

De Aging Body Scrub, Galangal Firming Wrap, Choice of Traditional Thai Massage or Aromatherapy Massage, Phytomer Classical Detoxifying Facial.

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels



A Couple's Journey

Honeymoon Treat (Price for two)

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

Steam Therapy, Jacuzzi Bath, Tamarind & Sesame Detoxifying Scrub, Deep Muscular Massage, Phytomer Facial Formula for Men.

Supabsatri (treatment for the ladies)

210 mins

Steam Therapy, Jacuzzi Bath, Sea Champagne Body Contour Wrap, Aromatherapy Massage, Phytomer Glow & Hydrating Facial.

(In the event steam therapy or jacuzzi bath services are not available, an Indian Head Massage will be offered as substitute)



Signature Treatments

Heart of Cenvaree

Salt Pot Muscle Melter

90 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.

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 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



Massage Therapies

A Touch of Cenvaree

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.

Aromatherapy Massage

60 / 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.

Balinese Massage

60 / 90 mins

Based on the healing expertise of the Balinese, this technique uses a mix of acupressure, reflexology and skin rolling to reach below the superficial muscle layers. Deep pressure is applied to release tense and knotted tissue. This is a lovely massage to have if you want to try something a little different. It has the same soothing benefits as an Aromatherapy Massage, yet the techniques are stronger.

Deep Muscular Massage

60 / 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.

Indian Head Massage

60 mins

The Sanskrit term Shiro Abhyanga translates to head massage (Shiro- head; Abhyanga-massage). Shiro Abhyanga involves the complete massage of the head, neck, and shoulders with ayurvedic oils to reduce stress. These are the regions that are affected by stress.



Beauty Therapy – Body

Nurturing with Cenvaree

BODY SCRUB

Citrus Salt Scrub

60 mins

Enjoy a gentle body exfoliator with citrus enzymes that act as a powerful natural body polish to remove dead skin cells, leaving your skin brighter, softer, and silky-smooth.

Passion Fruit & Lemongrass Scrub

60 mins

A guest favorite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of lemongrass refreshes a tired mind whilst passion fruit seeds smoothen skin to perfection.

Coconut Body Scrub

60 mins

This scrub with its unique, enticing aroma from organic coconut extract and coconut oil. Gently exfoliates away dead skin cells and hydrates skin, leaving it soft, smooth and healthy-looking.

BODY WRAP

After Sun Recovery

105 mins

Natural Aloe Vera the healing property to calm, soothe and nourish irritated skin from sunburn, Aloe Vera has been known to protect damaged skin by the sun. This relaxing wrap contains the antioxidant benefits from Aloe Vera which makes the perfect accompaniment to any sun lover wanting a lasting tan and soft, smooth radiant skin, followed by hydrating care to revitalize skin and beneficial after sun exposure.

Signature Anti-Cellulite

105 mins

Designed to boost lymphatic circulation and eliminate cellulite, this exclusive spa treatment includes an invigorating a warm seaweed mud wrap infused with green tea & cucumber followed by anti-cellulite massage to leave you feeling refreshed and revitalized.



Beauty Therapy – Facial

Organic Facial (Face Nourishment)

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.

PHYTOMER Classical Detoxifying Facial

60 mins

A fresh breeze blows through the spa, depolluting the skin of city-dwellers for a breath of fresh air. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

PHYTOMER Classical White Lumination Facial

60 mins

This very complete treatment helps to reduce intensity and diminished size of dark spots. Skin is more luminous and more transparent with an immediate burst of radiance.

PHYTOMER Classical Anti-Wrinkle Facial

60 mins

This treatment provides a younger looking face, wrinkles are less visible and skin is firmer and more radiant.

PHYTOMER Classical Homme Facial for Men

60 mins

This treatment is designed specifically adapted solution for men skin. The skin is left remoisturized, rejuvenated, soothed and oxygenated.



Hands & Feet Care

Touch of Palm (Hands)

45 mins

Basic hands care includes exfoliation, nail shaping, cuticle care and moisturizing, leaving your hand clean and professional.

Oriental Sole Delight (Feet)

45 mins

Opportunity to pamper your feet with exfoliation, nail trimming, cuticle care and moisturizing, leaving your feet clean and professional.



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'.



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