



THE TOUCH OF THAILAND

CENTARA AO NANG BEACH RESORT & SPA KRABI

For reservations, please dial SPA direct button

OPEN 10:00 TO 20:00 HRS.

WELCOME TO SPA CENVAREE!

With over 35 spas in South East Asia and the Middle East, SPA Cenvaree is a multi-award winning operator delivering authentic Thai experiences in stunning locations.

We're passionate about what we do – offering the highest-standard therapies by the best-trained therapists. Our treatment selection takes guests on a journey throughout Asia and beyond.

SPA CENVAREE AT CENTARA AONANG, KRABI, THAILAND

Embracing the natural beauty of Krabi, our spa is inspired by benefits of thalassotherapy.

The spa menu features the very best of therapeutic marine ingredients, locally-sourced aromatic oils and therapeutic herbs to ensure you experience total bliss in a tranquil environment.

SPA FACILITIES

- 4 Single Therapy Rooms
- 2 Couple Treatment Suites
- 1 Thai Massage Zone

Look out for treatments with 'SIGNATURE' in front of the name – these are our innovative therapies that personify the essence of SPA Cenvaree.

SPA MENU

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Prices are subject to 10% service charge and applicable government tax.





MERMAID
& MERMAN

COUPLE EXPERIENCES

COUPLE EXPERIENCES

SIGNATURE TREASURES FROM THE SEA

3.0 hrs/3,500 THB

Surrender to our signature spa ritual with this exquisite bundle of treatments. Designed to provide total tranquility, your experience begins with dry skin brushing and a beautiful body exfoliation incorporating sea shells. Warm silky body mud, enhanced with the antioxidant benefits of marine algae, is smoothed over your body. Enjoy a spine-tingling scalp massage whilst the body mask stimulates mineral absorption. A facial treatment customized to your skin type provides the final touches in this experience to treasure.

THE PACKAGE INCLUDES:

- Sea Shell Body Polish
- Seaweed Body Mask
- Choice of Facial Treatment

THE TURQUOISE OCEAN

2.0 hrs/2,500 THB

A deluxe pampering ritual perfect for couple's who want to feel nurtured and nourished.

A revitalizing body scrub rich with marine minerals and anti-oxidants prepares the skin for our therapeutic Signature Ocean Waves Body Massage. The massage incorporates the best of Aroma Massage with Acupressure, Deep tissue, Shiatsu and Lomi-Lomi techniques.

THE PACKAGE INCLUDES:

- Ocean Salt Body Scrub
- Ocean Waves Body Massage

SEA BREEZE

2.0 hrs/2,500 THB

Drift away on the ocean breeze with this luxurious massage and facial combo. The treatment starts with a hypnotic Sea Shell Body Massage – warm sea shells are combined with soothing massage strokes, melting away aches and pains. Then you'll enjoy a comforting facial that softens and hydrates the epidermis, leaving your skin velvety-soft and smooth.

THE PACKAGE INCLUDES:

- Sea Shell Massage
- Douceur Marine Facial Treatment

TOK SEN IN KRABI

2.5 hrs/3,000 THB

Discover the healing secrets of North Thailand with this unique spa package. Tok Sen in Krabi is a special treatment technique from the Chiang Mai region of northern Thailand. "Tok" comes from the sound of a hammer and "Sen" refers to the Sen energy lines in the body. Traditional wooden sticks are combined with a choice of Thai Herbal Compress or Ocean Wave Massage to stimulate the energy points, promote healing and relax all muscle tissues.



PHYTOMER CITYLIFE FACIAL TREATMENT

60 MIN / 2,250 THB

Anti-pollution, skin freshness treatment

A fresh breeze blows through the spa, depolluting the skin of city-dwelling women with the effect of a vacation by the sea. The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness. You'll experience a marine immersion with a personalized exfoliation, pure pore heating facial mask and skin freshness massage.

PHYTOMER HYDRA SEA BLUE FACIAL TREATMENT

60 MIN / 2,250 THB

One hour to give your skin an intense moisturizing boost

This thirst-quenching dehydrated facial perfectly balances effective moisturizing and intense relaxation. It combines signature products with ultra-sensory textures and a very relaxing massage to moisturize and comfort the skin, which instantly reveals its natural freshness. An enzymatic exfoliation is followed by skin cleansing, hydra-nourishing facial massage and your skin is given an instant moisture-infusing boost with the best selling Hydrasea Rehydrating Mask.

