



A TOUCH OF THAILAND

CENTARA VILLAS SAMUI

OPEN 09.00-21.00 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 MENU

THAI TRANQUILLITY	5
COUPLE’S SPA JOURNEY	7
SIGNATURE COLLECTION	9
BODY MASSAGE	11
AYURVEDA	13
FACIAL THERAPY	15
BODY THERAPY	16
BODY POLISH	20
SPA ETIQUETTE	23



THAI TRANQUILITY

Immerse yourself in perfect balance and wellbeing.

THAI BODY BALANCE

2.5 HRS / BAHT 3,200++

This journey combines a collection of signature recipes developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions. Ingredients are carefully selected for their nourishing and healing properties.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Choice of Chakra Balancing Vichy Shower or A Detoxifying Thai Herbal Tea Bath
- Choice of “Nuad Thai” or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Refreshment

SERENITY

2.5 HRS / BAHT 3,200++

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.

- Deluxe Scalp Massage with Rich Avocado Coconut Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

SALT RELIEF – “A SAMUNPRAI SIGNATURE”

2.5 HRS / BAHT 3,200++

Inspired by healing rituals passed down from generations, this package uses the ancient remedy of salt to treat muscle tension.

- Herbal Salt Tea Bath
- Muscle Melter Massage
- Salt Pot Heat Compress
- Refreshment

ULTIMATE WELL-BEING

3.0 HRS / BAHT 3,500++

Inspired by village rituals of deep cleansing after a long day in the field, this treatment uses earth stones. to increase strength and vitality.

- Coconut & Pumice Stone Scrub
- Hot Stone Massage • Refreshment
- Phytomer Classical Anti-Wrinkle Facial for Her
- Phytomer Classical Homme Facial Formula for Men

“WANALEE” (A ROYAL TREAT)

3.0 HRS / BAHT 3,795++

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

- Botanical Bliss Scrub • Choice of Oil Massage or “Nuad Thai”
- Galangal Firming Wrap • Refreshment
- Phytomer Classical Detoxifying Facial

COUPLE’S SPA JOURNEY

These half-day packages are developed based on rituals traditionally given to brides and grooms before their marriage ceremony.

NIRAN NIRVANA (HEAVEN FOR TWO)

3.5 HRS / BAHT 7,295++

Supabburut (For the Gentlemen)

- Steam Therapy
- Tamarind & Sesame Detoxifying Scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Phytomer Classical Homme facial for Men
- Refreshment

Supabsatri (For the Ladies)

- Steam Therapy
- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Aromatherapy Massage
- Phytomer Classical Anti-Wrinkle facial Her
- Refreshment

HONEYMOON RETREAT

3.5 HRS / BAHT 6,995++

- Body Brushing
- Mocha Chino Mud Wrap
- Succulent Strawberry Scrub
- A Soothing Massage of Vanilla Shea Butter
- Thai Herbal Facial
- Refreshment

MULTI-DAYS RETREAT

2 DAY DE-STRESS & DE-TOXIFYING RETREAT

BAHT 7,500++

Together with its master therapists, Spa Cenvaree has developed this holistic program that enables you to experience the soul of a Thai spa journey as well as its ancient rituals and traditions

Programmes	Day 1	Day 2
Signature Salt Pot Muscles	X	
Nuad Tao (Foot Massage)		X
Siamese Herbal Body Scrub		X
Galanga Firming Wrap		X
Thai Herbal Facial	X	
Home spa Gift		X
Refreshment	X	X

3 DAY LONGEVITY & REJUVENATION ON RETREAT

BAHT 8,500++

This retreat aims to replenish the vital energy of the body. Programmed are effective to reduce visible signs of aging while providing a calming effect to the body’s nervous system.

Programmes	Day 1	Day 2	Day 3
Aromatherapy Massage			X
Hotstone Massage	X		
Nuad Tao (Foot Massage)		X	
Sea Champagne Body Controur Wrap		X	
Shirobhanga (Indian Head Massage)		X	
Phytomer Detoxifying Facial Treatment			X
Botanical Bliss Flower scrub	X		
Home spa gift			X
Refreshment	X	X	X

SIGNATURE COLLECTION

Experience our signatures, therapies with a local flavour

NUAD THAI
(Royal Thai Massage)

60 MIN / BAHT 1,295++
90 MIN / BAHT 1,495++

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.

