



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.

PEACEFUL ENVIRONMENT

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.

VALUABLES

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

PREGNANCY

For the safety of you and your unborn child, use of the spa is not advised during pregnancy.

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.

CANCELLATION POLICY

A 4-hour cancellation or rescheduling 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".



SIGNATURE COLLECTION

“WANALEE” (A Royal Treat)

180 min

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

- Foot Ritual
- Botanical Bliss Scrub
- Galangal Firming Wrap
- Choice of Oil Massage or “Nuad Thai”
- Deep Cleanse Facial
- Refreshment

THE ISLAND

120 min

If you're on vacation and never had a spa treatment this is the **ULTIMATE** experience to try. Heavenly scents of cocoa and coconut combine to form an unforgettable scrub that hydrates and smells divine. A full body massage leaves you relaxed and ready for the hammock.

- Foot Ritual
- Coco Malakor Body Scrub
- Coco Body Massage
- Fresh Coconut Juice

ORGANIC THAI NOURISHING FACIAL

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.

COUPLES SPA JOURNEY

ROMANCING KOH CHANG

120 min

- Foot Ritual
- Succulent Strawberry Scrub for Her
- Aromatic Coffee Scrub for Him
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

RELAXING KOH CHANG

90 min

For Him

- Foot Ritual
- Herbal Body Scrub
- Hot Herbal Clay Wrap
- Refreshment

For Her

- Foot Ritual
- Botanical Bliss Body Scrub
- Galangal Firming Wrap
- Refreshment

BODY MASSAGE

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 to loosen tight muscles and relieve aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

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 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.

TRADITIONAL FOOT MASSAGE

45 min

This classic massage releases muscle tension on the feet and legs. It promotes relaxation and brings in a sense of well-being.

Experience our spa packages, therapies with a local flavour.

EXCLUSIVE FOR HIM

MAN'S ISLAND RETREAT

120 min

The ultimate men's retreat, this package is the perfect antidote to stress and tension. An invigorating body scrub removes dry skin followed by a muscle-melting massage. The perfect holiday experience!

- Foot Ritual
- Dry Body Brushing / Stone & Coconut Scrub
- Muscle Melt Massage
- Warm Coconut Compress

BACK INTO BALANCE

90 min

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

MEN'S DEEP CLEANSE FACIAL

60 min

Designed specifically for the special needs of a man's skin, this deeply cleansing facial incorporates hydrating and tightening properties. The skin is cleansed and exfoliated to remove impurities before steam and hot towel compress is used to refine the pores. Treatment highlights include heavenly scalp massage and hand massage.



SIAMESE HERBAL BODY SCRUB

45 min

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 revitalize skin.

EXCLUSIVE FOR HER

SKIN LIFT FACIAL TREATMENT

60 min

With a luminous moisturising effect, this skin lifting facial enhances radiance and firmness. Cleansing, toning and moisturizing are merely the background to the main event – a special lymphatic massage that encourages circulation and blood flow.

SKIN BLISS FACIAL

60 min

Snow Lotus, Bergamot and Vitamin E feature in this deep-cleansing facial treatment. Perfect for combination skin types, your skin will be deeply cleansed, toned and gently scrubbed before a soothing, drawing-out mask is applied. Enjoy a heavenly scalp massage before emerging with smooth and radiant skin.

FLOWERING PETALS BODY SCRUB

45 min

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

45 min

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.



COOLING ALOE VERA & GREEN TEA SUNKISSED WRAP

45 min

Calm, soothe, and nourish irritated skin from sunburn with this nourishing concoction made from blends of fresh green tea, cucumber and therapeutic flower oils. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap. After a refreshing rinse in the rainfall shower, aloe vera will be applied followed with a restoring cream to promote the process of healing to the skin.

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.

