



A SPA JOURNEY INSPIRED BY TRADITIONAL THAI HEALING



*Embrace the gentle warmth of nature as you step into a journey of relaxation.*

# *Welcome to Spa Cenvaree*

Harnessing the positive energy of nature with traditional Thai therapies, the guiding philosophy of each spa journey is to deliver holistic well-being to each individual.

We believe life force is enhanced through the balance of Body, Mind and Soul, which is achieved through making time for a calm moment and allowing your body to rest and rejuvenate.





*Experience the haven of tranquility.*

# A SANCTUARY OF RELAXATION

In order to attain the most from your spa experience, please arrive 25 minutes prior to your treatment and enjoy herbal tea in the relaxation lounge and take advantage of our steam, sauna and plunge pool facilities, which are complimentary for all spa guests. Wet facilities may differ slightly amongst the properties.

Children are not allowed at the spa unless accompanied by an adult.

Your personal time at SPA Cenvaree is for relaxation and self-renewal. We ask that you respect other guests' privacy by speaking softly. Please switch off your mobile phones upon entering the sanctuary of SPA Cenvaree.

## VALUABLES

We recommend that you leave your valuables at home. Lockers are provided, however we regret that we cannot be responsible for loss or damage of personal articles.

## 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.

## GIFT CERTIFICATES

Perfect for a special occasion, Mother's Day, corporate rewards, or just saying thank you, our range of spa services are ideal for every pampering experience. Email us at [spacenvaree@chr.co.th](mailto:spacenvaree@chr.co.th) or contact our Spa Manager for more information.

## CANCELLATION POLICY

A 4-hour cancellation or re-scheduling notice is required for all services. Rescheduling of appointments is subject to space 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".



## THAI TRANQUILITY

### THAI BODY BALANCE

2.5 Hrs

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. These include organic grains, bark extracts, aromatic roots and herbal powder prepared freshly for each ritual.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Choice of Chakra Balancing Vichy Shower or Detoxifying Thai Herbal Tea Bath
- Choice of "Nuad Thai" or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Refreshment

(In the event water facilities such as Vichy or Bath are not available, an Indian Head Massage will be offered as a substitute.)

### SERENITY

2.5 Hrs

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.

- 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”

2.5 Hrs

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 salt 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.

- Herbal Salt Tea Bath
- Salt Pot Heat Compress
- Muscle Melter Massage
- Refreshment

## “WANALEE” (A Royal Treat)

3.0 Hrs

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 such as Calendula, Licorice, and Evening Primrose to restore skin freshness. The journey ends with a cup of refreshing Chrysanthemum tea.

- Botanical Bliss Scrub
- Jurlique Deep Cleanse Facial
- Refreshment
- Galangal Firming Wrap
- Choice of Oil Massage or ‘Nuad Thai

## ULTIMATE Well-being

3.0 Hrs

Inspired by village rituals of deep cleansing after a long day in the field, this treatment uses earth stones to increase strength and vitality. Guest is vigorously massaged with pumice stone combined with a moisturising 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 customised for him or her.

- Coconut & Pumice Stone Scrub
- Hot Stone Massage
- Jurlique Intense Recovery Facial for her
- Jurlique Facial Formula for him
- Refreshment



Experience our spa packages, therapies with a local flavour.

## SEASONAL THERAPY WITH VICHY RAIN SHOWER

The traditions of Water Cure have been used for centuries to relieve aching muscles and rejuvenate the body. Choose from our wellness therapies created to counter the effects of seasonal change on the body, mind and spirit.

### SUMMER'S BEST

2.0 Hrs

Treat yourself to the skin hydration of the season. Also known as a wonder anti-aging ingredient, '*Wakame*' (*Undaria Pinnatifida*) is mixed with sea salt to exfoliate dead skin cells and maintain skin youthfulness. Then a skin firming wrap of Algae and Caffeine is applied to increase fat burning before you luxuriate in a rinse under six shower heads to invigorate the skin. Session completes with a relaxing aroma massage with Rose Geranium Oils.

### WINTER RECHARGE

2.0 Hrs

A winter detox programme designed to help the body release toxins and reduce cellulite in your skin. Session includes:

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

(Seasonal Therapies are available at selected branches only)





## COUPLE'S SPA JOURNEY

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

### **NIRAN NIRVANA (Heaven for Two)**

**3.5 Hrs**

#### **supabburut (For the Gentlemen)**

- Steam Therapy
- Tamarind & Sesame Detoxifying scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Jurlique Facial Formula for him
- Refreshment

#### **supabsatri (For the Ladies)**

- Steam Therapy
- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Aromatherapy Massage
- Jurlique Intense Recovery for her
- Refreshment

(In the event bath services are not available, an Indian Head Massage will be offered as a substitute.)