SIGNATURE SALT POT MUSCLES MELTER

90 MIN / BAHT 1,795++

A guest favorite, this therapy is a locally inspired ritual combining deep tissue massage and hot salt pot compress to release tension in the shoulders and lower back muscles. Each pot contains a blend of coarse salt and medicinal herbs to provide relief to tired muscles. Therapeutic oils such as Pettigrain, Eucalyptus and Lavender penetrate deeply into muscle tissue during this therapy.

NUAD TAO
(Traditional Foot Massage)

75 MIN / BAHT 1,395++

This treatment promotes relaxation to the entire body through the use of pressure points onto the soles of the feet. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalize the legs.

THAI HARMONY
(Signature Four Hands Massage)

90 MIN / BAHT 2,000++
120 MIN / BAHT 2,400++

A four-hand massage performed by two therapists in unison, this experience coordinates a blend of Thai, Swedish, Shiatsu and Reflexology techniques using deep rhythmic movement to leave you feeling completely renewed.

HAI MUEA
(Village Rituals for Back Relief)

60 MIN / BAHT 1,395++

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists using Deep tissue, Swedish, and stretching techniques to relax tired muscles in the back, shoulders, and neck. Take pleasure in a delightful herbal back compress aided by our therapist’s expert hands.

NUAD PRA KOB
(Herbal Compress Massage)

90 MIN / BAHT 1,495++
120 MIN / BAHT 1,695++

This traditional massage features a warm herbal poultice to soothe aching muscles. This massage is particularly effective for alleviating sore muscles, arthritis, or stress.

BODY MASSAGE

HOT STONE MASSAGE

90 MIN / BAHT 1,695++

Basalt rock is heated in water and placed along the meridians of the body to soothe muscles and relieve tension. These stones are treated with essential oils before being positioned on your chakras. Combined with massage, this therapy creates a deep sense of relaxation.

AROMATHERAPY MASSAGE

60 MIN / BAHT 1,295++ | 90 MIN / BAHT 1,495++

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

SWEDISH MASSAGE

60 MIN / BAHT 1,295++ | 90 MIN / BAHT 1,495++

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 customized to your personal needs.

BALINESE MASSAGE

60 MIN / BAHT 1,295++ | 90 MIN / BAHT 1,495++

Based on the healing expertise of the Balinese people, 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.

DEEP MUSCULAR MASSAGE

60 MIN / BAHT 1,295++ | 90 MIN / BAHT 1,495++

Perfect for the athlete individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. Massage is performed with aroma-therapy oils to promote harmony of the body and mind.

RUNNER’S MASSAGE

60 MIN / BAHT 1,295++

A therapeutic bodywork focusing on the feet, legs, lower back, and thigh. This treatment is recommended after athletic events as a quick repair to rid lactic acid build-up in the legs.



AYURVEDA

Ayurveda, an ancient holistic healing approach known for its balancing and rejuvenating effects.

MARMA ABHYANGA MASSAGE

60 MIN / BAHT 1,295++

90 MIN / BAHT 1,495++

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage uses pressure points to stimulate vital energy points and promote life force energy throughout the body.

KATI BASTI

(Intensive Back Relief)

75 MIN / BAHT 1,495++

Created as a complete renewal for the body, this treatment combines a De-stress back massage with Ayurvedic back relief therapy to awaken the body, heart, and soul. Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warming herbs. While relieving muscle tension, this therapy helps to lubricate connective tissues, keeping them flexible.

SHIROBHYANGA

(Indian Head Massage)

45 MIN / BAHT 1,195++

Using warm herbal oils, this treatment includes a massage of the scalp, neck, and shoulders to sweep away tension and to relieve mental tiredness. A perfect relaxing treatment after a busy day of meetings or activities.



FACIAL THERAPY

Luxurious blend of natural botanical oils and plant essence to restore skins youthful vitality.

FACE NOURISHMENT (Signature Organic Facial)

75 MIN / BAHT 1,800++

A luscious, relaxing facial customized 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 ANTI-WRINKLE FACIAL TREATMENT

60 MIN / BAHT 2,300++

Phytomer Classical Anti- Wrinkle Facial Treatment is designed for aging skin. This Treatment help skins for wrinkles, tiredness, and lack of radiance with the power of marine cristae, visibly smooth away wrinkles. After the treatment, the skin looks smoother, less tired, and more plumped. The complexion's glow is restored, wrinkles and lines are visibly reduced, and the skin appears plumped and perfectly relaxed with red vegetal coral and brow algae extract.