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

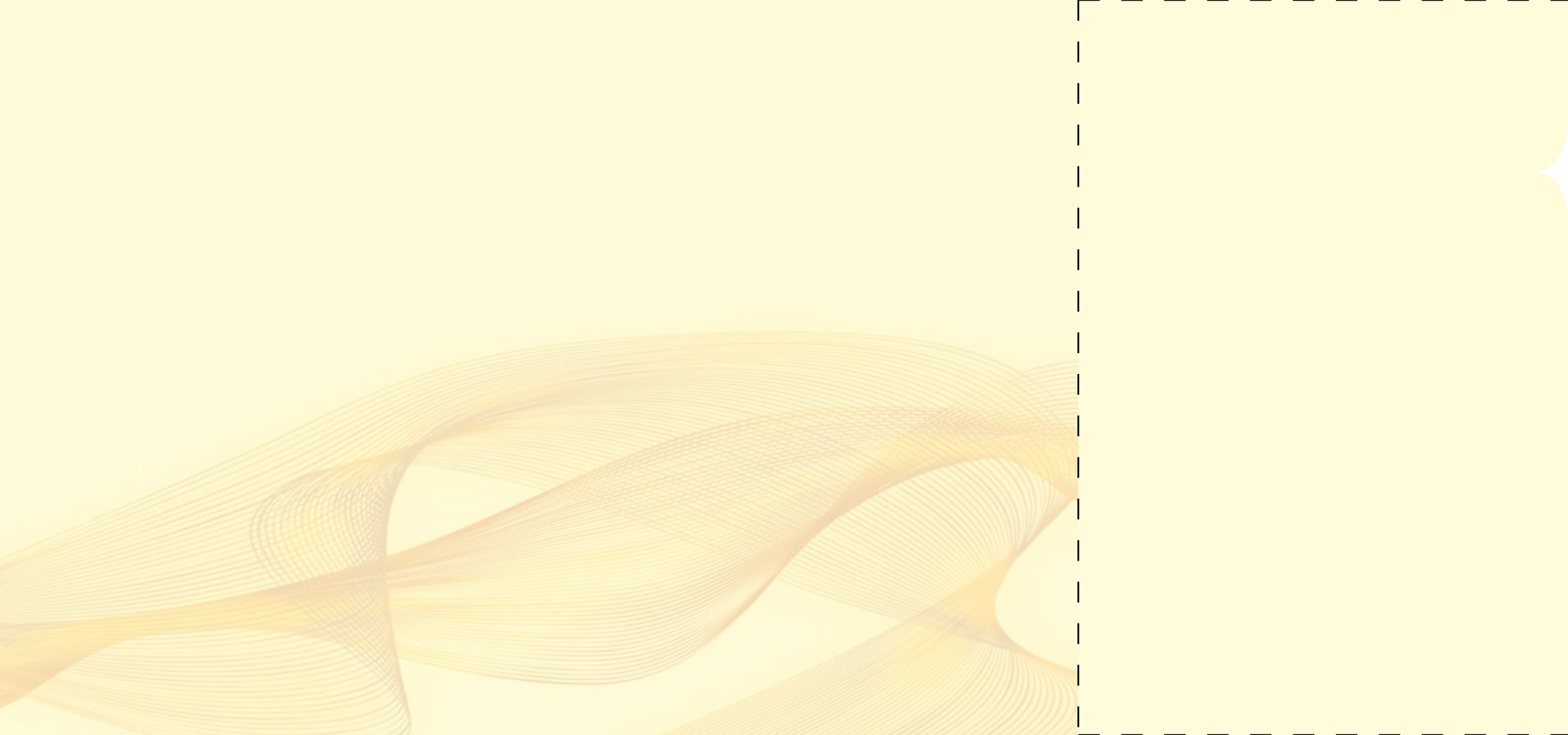
BODY CARE

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







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Our Experience .:

• Thailand • Vietnam • Sri Lanka • Indonesia • Maldives



A Spa Journey Inspired by Traditional Thai Healing

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.

Opening Hours: 10.00 - 20.00 hours

Price is subject to 7% Government Tax and 10% Service Charge.

CENTARA
KOH CHANG
TROPICANA RESORT

SPA Cenvaree

Welcome to the haven of relaxation that is SPA Cenvaree Koh Chang.

The spa center offers guests an oasis of calm as they are transported on a journey through some of the top healing traditions of Thailand and South-East Asia. This idyllic resort spa features countless opportunities for relaxation and is perfect for couple celebrations.

