



SPA JOURNEYS INSPIRED BY
TRADITIONAL THAI HEALING

CENTARA GRAND BEACH RESORT PHUKET
OPEN 09:00 TO 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 Rebalance Your Inner Senses	7
Thai Tranquillity The Origin of Cenvaree	8
Ayurveda Ancient Holistic Healing	11
A Couple's Journey Honeymoon Treat	12
Signature treatments Heart of Cenvaree	15
Massage Therapies A Touch of Cenvaree	17
Beauty Therapy – Body Nurturing with Cenvaree	18
Beauty Therapy – Facial	21
Spa Etiquette	23





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

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

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.

- 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”

150 mins

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

180 mins

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
- Jurlique Facial Formula for Him
- Hot Stone Massage
- Refreshment
- Jurlique Intense Recovery Facial for Her

“WANALEE” (A ROYAL TREAT)

180 mins

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
- Jurlique Deep Cleanse Facial



Ayurveda

Ancient Holistic Healing

Marma Abhyanga Massage

60 / 90 mins

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. This therapy is renowned for its ability to stimulate the body's own natural cleansing processes.

Shirobhyanga - Indian Head Massage

60 mins

Using warm herbal oil, 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 activity.

Shirodhara

60 mins

Based on the ancient teaching of Ayurvedic medicine, soothing herbal oil flows in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. The therapy improves mental clarity, while it relaxes the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.

Ayurvedic Rejuvenation

120 mins

Program focuses on releasing body toxins and allow the body to rest and recover.

- Abhyanga Massage
- Shirobhyanga (Indian Head Massage)
- Refreshment

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)

210 mins

For Him (Supabburut)

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

For Her (Supabsatri)

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

Summer's Best

120 mins

Treat yourself to the skin hydration of the season. Also known as a wonder anti-aging ingredient, 'Wakame' is mixed with sea salt to exfoliate dead skin cells and maintain skin youthfulness.

- Dry Body Brushing
- Sea Mineral Salt Glow
- Algae and Caffeine Body Wrap & Indian Head Massage
- Invigorating Rain Shower
- A Massage Application of Rose Geranium Oils to Balance the Mood.

Winter Recharge

120 mins

A winter detox program designed to help the body release toxins and reduce cellulite in your skin.

Session includes:

- Dry Body Brushing
- Ayurvedic Udvartanum Herbal Scrub (Herbal Powder Massage)
- Detoxifying Herbal Mud Wrap
- Chakra Balancing Stimulating Shower
- Body Massage of Vanilla Shea Butter

(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

75 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

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

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.

Swedish Massage

60 / 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 customized to your personal needs

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.

Beauty Therapy – Body

Nurturing with Cenvaree

Botanical Bliss

105 mins

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 mins

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 mins

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 mins

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



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.



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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