



A TOUCH OF THAILAND

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**CENTARA GRAND  
AT CENTRAL PLAZA LADPRAO BANGKOK**

**OPEN 09:00 TO 22:00 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

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# 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 mins / Baht 1,600++**

Taking its inspiration from the time-honoured 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 Soy Beans. On application, the heat loosens tight muscles while revealing a radiant and smooth skin through its exfoliation process.

## **Siamese Herbal Loofah Scrub**

**60 mins / Baht 1,600++**

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 revitalise skin.

## **Botanical Bliss Flower Scrub**

**60 mins / Baht 1,600++**

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 mins / Baht 1,600++**

A guest favourite, 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 Anti-Oxidant Scrub**

**60 mins / Baht 1,600++**

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 mins / Baht 1,600++**

Voted as the best anti-oxidant 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 mins / Baht 1,600++**

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.



# Thai Tranquility

Immerse yourself in perfect balance and wellbeing.

## Thai Body Balance

2.5 Hrs. / Baht 3,500++

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
- Indian Head Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Organic 7 Miracle Grains Body Exfoliation
- Choice of "Nuad Thai" or Aromatherapy Massage
- Refreshment

## Serenity

2.5 Hrs. / Baht 3,500++

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
- A Soothing Massage of Vanilla Shea Butter
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- Refreshment

## A Samunprai

2.5 Hrs. / Baht 3,500++

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 ball filled with medicinal herbs detoxify and rejuvenate your skin.

- Thai Fusion with herbal compress.
- Refreshment
- Thai Herbal Facial

## Ultimate Well-Being

3.0 Hrs. / Baht 4,300++

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
- Phytomer Classical White Lumination Facial for Her
- Phytomer Classical Moisturizing for Him
- Refreshment

## "Wanalee" (A Royal Treat)

3.0 Hrs. / Baht 4,300++

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

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Phytomer Classical White Lumination Facial
- Choice of Oil Massage or "Nuad Thai"
- Refreshment



## Exclusive for Her

### Contouring & Slimming Programmes

#### Signature Anti Cellulite

**105 mins / Baht 3,000++**

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 Excellence

**2.0 Hrs. / Baht 3,000++**

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

#### Back Into Balance

**1.5 Hrs. / Baht 2,800++**

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

#### Essential Back Care

**80 mins / Baht 2,400++**

Dedicated to those hard-to-reach areas of back, this treatment consists of back exfoliation and massage to relieve aches and pains. Select from a choice of back waxing to rid body hair or a warm herbal mask to treat skin dryness. This treatment is ideal for the removal of blemishes or to treat skin breakout.



## Couple's Spa Journey

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

### Couple's Retreat

**3.5 Hrs. / Bath 8,500++**

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels. These half day packages are developed with therapies specifically tailored for him and for her.

- Steam Therapy
- Botanical Bliss Scrub for Her
- Siamese Herbal Loofah Scrub for Him
- Any Choice of Oil Massage
- Phytomer Classical Moisturizing Facial for Him
- Phytomer Classical White Lumination Facial for Her

### Honeymoon Retreat

**3.5 Hrs. / Baht 9,000++**

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



## Body Therapy

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

### Botanical Bliss

105 mins / Baht 2,800++

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 / Baht 2,800++

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 / Baht 2,800++

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 / Baht 2,800++

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 remineralised 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



# Signature Collection

Experience our signatures, therapies with a local flavour.

## Nuad Thai

Royal Thai Massage

60 mins / Baht 1,800++ | 90 mins / Baht 2,100++

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 mins / Baht 3,000++

A guest favourite, 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 mins / Baht 1,800++

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 revitalise the legs.

## Thai Harmony

Signature Four Hands Massage

90 mins / Baht 3,600++

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 mins / Baht 2,000++

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 mins / Baht 2,400++ | 120 mins / Baht 2,800++

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



# Phytomer

## Phytomer Classical Purifying Facial

60 mins / Baht 2,800++

This facial restores balance and purified to your skin. This treatment can help to control oil production. The skin appears purified while its natural functions become balanced. End the treatment by moisturizing cream which is 2-in 1 cream for face and eyes protects and repairs the skin from damage caused by urban pollution. It has a refreshing sorbet texture and intensely moisturizes the skin restoring all its freshness.

*\*Recommended for Oily Skin*

## Phytomer Eye Perfection

30 mins / Baht 1,200++

This treatment is designed for the one who has eyes problem to get a high effective and relaxing treatment for sparkling young-looking eyes. Massage with eye balm, which gradually transforms during the massage, into an intensely nourishing lightweight oil to smooth the eye area and fade signs of fatigue. Nourishing the eyes with a fresh lightweight mask that infuses the skin with an anti-dark circles, anti-puffiness and anti-fatigue trio for complete revitalizing of the eye area.

*\*Recommended for addition to any facial treatments.*

### Add On

Herbal Steam

30 mins / Baht 500++

Head Massage

30 mins / Baht 800++

De-Stress Neck, Back, Shoulder

30 mins / Baht 1,200++

Foot Massage

45 mins / Baht 1,300++



# Body Massage

## Hot Stone Massage

90 mins / Baht 2,800++

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 mins / Baht 2,200++ | 90 mins / Baht 2,600++

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 mins / Baht 2,200++ | 90 mins / Baht 2,600++

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.

## Balinese Massage

60 mins / Baht 2,200++ | 90 mins / Baht 2,600++

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 mins / Baht 2,200++ | 90 mins / Baht 2,600++

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 aromatherapy oils to promote harmony of the body and mind.

## Runner's Massage

60 mins / Baht 1,800++

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.

## Shirobhyanga

60 mins / Baht 1,500++

### Indian Head Massage

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 activity.



# Facial Therapy

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

## Face Nourishment

**Signature Organic Facial**

**90 mins / Baht 2,400++**

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 Anti-Wrinkle Facial

**60 mins / Baht 3,000++**

This facial will help for wrinkles, tiredness and radiance. This facial provides smoother skin, 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 by Sea stem and Marine Criste.

*\*Recommended for Aging Skin*

## Phytomer Classical Moisturizing Facial

**60 mins / Baht 2,800++**

This facial provides moisturizing and freshness by weaving algae. It has an instant thirst-quenching effect and rehydrates the skin for a long-lasting result. The skin regains comfort, becomes incredibly soft and remains hydrated longer.

*\*Recommended for Dehydrated Skin*

## Phytomer Classical Soothing Facial

**60 mins / Baht 2,800++**

This facial offers an intensely comforting break to sensitive skin. Formulated with Marine Spring Water, it immediately soothes the discomfort of dry skin made vulnerable by everyday environmental aggression (climate, pollution, etc.). This facial will help for redness diminishes and the skin soft and visibly more beautiful.

*\*Recommended for Sensitive Skin.*

## Phytomer Classical White LuminaTion Facial

**60 mins / Baht 2,800++**

This facial restores youthful vitality and glow to your skin. For an incredibly even toned, radiant complexion. Oligomer® remineralizes skin, recharging it with energy. This treatment can help to reduce the size and pigmentation of spots which can often appear due to aging or over exposure to the sun and leaving the skin more radiant and translucent. Finally, it can help for lighting up the complexion and reducing the formation of pigmentation spots.

*\*Recommended for dull or pigmented Skin*



## 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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