Spa Highlights

- Five Deluxe Single Suites
- Two VIP Double Suites with Private Sauna
- Foot Massage Zone
- Retail Zone

SPA Cenvaree = Water

'Varee' means 'water' in Sanskrit and, at SPA Cenvaree, this represents external transformation and innate power. The duality of these concepts underpins our philosophy and culture.

SPA Cenvaree is a multi-award brand operating in over 35 locations throughout South-East Asia. We take pride in offering guests the highest-standard Asian therapies by the best-trained therapists. Your therapist has learnt many different types of spa therapies and how to create an unforgettable, nurturing treatment just for you.

Our extensive treatment range combines indigenous herbs, floral extracts, fresh ingredients and fragrant oils, creating an aromatic journey through the healing traditions of Southeast Asia. Thai treatments feature prominently and are complemented by Ayurvedic, Balinese and Vietnamese therapies.

Come with us and explore the unique range of massages, body treatments and natural facials designed to provide you with a memorable, soul-enriching experience.



OUR HOLISTIC APPROACH

As part of the holistic approach to well being, we focus on promoting life force by combining life affirming mental attitudes, purification therapies complemented by the curative elements of local grown herbs.

Daily herbs used in our spa therapies:



Ginger

Aids digestive system.
Used mostly in spa drinks.



Turmeric

With powerful astringent and cleansing properties, Turmeric is used in our body treatments to promote glowing skin.



Pandanus Leaf

With a sweet-aroma scent, the leaves are used in fragrant floral baths for calming effects.



Neam Leaf

Traditionally used to reduce skin infections, our signature foot ritual uses Neam for its anti fungal properties.



Kaffir Lime

Rich in anti-oxidant and anti bacterial benefits, this herb is used in our foot rituals and body scrubs.



Lemongrass

Considered as a sacred herb, it is used abundantly in our scrubs, facials to calm the nervous system.



Coffee Bean

Clinically proven for its firming benefits, Coffee is used in our Anti-Cellulite therapies.



Red Rice

Used in our sunburn wrap due to its soothing and moisturizing properties.

SIGNATURE COLLECTION

WANALEE - A Royal Treat

180 min / Baht 3,900++

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

- Foot Ritual
- Botanical Bliss Scrub
- Galangal Firming Wrap
- Choice of Oil Massage or "Nuad Thai"
- Deep Cleanse Facial
- Refreshment

THE ISLAND

120 min / Baht 2,200++

If you're on vacation and never had a spa treatment this is the ULTIMATE experience to try. Heavenly scents of cocoa and coconut combine to form an unforgettable scrub that hydrates and smells divine. A full body massage leaves you relaxed and ready for the hammock.

- Foot Ritual
- Coco Malakor Body Scrub
- Coco Body Massage
- Fresh Coconut Juice

ORGANIC THAI NOURISHING FACIAL

90 min / Baht 1,700++

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.



COUPLES SPA JOURNEY

ROMANCING KOH CHANG

120 min / Baht 2,200+ +

*Price per person

- Foot Ritual
- Succulent Strawberry Scrub for Her
- Aromatic Coffee Scrub for Him
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

RELAXING KOH CHANG

90 min / Baht 2,100+ +

*Price per person

For Him

- Foot Ritual
- Herbal Body Scrub
- Hot Herbal Clay Wrap
- Refreshment

For Her

- Foot Ritual
- Botanical Bliss Body Scrub
- Galangal Firming Wrap
- Refreshment



EXCLUSIVE FOR HIM

MAN'S ISLAND RETREAT

120 min / Baht 2,400++

The ultimate men's retreat, this package is the perfect antidote to stress and tension. An invigorating body scrub removes dry skin followed by a muscle-melting massage. The perfect holiday experience!

- Foot Ritual
- Dry Body Brushing / Stone & Coconut Scrub
- Muscle Melt Massage
- Warm Coconut Compress

BACK INTO BALANCE

90 min / Baht 2,200++

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

MEN'S DEEP CLEANSE FACIAL

60 min / Baht 1,500++

Designed specifically for the special needs of a man's skin, this deeply cleansing facial incorporates hydrating and tightening properties. The skin is cleansed and exfoliated to remove impurities before steam and hot towel compress is used to refine the pores. Treatment highlights include heavenly scalp massage and hand massage.