PHYTOMER DOUCEUR MARINE FACIAL TREATMENT

60 MIN / 2,700 THB

A halo of softness for skin that is sensitive or subject to redness.

This cocoon treatment softens the skin and improves its defense for a soothed and ideally hydrated epidermis, producing a radiant complexion. Truly gentle and comforting, this treatment acts to smooth the complexion with the localized application of a fresh, melting bi-gel and a rich, creamy mask which, after several minutes on the face, is softly massaged in to make the moment even more enjoyable.

PHYTOMER PURIFYING FACIAL TREATMENT

60 MIN / 2,250 THB

A deep cleansing program for proven effectiveness against blemishes

This targeted cleansing and matifying facial treatment leaves the skin clearer and visibly healthier, with a complexion that regains all of its freshness. As well as the standard cleansing, massage and mask, the treatment combines two specific highly effective products. The first is an exfoliator that cleanses the pores in-depth. The second is a serum to soothe and calm the skin, providing a long-lasting matte effect. Results: skin flaws are limited and excess sebum is regulated.

PHYTOMER HOMME FACIAL FOR MEN

60 MIN / 2,250 THB

Designed for the specific needs of men's skin

Your skin will be oxygenated and moisturized in this facial infusion that incorporates a cleanse, personalized exfoliation, facial massage to increase circulation, mask, scalp massage and light moisturizer to deliver long-lasting anti-shine, moisturization and a feeling of freshness.

SIGNATURE ORGANIC FACIAL

90 MIN / 2,500 THB

Organic fresh ingredients in Thai-style

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.

ROSE QUARTZ LIFTING FACIAL

75 MIN / 2,500 THB

Increase micro-circulation and lymphatic flow

Beautiful rose quartz massage stones are used in this lifting and firming treatment that focuses on muscle stimulation. Your therapist will use a combination of Eastern pressure point massage, European techniques and energy balancing to stimulate and rejuvenate sagging of skin. It's fabulous for people who hold tension in their jaw or experience puffiness around the jowls.



BODY TREATMENTS

Rejuvenate and detoxify with our divine body therapies. All body treatments include an exquisite Scalp Massage and finish with an application of our Best-Selling Magnolia Hand Cream

SIGNATURE BLUE MARINE BODY SCRUB

60 min / 1,500 THB

Combining the detoxing benefits of marine minerals with the balancing PH of ocean salt, this body scrub contains Coconut, Blue Chamomile and Nourishing Sea Salt. It invigorates and nourishes, revealing soft, refined skin. A light coating of body lotion ensures total absorption.

SEA SHELL BODY POLISH

60 min / 1,500 THB

Soothing and nurturing, this gentle treatment combines the warmth of heated sea shells with a creamy body polish rich in Alpha Hydroxy Acid (AHA) and extracts from Blue Pea, Mangosteen and Pomegranate. This body polish is perfect if you want a relaxing, grounding treatment experience.

PINK HIMALAYAN BODY BUFF

60 min / 1,500 THB

Extracted from the Khewra Salt Mine in Pakistan, this body scrub is prized for its therapeutic benefits and estimated to contain up to 84 minerals and trace elements. Your skin is treated to a 'body buff' – invigorating strokes increase circulation, remove dead cells and reveal the luminous skin beneath. Totally re-mineralized, a final coating of body lotion leaves your skin squeaky-clean and silky-soft.

SIGNATURE SEA CHAMPAGNE BODY CONTOUR WRAP

60 min / 1,500 THB

Designed to detox, nourish and brighten, this heated body mask incorporates Marine Minerals, Algae, Green Tea and Fresh Products. A relaxing Head Massage provides the finishing touches.

SEAWEED MARINE REPAIR BODY MASK

60 MIN / 1,500 THB

Experience the mineral-rich benefits of Seaweed in this treatment designed to restore, tone and vitalize. A combination of white clay and seaweed is warmed and then smothered over the body. Enjoy a relaxing scalp massage while the mask deep penetrates and re-mineralizes. A light coating of body moisturizer ensures your skin is hydrated and luminous.

