



A TOUCH OF THAILAND

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CENTARA GRAND MIRAGE BEACH RESORT PATTAYA  
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.

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## Wellness Journey

Rebalance Your Inner Senses

180 mins / 5,755++ THB

### Sleep

*Includes: Exfoliation, Aromatherapy Massage, and Foot Massage. Chamomile tea is offered after your treatment.*

Deeply relaxing and re-energizing, this signature body treatment combines a full exfoliation with a totally encompassing massage from the top of the head to the toes. Your body gradually loosens up under the hands of the therapist and gives you a feeling of exceptional well-being.

### Detox

*Includes: Dry brushing, Detox Massage, Head Massage, and Face Massage.*

Stress and emotional tension often accumulated in our abdominal area. This massage has a deep effect, releasing built-up tension and promoting balance, it also improves liver and digestive functions, which assist in the detoxifying process.

### Energizer

*Includes: De-Aging Salt Scrub, Deep tissue Massage, and Foot Massage. Ginger Tea is offered after your treatment.*

An ancient Chinese technique that uses pressure-point massage to restore the flow of energy throughout the entire body. Relieves pain and stiffness and cures many stress symptoms by boosting your blood circulation.

# Thai Tranquility

Experience The Heart Of Spa Cenvaree

## Thai Body Balance

*Smoothing Foot Scrub, 7 Miracle Grains Body Scrub, Balancing Hydrotherapy, Choice of Traditional Thai Massage or Thai Warrior Massage, Nourishing Organic Facial Treatment*

A spa journey that combines a collection of signature experiences, guests can experience the soul of a Thai spa journey as well as its ancient traditions.

## Salt Relief – “A Samunprai Signature”

*Herbal Salt Tea Bath, Muscle Melter Massage, Salt Pot Heat Compress.*

Inspired by healing rituals passed down from generations, this package uses the ancient remedy of Salt to treat muscle tension. Treatment is also popular amongst mothers who want to regain body wellness after childbirth. A perfect tonic to relieve aching muscles, treatment begins with a warm bath filled with detoxifying Tea Leaves, Herbal Salts, and Spices to prepare your body for a warm soothing body massage. Steamed Herbal Clay Pots filled with medicinal herbs are applied to the body to induce sweating, thereby eliminating toxins from the skin.

**150 mins / 4,955++ THB**

## Ultimate Well-Being

*Coconut & Pumice Stone Scrub, Hot Stone Massage, Customized Facial Treatment*

Inspired by village rituals of deep cleansing after a long day in the sun, this treatment uses earth stones to increase strength and vitality. Guest is vigorously massaged with Pumice Stone combined with a moisturizing mix of freshly grated Coconut Flakes, Sesame Seeds, Oatmeal, and Coffee Powder. Then heated basalt stones are pressed into key locations on the body to loosen tense muscles and reduce inflammation. This treatment is accompanied with an organic facial customized for him or her.

**180 mins / 5,755++ THB**

## WANALEE – “A ROYAL TREAT”

*Botanical Bliss Scrub, Galangal Firming Wrap, Choice of Body Oil Massage or Traditional Thai Massage Enviable Purifying Facial*

Combining the richness of Thai Herbs and Organic Plant Essences, this spa journey is deeply detoxifying at all levels. To begin, a layer of Chrysanthemum flower is gently stroked on your skin surface to polish skin tone. Your journey continues as you are immersed in a comforting wrap with Galangal Roots, Turmeric, and Black Pepper to stimulate the lymphatic system and to assist the removal of toxins. Next, soothing scalp massage is administered while you rest. After a refreshing shower, succumb to an Aromatherapy Massage or a Traditional Thai Massage. To complete this royal treat, allow your senses to be overcome with an oxidant facial using active ingredients to restore skin freshness.



## A Couple's Journey

### Romantic Experiences For Two

#### **Honeymoon Retreat (Price for two people)**

**210 mins / 9,555++ THB**

Body Dry Brushing, Mocha Chino Mud Wrap, Succulent Strawberry Scrub, A Soothing Massage of Vanilla Shea Butter, Signature Organic Facial.

#### **Niran Nirvana (Price for two people)**

**210 mins / 9,555++ THB**

##### **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.

## Signature Treatments

### Heart of Cenvaree

#### The Grand Retreats

##### Signature Golden Glow Massage

**60 mins / 2,355++ THB**

**90 mins / 3,455++ THB**

The royal treat with the luxury spa gold series treatment. It was rumored that one of the beauty regimes which Cleopatra followed was the use of gold. Gold helps in improving the blood circulation; hence, hydrates and maintains the skin's moisture level. The small particles of gold get absorbed into the skin, imparting a healthy, fresh, rich glow, and radiant skin.