PHYTOMER CLASSICAL DETOXIFYING FACIAL TREATMENT

60 MIN / BAHT 2,000++

Phytomer Detoxifying facial treatment is designed for city dwellers or dull skill, combines 100% natural white and red clay mask step with a trio of marine sugars to renew a healthy skin. Immediately, the skin appears less tired and the complexion more luminous. The pores are visibly tightened, and the complexion recovers its radiance. This facial helps for protection and repairs skin from damage caused by urban pollution. It re-oxygenates tired skin by a powerful cocktail of marine ingredients.

SOOTHING SUNBURN

PHYTOMER CLASSICAL SOOTHING FACIAL TREATMENT

60 MIN / BAHT 2,000++

Phytomer Classical Soothing Facial Treatment is designed for sensitive skin or young skin. Their natural active ingredients work in harmony with the skin for less visible redness and excellent tolerance. This treatment provides intense comfort and moisture for sensitive skin, its rich formula of calming and nourishing marine -based ingredients will reduce redness and soothe hot, flushed skin. It strengthens the skin's natural defenses against environmental aggression with marine prebiotic complex with marine spring water. Skin becomes less sensitive and more beautiful.

BODY THERAPY

A dazzling array of rejuvenating treatments combining the best of ancient and modern techniques to provide you with rejuvenation from head to toe.

BOTANICAL BLISS

105 MIN / BAHT 2,295++

A signature creation of Spa Cenvaree designed for women to reveal healthy beautiful skin. This package uses the essence of botanical plants and ground rice as a gentle scrub, followed by the eastern technique of warm galangal body mask to reduce cellulite and water retention. Fresh floral petals are massaged onto the skin for a velvety smooth result.

- Dry Body Brushing to Stimulate Lymph Drainage
- Botanical Bliss Flower Scrub
- Galangal Firming Body Mask
- Luxurious Skin Hydration with Vanilla Shea Butter

SIAMESE ZEN

105 MIN / BAHT 2,295++

Ideal for detoxification of the skin, this treatment begins with a Plai herbal scrub known for its anti-inflammatory properties. The body is then immersed in a Hot Herbal Clay to relieve symptoms such as digestive problems, muscle aches, or skin inflammation.

- Dry Body Brushing to stimulate Lymph Drainage
- Siamese Herbal Loofah Scrub
- Hot Herbal Clay complemented by Ayurvedic Scalp Massage
- Skin Hydration with Tropical Bliss Body Lotion

INSTANT SMOOTH

105 MIN / BAHT 2,295++

Your skin is gently polished with a Regeneration Body scrub to restore smoothness, followed by a natural black mud infused with seaweed, green tea, caffeine, and botanical oils to promote firmer skin tone. This experience is completed with a skin nourishing serum to reveal luminous skin. A perfect treat to hydrate and gives your skin a radiant and healthy glow.

- Dry Body Brushing to Stimulate Lymph Drainage
- Pumpkin & Gooseberry Regeneration Body scrub
- Sea Champagne Body Contour Wrap Complemented by Ayurvedic Scalp Massage
- Skin Nourishing with Soybean & Jojoba Serum

AFTER SUN RECOVERY

105 MIN / BAHT 2,295++

Following the healing wisdom of local traditions, a soothing wrap of red rice and ground herbs cooked in milk is applied to promote healing on sun exposed skin. Your skin is then remineralizer with a gentle massage, followed by a relaxing foot massage. Beneficial after sun exposure.

- Detoxifying Neem and Citrus Foot Soak
- Red Rice Sunburn Soothing Wrap Complemented by Ayurvedic Scalp Massage
- Aloe Vera & Cucumber Gentle Massage
- Relaxing Foot Massage

EXCLUSIVE FOR HER

CONTOURING & SLIMMING PROGRAMMES

SIGNATURE ANTI CELLULITE105 MIN / BAHT 2,595++

A perfect package to improve lymphatic flow and melt away cellulite. A warm seaweed mud wrap infused with green tea & cucumber is applied to reduce water retention and flush out toxins. Session continues with an anti-cellulite massage to facilitate the trimming of cellulite.

- Marine Salt Scrub
- Seaweed Mud Wrap
- Signature Anti Cellulite Massage

EXCLUSIVE FOR HIM

Treatments catering to the individuality of our guests.