COOLING AFTER SUN SOOTHING WRAP

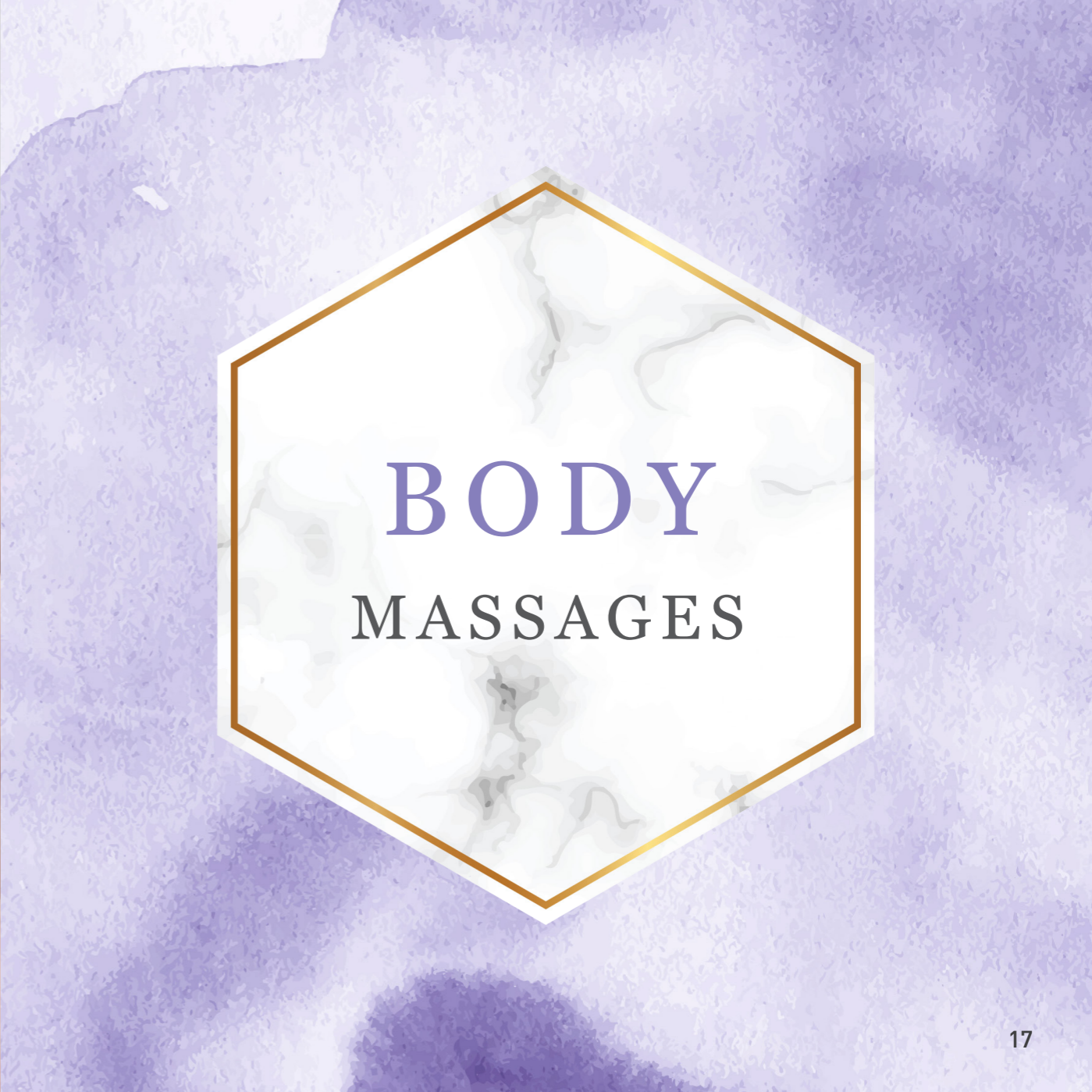
60 MIN / 1,500 THB

Calm, soothe and nourish irritated skin from sunburn with this nourishing concoction made from blends of Fresh Green Tea, Cucumber and Coconut Oils. Enjoy a heavenly Mini Facial whilst your body is cocooned in the Body Wrap. After a refreshing rinse, Aloe Vera will be applied followed by a restoring cream to promote the healing process.