##### Sense Of Well-Being

**150 mins / 4,955++ THB**

*Siamese Herbal Scrub, Lymphatic Drainage Massage , Maya Massage*

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty inside out. Lymphatic drainage movements remove congestion and improve circulation throughout the body, invoking a feeling of lightness. Then lie back and work on your abdominal area, a place where tension is often held by using a combination of Thai and Chinese traditional technique. The finishing touch is a Head Massage, leaving you floating on air.

##### Royal Mirage

*Bath Soak, Hot Stone Massage, Rose Quartz Anti Age Facial Treatment*

The ultimate pampering experience, Royal Mirage Signature features holistic treatments for your complete physical, mental and spiritual renewal. Royal Mirage delivers the best of Eastern and Western massage techniques to improve blood circulation and ease muscle aches. Featuring an Ayurvedic healing traditions that are designed to reawaken the skin's natural healing energies. A Rose Anti-aging Facial enables the powerful Age-Defying Cream to diminish the appearance of fine lines and restore a youthful glow.

##### Signature Serenity Spa Ritual

**150 mins / 4,955++ THB**

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

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. Next, enjoy an exfoliation with tropical Passion Fruit infused with Olive Oil, fresh Lemongrass and Sea Salt to give the skin a deep cleanse. We complete your treatment with an invigorating Vanilla Shea Butter full body massage enriched with Jojoba oil to enhance natural radiance while leaving you refreshed from head to toe.

## Signature Rituals

### Nuad Tao – Traditional Thai Foot Massage

75 mins / 1,855++ THB

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.

### Hai Mueai - Thai Village Rituals For Back Relief 60 mins / 2,055++ THB

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. It's a great choice if you just want to concentrate on your back.

### Nuad Thai – Traditional Thai Massage

60 mins / 2,355++ THB

90 mins / 3,455++ THB

This therapy combines stretching techniques, pressure points and more to loosen joints and tone muscles. Thai Massage is sometimes described as 'passive yoga' - you lie down, and your therapist manipulates your body.

Did you know that no oil is used in this treatment? Instead, you'll be provided with a pair of Thai PJs to wear. It's a great massage to have if you're a little shy or your whole body feels stiff.

### Nuad Pra Kob – Thai Herbal Compress Massage 90 mins / 3,455++ THB

120 mins / 4,555++ THB

Thai Herbal Compress Therapy has a rich history dating back to thousands of years. This massage, featuring a warm herbal poultice, is your opportunity to experience a healing tradition and find out why it's so effective. A selection of traditional Thai herbs, including Turmeric, Ginger, Plai, and Lemongrass, are wrapped in a muslin ball, steamed, and then gently applied over the body. The warmth of the herbs is very soothing and will deeply penetrate the muscles. It's a great choice for someone who would like to experience something a little different.

### Signature Salt Pot Muscle Melter

90 mins / 3,455++ THB

Inspired by healing rituals passed down the generations, this ritual uses the ancient remedy of salt and herbs to treat muscle tension. Your experience begins with a deep tissue massage, warming up the major massage groups, with a particular focus on neck and shoulders. Then clay pots filled with a blend of coarse salt and medicinal herbs are steamed and gently rolled over the now-relaxed muscles to provide relief and calm.

### Thai Harmony – Four-Hand Massage

90 mins / 4,555++ THB

120 mins / 4,955++ THB

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.

# Massage Therapies

## A Touch of Cenvaree

### Aromatherapy Massage

**60 mins / 2,355++ THB**

**90 mins / 3,455++ THB**

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 mins / 2,355++ THB**

**90 mins / 3,455++ THB**

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 mins / 2,355++ THB**

**90 mins / 3,455++ THB**

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 mins / 2,355++ THB**

**90 mins / 3,455++ THB**

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.

### Hot Stone Massage

**90 mins / 3,455++ THB**

**120 mins / 4,555++ THB**

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.

### Exclusive For Men

#### Runner's Massage

**60 mins / 1,855++ THB**

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.



## Ayuverda

### Holistic Healing System

#### Shirobhyanga - Indian Head Massage

60 mins / 2,055++THB

A spine-tingling experience! Using warm Herbal Oils, this treatment includes a massage of the Scalp, Neck and Shoulders to sweep away tension and to relieve mental fatigue. It's amazing how much stress we hold in our scalp without realizing it. You'll emerge with an interesting hairstyle but floating on air!