### **HONEYMOON RETREAT**

**3.5 Hrs**

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



Couple spa retreats with treatments designed specially for him and her.



*An* exclusive retreat where every spa treatment is personalised to replenish the body and mind.

# MULTI-DAY RETREAT

## 2 DAY DE-STRESS & DE-TOXIFYING RETREAT

Together with its master therapists, Spa Cenvaree has developed this holistic programme that enables you to experience the soul of a Thai spa journey as well as its ancient rituals and traditions.

| PROGRAMMES                          | Day 1 | Day 2 |
|-------------------------------------|-------|-------|
| Signature Salt Pot Muscles Melter   | X     |       |
| Nuad Tao (Traditional Foot Massage) |       | X     |
| Siamese Herbal Body Scrub           |       | X     |
| Galangal Firming Wrap               |       | X     |
| Thai Herbal Facial                  | X     |       |
| Home Spa Gift Set                   |       | X     |
| Refreshment                         | X     | X     |

## 3 DAY LONGEVITY & REJUVENATION RETREAT

This retreat aims to replenish the vital energy of the body. Programmes are effective to reduce visible signs of aging while providing a calming effect to the body's nervous system.

| PROGRAMMES                         | Day 1 | Day 2 | Day 3 |
|------------------------------------|-------|-------|-------|
| Aromatherapy Massage               |       |       | X     |
| Hot Stone Massage                  | X     |       |       |
| Nuad Tao(Traditional Foot Massage) |       | X     |       |
| Sea Champagne Body Contour Wrap    |       | X     |       |
| Shirobhyanga (Indian Head Massage) |       | X     |       |
| Jurlique Deep Cleanse Facial       |       |       | X     |
| Botanical Bliss Flower Scrub       | X     |       |       |
| Home Spa Gift Set                  |       |       | X     |
| Refreshment                        | X     | X     | X     |

## SIGNATURE COLLECTION

### SIGNATURE SALT POT MUSCLES MELTER 90 min

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.

### THAI HARMONY 90 min | 120 min (Signature Four Hands Massage)

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.

### NUAD PRA KOB 90 min | 120 min Herbal Compress Massage

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

### NUAD THAI 60 min | 90 min Royal Thai Massage

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.



### NUAD TAO 75 min Traditional Foot Massage

This treatment promotes relaxation to the entire body through the use of pressure points and foot massage. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalise the legs.

### HAI MUEA 60 min (Village Rituals for Back Relief)

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.

Using medicinal herbs such as plai, lemongrass, ginger, kaffir lime mixed with sea salt to soothe weary muscles.

# BODY MASSAGE

## HOT STONE MASSAGE

90 min

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 min | 90 min

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 min | 90 min

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 min | 90 min

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 min | 90 min

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 min

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.



*Ayurveda*, an ancient holistic healing approach known for its balancing and rejuvenating effects.

# AYURVEDA

## MARMA ABHYANGA MASSAGE 60 min | 90 min

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.

## KATI BASTI 75 min (Intensive Back Relief)

Created as a complete renewal for the body, this treatment combines a De-stress back massage with Ayurvedic back relief therapy ('Kati Basti') to awaken the body, heart and soul. Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warming herbs. While relieving muscle tension, this therapy helps to lubricate connective tissues, keeping them flexible. Treatment is recommended to relieve lower back pain.

## SHIROBHYANGA 60 min (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.

## SHIRODHARA 60 min

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 relaxes the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.

## AYURVEDIC WELLNESS PROGRAMME

### Ayurvedic Rejuvenation 2 Hr Programme

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

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

### Ayurvedic Balancing 2 Hr Programme

Programme focuses on reducing fatigue while providing relief to insomnia, migraine or anxiety.

- Dosha Consultation
- Shirodhara
- Shirobhyanga (Indian Head Massage)
- Refreshment

## BODY THERAPY

### BOTANICAL BLISS

105 min

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.

### SIAMESE ZEN

105 min

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.

### INSTANT SMOOTH

105 min

Your skin is gently polished with a Pumpkin & Gooseberry 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 Soybean & Jojoba Serum to reveal luminous skin. A perfect treat to hydrate and gives your skin a radiant and healthy glow.

