



A TOUCH OF THAILAND

CENTARA KARON RESORT PHUKET

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

WELLNESS JOURNEY	5
THAI TRANQUILLITY The Origin of Cenvaree	7
A COUPLE’S JOURNEY Honeymoon Treat	9
SIGNATURE TREATMENTS Heart of Cenvaree	11
MASSAGE THERAPIES A Touch of Cenvaree	13
BEAUTY THERAPY – BODY Nurturing with Cenvaree	15
BEAUTY THERAPY – FACIAL	17
SPA ETIQUETTE	19



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

Soothing 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

80 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.

AFTER SUN RECOVERY

105 MINS

This relaxing wrap contains the antioxidant and benefits from Aloe Vera to soothe and nourish irritated skin after sun exposure.



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.

PHYTOMER CLASSICAL DETOXIFYING FACIAL

60 MINS

Breathe new life into your skin with this purifying treatment. Ideal for city dwellers, it deeply hydrates, erases signs of fatigue, and evens out your complexion. Experience a revitalizing burst of freshness that leaves your skin looking and feeling renewed.

PHYTOMER CLASSICAL ANTI-WRINKLE FACIAL

60 MINS

Turn back the clock with this age-defying facial. Featuring Sea Stem and Marine Criste, this treatment visibly reduces wrinkles and fine lines, firms the skin, and restores radiance. Your complexion will appear smoother, plumper, and perfectly relaxed.

*Recommended for aging skin types

PHYTOMER CLASSICAL WHITE LUMINATION

60 MINS

This comprehensive anti-aging treatment brightens skin tone and reduces dark spots. Combining a marine scrub with a whitening mask rich in Organic Sea Lily, Brown Algae, and Marine Criste Oil, it delivers a more even, luminous complexion.

PHYTOMER CLASSICAL SOOTHING

60MINS

A nurturing treatment that softens sensitive skin and strengthens its defences with soothing, hydrating results.



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 KARON RESORT PHUKET

502/3 Patak Rd, Karon, Mueang Phuket District,
Phuket 83100

T: +(66) 076-396-200

spacenvareeckr@chr.co.th

www.spacenvaree.com