SIAMESE HERBAL BODY SCRUB

45 min / Baht 1,295++

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 revitalize skin.



EXCLUSIVE FOR HER

SKIN LIFT FACIAL TREATMENT

60 min / Baht 1,500++

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SKIN BLISS FACIAL

60 min / Baht 1,500++

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FLOWERING PETALS BODY SCRUB

45 min / Baht 1,295++

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DE-AGING PASSION FRUIT & LEMONGRASS SALT SCRUB

45 min / Baht 1,295++

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.

COOLING ALOE VERA & GREEN TEA SUNKISSED WRAP

45 min / Baht 1,400++

Calm, soothe, and nourish irritated skin from sunburn with this nourishing concoction made from blends of fresh green tea, cucumber and therapeutic flower oils. Enjoy a heavenly scalp massage while your body is cocooned in the body wrap. After a refreshing rinse in the rainfall shower, aloe vera will be applied followed with a restoring cream to promote the process of healing to the skin.



BODY MASSAGE

AROMATHERAPY MASSAGE 60 min / Baht 1,500++ | 90 min / Baht 1,800++

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 / Baht 1,500++ | 90 min / Baht 1,800++

Designed with the sports enthusiast in mind, this massage is effective to loosen tight muscles and relieve aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

NUAD THAI 60 min / Baht 1,300++ | 90 min / Baht 1,600++

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 PRA KOB 90 min / Baht 1,600++ | 120 min / Baht 1,900++

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.

TRADITIONAL FOOT MASSAGE 45 min / Baht 750++

This classic massage releases muscle tension on the feet and legs. It promotes relaxation and brings in a sense of well-being.



YOUR SPA CENVAREE EXPERIENCE

In order to attain the most from your spa experience, please arrive 25 minutes prior to your treatment to enjoy our relaxation facilities, including steam, sauna and Jacuzzi.

Children under the age of 16 are not allowed at the spa unless accompanied by an adult.

PEACEFUL ENVIRONMENT

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.

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.

PREGNANCY

For the safety of you and your unborn child, use of the spa is not advised during first-trimester of pregnancy. There are several treatment you can enjoy during the second and third-trimester – please ask our staff for assistance.

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.

CANCELLATION POLICY

A 4-hour cancellation or rescheduling 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'.



	Duration (min)	Tariff (Baht++)
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SIGNATURE COLLECTION

Wanalee – A Royal Treat	180	3,900
The Island	120	2,200
Organic Thai Nourishing Facial (Signature Organic Facial)	90	1,700

COUPLES SPA JOURNEY

*Price per person

Romancing Koh Chang	120	2,200
Relaxing Koh Chang	90	2,100

	Duration (min)	Tariff (Baht++)
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EXCLUSIVE FOR HIM

Man's Island Retreat	120	2,400
Back Into Balance	90	2,200
Men's Deep Cleanse Facial	60	1,500
Siamese Herbal Body Scrub	45	1,295

EXCLUSIVE FOR HER

Skin Lift Facial Treatment	60	1,500
Skin Bliss Facial	60	1,500
Flowering Petals Body Scrub	45	1,295
De-aging Passion Fruit & Lemongrass Salt Scrub	45	1,295
Cooling Aloe Vera & Green Tea Sunkissed Wrap	45	1,400

	Duration (min)	Tariff (Baht++)
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BODY MASSAGE

Aromatherapy Massage	60	1,500
Aromatherapy Massage	90	1,800
Swedish Massage	60	1,500
Swedish Massage	90	1,800
Nuad Thai (Traditional Thai Massage)	60	1,300
Nuad Thai (Traditional Thai Massage)	90	1,600
Nuad Pra Kob (Herbal Compress Massage)	90	1,600
Nuad Pra Kob (Herbal Compress Massage)	120	1,900
Traditional Foot Massage	45	750

Price is subject to 7% Government Tax and 10% Service Charge.

Centara Koh Chang Tropicana Resort

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Opening hour : 10.00 to 20.00 hrs Daily