### AFTER SUN RECOVERY

105 min

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 refreshing Aloe Vera & Cucumber massage, followed by a relaxing foot massage. Beneficial after sun exposure.





# BODY POLISH

Rejuvenate and detoxify with our age-defying body scrubs. Enriched with the powerful anti-oxidants of seasonal fruits and plants, this restorative treatment will repair stressed skin while helping to protect against sun damage.

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

## HERBAL SCENT

### 7 Miracle Grains Body Exfoliation (Signature)

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

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.

## FLORAL SCENT

### Botanical Bliss Flower Scrub

Capturing the smell of fresh garden, this mixture consists of fresh flower petals, rice blend, and oatmeal to restore lost vitality of the skin.

## REFRESHING SCENT

### De-Aging Passion Fruit & Lemongrass Salt Scrub

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.

## CITRUS SCENT

### Organic Mangosteen & Passion Fruit Anti-oxidant Scrub

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.

## FRUITY SCENT

### Succulent Strawberry & Roselle Scrub

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

## SUMMER SCENT

### Pumpkin & Gooseberry Regeneration scrub

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.



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

## FACIAL THERAPY

### FACE NOURISHMENT

90 min

Signature Organic Facial

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

60 min

Jurlique Intense Recovery

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, minimises pore size and leaves skin radiant. Finishing touch includes wrinkle softening cream to soften appearance of fine lines.

### ADD ON EYE CARE

30 min

Jurlique Absolute Eye Bright

An intensive care formulation developed for the protection of the delicate eye area, this treatment features Arnica lotion, Elder Cream, Wrinkle refined cream, Herbal eye recovery gel as well as active botanical ingredients target to brighten the eye area. This treatment is effective to reverse the signs of aging.



### FACE HYDRATION & GLOW

60 min

Jurlique Deep Cleanse

This facial is designed to unclog pores while improving skin tone. This facial includes cleansing, exfoliation, steaming, cleansing mask to rid impurities and excess oils. Facial is completed with a relaxing hand massage using Magnolia & Rose Hand lotion mixed with Rosehip oils and Vitamin E known for its intensive conditioning for the hands and cuticles.

### SOOTHING SUNBURN

60 min

Jurlique Sunburn Sensitivity Facial

A facial to prevent peeling while saturate your skin with a much needed moisture boost. Lavender hydrating mist is used to soothe and calm sun-stressed skin, followed by a delicate hydrating application of Calendula & Witch Hazel cream to promote skin healing. Session completes with your choice of Foot massage or Head massage.

## EXCLUSIVE FOR HER

### CONTOURING & SLIMMING PROGRAMMES

#### BODY SHAPING

105 min

Formulated from a phyto-aromatic slimming complex, this treatment incorporates brown seaweed extracts (Laminaria), Caffeine and Ivy as active ingredients to detoxify fatty deposits and encourage the elimination of waste fluids which are the main causes of cellulite.

Sessions include steam, marine salt scrub, and marine mask infused with Bora Bora sea water. A firming massage is administered on cellulite-prone areas. A single session will produce visible improvements in firmer skin tone.

#### BUST FIRMING

45 min

Specially developed for this sensitive area of the body, ingredients including Seaweed, Spirulina, Laminaria (Brown algae) are used to firm and tone the skin. Treatment includes a firming massage, marine exfoliation, firming mask and gel to tone the skin of the bust.

(The above Programmes are available at selected branches only)

#### SIGNATURE ANTI CELLULITE

105 min

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.

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



### SPA NAILS FOR HER

#### CLASSIC MANICURE OR CLASSIC PEDICURE 60 min

A basic maintenance for beautiful hands or feet. Skin will be exfoliated and moisturized with Magnolia & Rose hydrating lotion, cuticles tidied, nails shaped and painted to perfection with fashionable OPI nail lacquer.

#### CLASSIC COMBO : MANI & PEDI BEAUTY

This Classic Combo includes all the essential nail care components of the manicure and pedicure plus additional exfoliation and light massage to soften skin and heighten relaxation of the senses.

#### FRENCH MANICURE OR FRENCH PEDICURE 60 min

Basic nail care includes hands or feet exfoliation, nail shaping, cuticle maintenance, followed by a French manicure or pedicure painting.

#### ADD ON: EXTRA SOFT PARAFFIN DIP 30 min

A deep heat mask to leave your skin luxuriously soft and smooth. Recommended for those suffering from arthritis or dry skin.