PAR EXCELLENCE2.0 HRS / BAHT 2,200++

Bring the most valuable strategy to the tee, your golf fit body.

- Dry Body Brushing
- Pumice Stone Scrub to Smoothen Rough Skin
- Warm Coconut Compress
- Muscle Melt Massage

WELL REFRESHED2.0 HRS / BAHT 2,800++

A series of treatments designed to relax you from head to toe.

- Deep Muscular Massage
- Phytomer Classical Homme Facial Treatment for Men

BACK INTO BALANCE1.5 HRS / BAHT 1,495++

This therapy involves a massage concentrating on the stressed areas of the back, shoulders, and neck. Recommended for those suffering from shoulder or back pain.

- Back, Shoulders and Head Massage
- Steamed Herbal Poultice Application

PHYTOMER CLASSICAL HOMME FACIAL TREATMENT FOR MEN60 MIN / BAHT 2,200++

Phytomer Classical Homme Facial Treatment is formulated to meet the specific needs of men’s skin with quick, simple, effective steps that ensure visible results. Its energizing, ultra- fresh ingredients and texture cleanse and revive the skin. It helps to lighten dilated pores and is a perfect solution for oily skin. This youth perfecting facial treatment for face and eyes instantly the skin and visibly smooths wrinkles day after day. Finally, the skin regains tone and vitality and appears younger looking.

EXECUTIVE SOLE DELIGHT30 MIN / BAHT 795++

A super hydrating foot care for Men. Feet are cleansed with Citrus & Neem foot soak followed by an exfoliation of Lime & Sugar scrub. Treatment includes a pedicure for a refined look.

MEN’S SPORTS MANICURE30 MIN / BAHT 795++

Session includes all the pampering of a classic manicure with hand exfoliation, nail clipping and cuticle maintenance, leaving your hand clean and professional.

BODY POLISH

Our scrubs are enriched with the powerful anti-oxidants of seasonal fruits and plants designed to repair stressed skin while helping to protect against sun damage.

All scrubs are 60 minutes per session and begin with a gentle dry body brushing to stimulate the lymphatic system.

7 MIRACLE GRAINS BODY EXFOLIATION (Signature)

60 MIN / BAHT 1195++

Taking its inspiration from the time-honored hot pouch therapy of Thai Healing filled with freshly steamed grains. This body scrub features 7 different types of treasure grains such as Wheat Germ, Barley, Cornmeal, Oatmeal, Millet, Red Rice, and Soybeans. On application, the heat loosens tight muscles while revealing a radiant and smooth skin through its exfoliation process.

SIAMESE HERBAL LOOFAH SCRUB

60 MIN / BAHT 1195++

Herbal powders are mixed with medicinal plants such as Kaffir lime leaf, Lemongrass and Plai to detoxify and remove dull skin. Treatment features natural loofah scrub to revitalize skin.

BOTANICAL BLISS FLOWER SCRUB

60 MIN / BAHT 1195++

Capturing the smell of fresh garden, this mixture consists of fresh flower petals, rice blend, and oatmeal to restore lost vitality of the skin.

DE-AGING PASSION FRUIT & LEMONGRASS SALT SCRUB

60 MIN / BAHT 1195++

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

ORGANIC MANGOSTEEN & PASSION FRUIT ANTIOXIDANT SCRUB

60 MIN / BAHT 1195++

A delicious, skin-smoothing body scrub is infused with Mangosteen extract to buff away dullness. Rich in antioxidants, this treatment is packed with condensed tannins which are effective in tightening skin pores and its zesty formula brightens the appearance of skin.

SUCCULENT STRAWBERRY & ROSELLE SCRUB

60 MIN / BAHT 1195++

Voted as the best antioxidant recipe, this luscious botanical scrub uses fresh strawberries, oatmeal, crushed almonds, and Roselle flower to exfoliate dead skin cells. High in Vitamin C and alpha-hydroxy acids, this scrub leaves skin soft and with a delightful smell.

PUMPKIN & GOOSEBERRY REGENERATION SCRUB

60 MIN / BAHT 1195++

The skin softening qualities of pumpkin enzymes provide the dual action of skin exfoliation and nourishment. Pumpkin seed oils are rich in Vitamin A while Gooseberry contains high anti-oxidants essential for radiant skin glow.



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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