



## Affordable Relaxation, Uncompromised Standards

Discover the ultimate serenity at Cense by SPA Cenvaree, a tranquil haven nestled within the lush landscape of our resort. Our spa features with elegant, air-conditioned villas designed for your relaxation. our expert therapist will assist you in selecting from our extensive spa menu. You are also invited to explore our retail area for a selection of premium products to continue your wellness journey at home.

### CENTARA LIFE CHA-AM BEACH RESORT HUA HIN

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**OPENING HOURS 09.00 - 19.00 HRS**

## SIGNATURE

### INSTANT REVIVAL

This re-energising signature treatment begins with your choice of natural body polish to cleanse and renew your skin. Then, enjoy a relaxing hot oil massage targeting your back, neck, and shoulders to ease away tension. Then, our skilled therapists ease away tension from your back, neck, and shoulders with a soothing hot oil massage, leaving you feeling deeply relaxed and restored.

Duration Min	Tariff THB
90	2,190

### PURE BLISS

Treat yourself from head to toe with a calming oil massage to melt away stress, followed by a soothing facial that hydrates and protects your skin.

120	2,690
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## PEACEFUL ENVIRONMENT

At Cense by SPA Cenvaree, your time is reserved for personal rejuvenation. To maintain a serene atmosphere for all guests, we kindly request that you speak softly and switch off your mobile phones upon entering the sanctuary of the spa.

## VALUABLES

For your peace of mind, we recommend leaving valuables at home. While we do provide lockers for your convenience, please note that we cannot be held responsible for any loss or damage to personal belongings.

## PREGNANCY

For your comfort and well-being, we recommend consulting with your healthcare provider before enjoying our spa services during pregnancy.

## HEALTH CONDITIONS

If you have low / high blood pressure, heart conditions, skin allergies, or other medical complications, we advise that you 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. If you have any medical conditions, such as low or high blood pressure, heart conditions, skin allergies, or other health concerns, we strongly recommend consulting your doctor before booking any spa treatments. Please note that smoking and the consumption of alcohol are prohibited within the spa.

Additionally, it is advisable to avoid alcohol or heavy meals before and after any treatments.

## CANCELLATION POLICY

We require at least 4 hours' notice for cancellations or rescheduling of services. Please note that rescheduling is subject to availability. Cancellations made with less than 4 hours' notice will incur a 50% fee, and full charges will apply for no-shows.





A sanctuary for reconnecting with self and nature

## BODY MASSAGE

	Duration Min	Tariff THB
AROMATHERAPY MASSAGE	60	1,800
	90	2,190

Experience complete relaxation with this full-body massage, featuring essential oils to calm both body and mind. Gentle, soothing strokes will leave you feeling refreshed and renewed. Choose from a selection of aromatic oil blends.

NUAD PRA KOB	90	2,190
	120	2,490

This traditional Thai herbal compress massage uses a poultice of warm herbs to ease muscle tension, followed by a warm oil massage to soothe aches and alleviate stress. Ideal for relieving sore muscles and arthritis.

NUAD THAI	60	960
	90	1,440

This traditional Thai massage uses pressure points and stretching techniques to relieve muscle tension, enhance flexibility, and tone the body.

### DE-STRESSING HEAD & SHOULDER MASSAGE

Duration Min	Tariff THB
60	1,200

Using Cense's calming oils and targeted pressure point techniques, this treatment is designed to relieve tension and ease stress in the head, neck, and shoulders.

### LOTUS FOOT MASSAGE

60	900
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This soothing foot massage promotes overall body relaxation through the stimulation of key pressure points.

### INDIAN HEAD MASSAGE

60	1,500
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Revitalise your senses with this head massage using warm herbal oils on the scalp, neck, and shoulders to relieve tension and mental fatigue.

## BODY TREATMENT

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

### DE-AGING PASSION FRUIT & LEMONGRASS SALT SCRUB

60	1,450
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A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. A tangy blend of lemongrass and passion fruit seeds refresh the mind and smooth the skin, leaving you feeling revitalised and youthful.

### COCONUT & SESAME GLOWING SCRUB

60	1,450
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This treatment combines coconut and freshly crushed sesame to stimulate the growth of new skin cells, leaving your skin with a polished, radiant tone.

### AROMATIC COFFEE SCRUB

Duration Min	Tariff THB
60	1,450

The intoxicating aroma of freshly ground coffee surrounds you as our therapist gently exfoliates your skin, removing dull cells and enriching your complexion with natural minerals and antioxidants.

## FACIAL TREATMENT

### CENSE HEAVENLY FACE CARE FOR HER

60	1,800
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This firming facial, enriched with enzymes and botanical extracts, deeply hydrates and revitalises tired skin. Using a blend of olive oil, yogurt, oatmeal, honey, and freshly crushed almonds, this treatment cleanses and exfoliates to reveal a naturally radiant complexion, finished with a traditional Thai Clay mask to restore skin elasticity.

### CENSE HEAVENLY FACE CARE FOR HIM

60	1,800
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Our popular men's facial offers a complete skincare experience, including cleansing with natural products, exfoliation, and hydration. This treatment concludes with a soothing mask designed to alleviate razor burn and protect against environmental damage.