## EXCLUSIVE FOR HIM

### PAR EXCELLENCE

120 min

Bring the most valuable strategy to the tee, your golf fit body. Session begins with a body brushing followed by Pumice stone scrub to smoothen rough skin. Your therapist then combines the curative elements of warm coconut compress with muscle melt massage to ease tight muscles and stimulate blood circulation.

### WELL REFRESHED

120 min

A series of treatments designed to relax you from head to toe. The session begins with a deep muscular massage to relieve tension in the muscle and the connective tissue, followed by a customised facial which includes, exfoliation, facial massage and a custom blended mask application followed by a soothing facial shave to leave you refreshed from head to toe.

### BACK INTO BALANCE

90 min

This therapy involves a massage concentrating on the stressed areas of the back, shoulders and neck. A steamed herbal poultice soaked with muscles relaxant herbs are administered to deliver deep medicinal heat to the back and legs.

### ESSENTIAL BACK CARE

80 min

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.

### JURLIQUE FACIAL FORMULA FOR MEN

60 min

A deeply cleansing facial personalised for Men. A rich blend of plant oils is used alongside natural antioxidants derived from Witch Hazel, Grapefruit seed and Green tea to help regulate sebum production. Cleansing and exfoliation is followed by steaming and a hot towel compress to refine the pores. Session ends with a scalp massage and hand massage for a complete care.

### EXECUTIVE SKIN REJUVENATION

60 min

This service combines facial and shaving all in one to leave you a refreshed look. Relax in the art of straight edge shaving skills by our expertly trained therapist. Session includes facial steaming, deep cleanse, hot shaving followed by a soothing aftershave lotion.

### EXECUTIVE SOLE DELIGHT

30 min

A super hydrating foot care for Men. Feet are cleansed with Citrus & Neem foot soak followed by an exfoliation of Lime & Sugar scrub. Treatment includes a pedicure for a refined look.

### MEN'S SPORTS MANICURE

30 min

Session includes all of the pampering of a classic manicure with hand exfoliation, nail clipping and cuticle maintenance, leaving your hand clean and professional.

## OUR RECIPE PHILOSOPHY

SPA Cenvaree is passionately committed to providing only the purest and freshest ingredients in all treatments. We choose our ingredients wisely, and incorporate organically grown plants as much as possible to ensure our guests receive the maximum benefits while minimising the chance of allergic reaction.

### JURLIQUE FACE CARE

Founded in Australia, Jurlique is known as one of the purest skin care on earth. Its facial ingredients are complimented with the most potent, biodynamic, organic and natural ingredients sourced from its own farm, delivered to your skin.

#### Frequently used ingredients include:

- Aloe Vera
- Arnica
- Avocado Oil
- Rose
- Macadamia
- Lavender
- Citrus

### BODY CARE

Innovative Seasonal specialty treatments are on offer throughout the year. Our body care products are literally “good enough to eat” as we only use combinations of hand picked garden herbs and fruits prepared freshly just before your treatment.

#### Frequently used ingredients include:

- Lemongrass
- Ginger
- Coconut Flakes
- Tamarind
- Mandarin
- Grape seeds

### MASSAGE & ESSENTIAL OILS

Vegetable oils and plants derive base materials, such as Almond Oils, Shea Butter, and Sesame oil are incorporated to provide therapeutic effects. All of our massage and essential oils contain 100% natural ingredients.

#### Frequently used ingredients include:

- Cinnamon
- Geranium
- Chamomile
- Cajeput
- Rosemary
- Sweet Almond
- Sesame





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*Our Experience :*

• Thailand • Vietnam • Philippines • India • Mauritius • Sri Lanka • Indonesia • Maldives



  
SPA  
Cenvaree





*Escape*  
at  
SPA CENVARE

*in our exclusive  
Honeymoon  
Treatment Suites*

The Portal



*“Step through SPA Cenvaree’s  
portal door and into a captivating  
world of twinkling candlelight,  
captivating scents and  
memory-rich experiences.”*

*The exclusive Honeymoon Treatment Suites  
are some of the largest in South-East Asia  
and feature private steam,  
sauna and Jacuzzi, forming the perfect backdrop  
for intricate spa sessions designed to soothe,  
delight and savor.*

## *The Experiences*

### *COUPLES*

#### *❁ SIAMESE SERENITY RITUAL 12,250 ++*

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*5 hours*

The ultimate in exotic indulgences, this spa journey takes guests on a tour through some of Thailand's top aromatic experiences. Melt away tension with a spa extravaganza that incorporates body scrub, massage, facial, bathing ritual, steam, foot & scalp massage and delightful spa lunch.