#### Shirodhara - Third Eye Treatment

60 mins / 2,455++ THB

Are you ready to try something new? Based on the teaching of Ayurvedic medicine, soothing herbal oils flow in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. This therapy improves mental clarity while relaxing the whole body. Ideal for those seeking relief from insomnia, jet lag or mental stress.

#### Marma Abhyanga - Vital Body Massage

60 mins / 2,355++ THB

90 mins / 3,455++ THB

*Have you tried an Ayurvedic Body Massage before?*

It's surprisingly different from Western techniques and focuses on using medicated oils to alleviate mental and physical stress. Your therapist will utilize 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. A great choice if you want to experience something a little different whilst on holiday!

#### Ayurvedic Rejuvenation

120 mins / 4,555++ THB

*Dosha Consultation, Marma Abhyanga Massage, Shirobhyanga Massage (Indian Head Massage)*

Programme focuses on releasing body toxins and allows the body to rest and recover.



## Beauty Therapy - Facial

### Signature Organic Facial

**90 mins / 2,355++ THB**

*Facial Cleanse, Facial Scrub Tone, Mask, Sesame Pouch Massage*

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.

### Anti Aging Facial

**60 mins / 2,955++THB**

An intensive facial to treat sun damaged and nutrient deprived skin with antioxidants derived from Carrot Root Extract, Evening Primrose, and Calendula. This facial improves skin firmness, minimizes pore size and leave skin radiant. Finishing touch includes wrinkle softening cream to soften appearance of fine lines.

### Homme Facial For Men

**60 mins / 2,955++THB**

Treatment with a Deep Cleansing on your face like a man that eliminates excess oil on the skin, keeps the skin clean and fresh as well as helping to eliminate toxins and process of nourishing the skin, giving water to the deep skin. The effect of Facial Treatment is bright, moist, and smooth. Highly recommend for Men to control sebum.

### Phytomer Facial Detox Treatment

**60 mins / 3,355++THB**

A treatment that concentrate all the sea's skincare benefits to detox, revitalize skin and treat it to a breath of fresh air. The anti-pollution experience eliminate signs of fatigue, brightens the complexion and rehydrates skin.

### Phytomer Classical White Lumination Treatment **60 mins / 3,355++THB**

An ultra - comprehensive anti-aging treatment that brightens skin tone and reduces dark spots. The perfect pairing of marine scrub and whitening mask that rich in sea white and marine Criste to bathe the skin in radiance.

## Beauty Therapy – Body

Nurturing with Cenvaree

### Body Scrub

#### Floral Scent-Botanical Bliss

Capturing the smell of fresh garden, this scrub consists of Fresh Flower Petals, Rice Blend, and Oatmeal to restore lost vitality of the skin.

#### Joyful Scent-Succulent Strawberry & Roselle

60 mins / 1,955++ THB

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. Guests are served with a signature Roselle tea as an anti-aging conclusion to this beautiful experience.

#### Refresh Scent- Passionfruit & Lemongrass

60 mins / 1,955++ THB

A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of Lemongrass refreshes a tired mind whilst Passion Fruit seeds smoothen skin to perfection.

#### Signature 7 Miracle Grains

60 mins / 1,955++ THB

This body scrub features 7 different types of treasure grains such as Wheat Germ, Barley, Corn-meal, 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.

### Body Therapy

#### After Sun Recovery

105 mins / 3,455++ THB

Natural Aloe Vera the healing property to calm, soothe and nourish irritated skin from sunburn, Aloe Vera has been known to protect damaged skin by the sun. This relaxing wrap contains the antioxidant benefits from Aloe Vera which makes the perfect accompaniment to any sun lover wanting a lasting tan and soft, smooth radiant skin, followed by Hydrating Care to revitalize skin and beneficial after sun exposure.

#### Botanical Bliss

105 mins / 3,455++ THB

This package uses the essence of Botanical Plants and Ground Rice as a gentle scrub, followed by the eastern technique of a warm Galangal body mask to reduce cellulite and water retention. Fresh Floral Petals are massaged onto the skin for a velvety-smooth result.

#### Siamese Zen

105 mins / 3,455++ THB

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.

#### Anti-Cellulite

105 mins / 3,955++ THB

*Herbal Steam, Marine Salt Scrub, Sea Champagne Body Contour Wrap, Anti Cellulite Massage*

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.



## 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 GRAND MIRAGE BEACH RESORT PATTAYA**

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