SERENITY HAIR TREATMENT & SHOULDER MASSAGE

60 MIN / 1,400 THB

An intense hair treatment that incorporates the beneficial properties of Coconut. Enjoy an invigorating Scalp Scrub, Hair Mask, Spine-tingling Scalp, Shoulder and Hand Massage.



BODY MASSAGES

SIGNATURE OCEAN WAVE MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

A signature massage that combines the best of hot oil Aroma Massage techniques with Acupressure, Ayurvedic Abhyanga movements, Deep tissue, Shiatsu and Lomi Lomi. A special warm Blue Chamomile Massage Oil is applied to the entire body and pressure is tapped rhythmically along the muscles.

SIGNATURE WARM SEA SALT MASSAGE

90 min / 1,800 THB

A guest favorite, 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 Petitgrain, Eucalyptus and Lavender penetrate deeply into muscle tissue during this therapy.

SIGNATURE SEA SAND MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

Beginning with a Foot Ritual with Sea Sand, Sea Salt, and Fresh Mint Leaf Tea, you'll enjoy a Head to Toe Body Massage. Customized pressures and Swedish techniques are applied to soothe the muscles and ease an overactive mind. This treatment is combined with our Signature Hot Sand Pouch therapy filled with heated sea sand, crushed sesame, grated ginger, black pepper and dipped in coconut oil to bring relaxation to the muscles.

SEA SHELL MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

This hypnotic massage incorporates Sea Shells that are heated and treated with Aromatherapy Oils, and then used to massage the larger muscle groups. Similar to the famous hot stone massage, the warmth of the shells deeply penetrates, increasing circulation and releasing stress and tension. This is a very soothing massage and perfect for someone who just wants to switch off from the stresses of everyday life.

AROMATHERAPY MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

Our most popular treatment! 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 beautiful oil combinations.

Upgrade up to 90-minutes if you have areas requiring focus, particularly neck and shoulder tension, the extra time will focus on these areas and it will make such a difference to how you feel afterwards.

DEEP MUSCULAR MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

Not for the faint-hearted, our Deep Muscular Massage uses strong pressure and compression to stretch the fibres of large muscle groups, releasing toxins and tension points. Please remember to drink lots of water afterwards.

Upgrade to 90-minutes if you have chronic tension areas (i.e. your muscles have been tight for more than three months), the extra time allows your therapist to warm up the superficial muscle layers and really compress and stretch the deeper fibres.

HOT STONE MASSAGE

90 min / 1,800 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.

TRADITIONAL THAI MASSAGE

60 min / 1,400 THB | 90 min / 1,800 THB

Thailand's most famous Massage!

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 PJ's to wear. It's a great massage to have if you're a little shy or your whole body feels stiff.

TRADITIONAL FOOT MASSAGE

75 min / 900 THB

This treatment promotes relaxation to the entire body using pressure points onto the soles of the feet. When all tension is released, a Foot Herbal Compress filled with warming herbs is applied to revitalize the legs.

ADD ON

A SIGNATURE HERBAL COMPRESS 30 MIN / 300 THB

1. Muscle Release
2. Detoxifying
3. Nourishing

HOW TO SPA

HOW SHOULD I PREPARE FOR MY SPA TREATMENT?

To get the most from a spa experience, please arrive 10 minutes before your treatment to enjoy a complimentary herbal tea experience.

WHAT SHOULD I WEAR?

Disposable Garments, Sarong, and Bathrobe are provided for your convenience at the spa. Since we encourage you to let the aroma oils soak into your skin for a few hours after the massage, we recommend not wearing expensive clothing that could be stained by the oil.

WHAT SHOULD I BRING TO THE SPA TREATMENT?

We recommend leaving valuables in your room.

ARE CHILDREN ALLOWED IN THE SPA?

Children above the age of 11 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 massage treatment. Please ask our Spa team members for guidance on choosing the treatment that best suits your child needs.

DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications.

WHAT IS THE CANCELLATION POLICY?

4-hours' notice is required for all services. Rescheduling of appointments is subject to availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. A full charge will be imposed for a "no-show".





CENTARA AO NANG BEACH RESORT & SPA KRABI

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