Perfect for honeymooners, together you'll enjoy one of the most beautiful memory-rich spa journeys in Asia.

*• Aromatic Foot Bath & Foot Scrub:  
Floral Immersion Aromatic Bath / Aromatic Steam Room*

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*30 minutes*

#### ***For Her***

*Siamese Jasmine Body Scrub  
SPA Lunch Menu  
Water Lily Purifying Facial  
Siamese Jasmine Foot Spa  
Siamese Scalp Massage*

#### ***For Him***

*Oriental Deep Cleansing Body Scrub  
Oriental Herbal Massage  
SPA Lunch Menu  
Oriental Jade Facial  
Oriental Herb Foot Spa  
Oriental Scalp Massage*



❁ *JOYOUSLY JASMINE RITUAL* 4,500++

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*3 hours*

For centuries, Thai people have used the hauntingly sweet jasmine to make garlands as offerings to their gods, and the flower is central to the country's healing traditions. As well as smelling divine, true jasmine has potent anti-aging properties, naturally containing a high level of antioxidants.

It is also used to soften and moisturize skin, while also working to fade pigmentation and scars. So, as suggested by the name, this divine intervention lets this truly Thai flower work its magic in a bouquet of beneficial ways.

- *Aromatic Foot Bath & Foot Scrub*
- *Siamese Jasmine Body Scrub*
- *Siamese Aromatic Massage*
- *Water Lily Purifying Facial*
- *Siamese Jasmine Hand Spa*





## ❁ ROSE INFUSED RITUAL

4,800++

*3 hours*

The scent of roses and the silky softness of their petals have fascinated humans for thousands of years and have come to be known as an evocative symbol of romance and beauty. This botanically-based treatment, featured the delicate rose, is loaded with powerful anti-oxidants.

HARNN has combined rose oils with other anti-aging agents such as coenzyme Q-10 and nano-seaweed extracts to create the '***Oriental Rose***' skin care regime, which works to revitalizes skin and bring back radiance while beguiling your body and mind.

- *Pre-treatment Consultation*
- *Aromatic Foot Bath & Foot Scrub*
- *Oriental Rose Skin Purifying Body Scrub*
- *Oriental Rose Swedish Massage*
- *Uplifting Facia*

❁ **ORIENTAL JADE HERB RITUAL 4,800++**

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*3 hours*

Inspired by Asian flora utilized in for culinary purposes as well as in traditional herbal medicine, HARNN's unique '**Oriental Herbs**' blend of essential oils is a potent concoction full of powerful anti-oxidants. It's bursting with botanical benefits, and is one of the brand's most requested scents.

The techniques used in this treatment sequence include acupressure along the body's meridian line, stimulating internal energy flow (Qi) while releasing physical and emotional stress.

A uniquely-shaped jade stone is used in the facial massage to improve overall luminescence.

- *Aromatic Foot Bath & Foot Scrub*
- *Oriental Deep Cleansing Body Scrub*
- *Oriental Deep Muscular Massage*
- *Oriental Deep Muscular Massage*





## SPA PACKAGES



*“We’ve bundled together some of our best-selling experiences as Spa Packages so you can enjoy them together!”*

### ❁ *JOYS OF JASMINE* *3,100++*

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#### *1.5 hours*

The haunting scent of Jasmine permeates this beautiful body experience that’s perfect for dry and sensitive skin. The body scrub, containing exfoliating beads from ground red rice, gently polishes before a meditative body massage soothes and restores.

- *Siamese Jasmine Body Scrub*
- *Siamese Aromatic Massage*

### ❁ *ROSE BRIGHTER* *3,500++*

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#### *2 hours*

Organic rose is the star of this spa experience – enjoy an aromatic full body massage with emphasis on neck and shoulders. A moisturizing facial, featuring ultra-hydrating face mask, will leave your skin luminous and glowing

- *Aromatic Rose Swedish Massage*
- *Uplifting Rose Facial*

### ❁ *ORIENTAL INDULGENCE* *3,200++*

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#### *2 hours*

Perfect for men, experience a firm-pressured back massage designed to release tension, especially around the neck and scalp area. A deeply-cleansing facial features a balancing mask and a great hand and foot massage.

- *Oriental Back Massage*
- *Purifying facial*

