



RESERVE
SPA CENVAREE



FOR RESERVATIONS, PLEASE DIAL RESERVE SERVICES BUTTON

OPENING HOURS 09:00 – 20:00 HRS

预定请在客房内电话机上按下SPA键
营业时间上午9点至晚上8点

WELCOME TO RESERVE SPA CENVAREE

Centara Reserve Samui is the home of the world's first Reserve Spa Cenvaree. With over 35 spas in South East Asia and the Middle East, Spa Cenvaree is a multi-award-winning operator delivering unique spa journeys inspired by traditional Thai healing.

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.

Centara Reserve Samui 是世界上第一个 Reserve Spa Cenvaree 的所在地。Spa Cenvaree 是一家屡获殊荣的水疗中心，在东南亚和中东拥有超过 35 家水疗中心，为每位宾客提供以传统泰式疗法为灵感的独特水疗之旅。

Embrace the natural beauty of Samui, and enliven your senses with our wellness rituals, music, and healing touch.

The Reserve Spa Cenvaree spa menu features the finest locally harvested ingredients, aromatic oils, and therapeutic herbs to ensure you experience total bliss in a tranquil environment.

Reserve Spa Cenvaree 各项水疗项目采用当地最好的原料、芳香精油和疗愈草药，确保您在宁静的环境中体验满满的幸福感。

CURATE YOUR OWN MEANINGFUL SPA EXPERIENCES IN LUXURIOUS SURROUNDS.

在一个奢华的空间与环境里定制属于您自己的私人水疗体验



SPA FACILITIES 水疗设施

- 5 single multi-function treatment rooms
5间单人多功能水疗室
- 2 couples' treatment rooms with private Jacuzzi
2间带私人按摩浴缸的情侣水疗室
- Beauty Bar for facials and nails
用于面部护理和美甲的美容吧
- Relaxation conservatory
休息室
- Steam, Sauna, and Jacuzzi
蒸汽室、桑拿房及按摩浴缸
- In-room service fee is at THB 1,000 Net per person per time
如需要在客房内进行水疗按摩护理，每人每次将收取1000泰铢的费用



SPA MENU 水疗菜单

- Memories For Us
我们的回忆
- Life in My Thai Garden
我的泰式花园里的生活
- Forces of Nature
大自然的力量
- Renewal From Within
由内而外的焕然一新
- The Beauty Bar
美容吧
- FAQ
常见问题

MEMORIES FOR US

UNWIND TOGETHER IN THE PRIVACY OF ONE OF OUR COUPLES' TREATMENT ROOMS.
在我们的情侣水疗间里享受恬静的私密时刻。

HEALING HERBS OF LOVE COUPLE EXPERIENCE 爱情草药疗愈体验

HERBAL GARDEN BATHING RITUAL, TRADITIONAL THAI MASSAGE, HERBAL FACE POUCH
草药花园沐浴仪式、传统泰式按摩、草本脸部护理

Sink into the swirling vapours of earthy herbs in your private bathing ritual, where you can lie back, breathe deep and prepare yourselves for Thailand's most famous therapy – the Traditional Thai Massage in which you will be stretched and massaged to complete relaxation. The finishing touch is a soothing facial massage using a facial pouch filled with healing Thai herbs.

在您的私人沐浴仪式中，沉浸在草药的蒸汽中，您可以躺下来，深呼吸，为泰国最著名的传统泰式按摩做好准备，您将在其中得到伸展和按摩，直至彻底放松。最后的点睛之笔是使用装满具有治疗作用的泰国草药袋进行舒缓的面部按摩。

120 mins | 10,500++ THB

120 分钟 | 10,500++ 泰铢



VITAL IMMERSION COUPLE EXPERIENCE 沉浸式情侣体验

WARM COCONUT OIL MASSAGE, COCONUT MILK BATH 温热椰子油按摩，椰子牛奶浴

This therapy uses both the oil and shell of the coconut to unlock the benefits of nature. Smooth coconut shells are used to gently knead your muscles to release tension. A warm fragrant coconut oil nurtures the skin, while flowing strokes soothes the entire body and calms the mind. Relax afterwards in a silk-smooth bath for two with coconut milk.

这种疗法利用椰子油和椰子壳来诠释纯天然产品的益处。光滑的椰子壳用于轻轻揉捏您的肌肉以释放紧张感。温暖芬芳的椰子油滋养肌肤，而流畅的抚触则舒缓整个身体并平静心灵。随后，您可以在丝滑的双人椰奶浴缸中放松身心。

90 mins | 8,000++ THB

90 分钟 | 8,000++ 泰铢

SOUND OF BAMBOO GROWING COUPLE EXPERIENCE 竹节生长之声情侣体验

BAMBOO BODY SCRUB, BAMBOO MASSAGE 竹子磨砂膏全身磨砂护理、竹藤按摩

The perfect matching of relaxation, a combination of gentle body exfoliation with bamboo body scrub and follow by a deep relaxing bamboo cane massage to ease away tension, to promote balancing the emotional and decreasing stress by shiatsu point.

温和的身体去角质护理与深度放松的竹藤按摩完美结合，通过指压穴位缓解紧张，促进情绪平衡，减轻压力。

90 mins | 8,000++ THB

90 分钟 | 8,000++ 泰铢

LIFE IN MY THAI GARDEN

我的泰式花园里的生活

FRESH GARDEN THERAPY

新鲜花园疗法

BODY POLISH, BODY WRAP, FACIAL POLISH,
FACE MASK, RAKING SCALP MASSAGE
身体磨砂、身体裹敷、面部磨砂、面膜、头皮按摩

Take a gentle walk through our aromatic Spa Herb Garden with your therapist and select a customised blend of herbs whilst learning about the benefits of Thai medicinal herbs. There are over 20 therapeutic herbs to choose from, including local favourites such as plai, ginger and butterfly pea. Your therapist will infuse your fresh blend with oils and clays in our Apothecary station ready for use in this earthy treatment.

与您的理疗师一起在我们芳香的水疗药草花园中漫步，选择定制的药草搭配，同时可以了解到不同泰国药草的好处。我们有多达20多种治疗草药可供选择，包括当地最受欢迎的草药，如白菜、生姜和蝴蝶豌豆。您的理疗师将在我们的药剂师站中为您调制精油，以备在理疗过程中使用。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢

THE ROCKERY (BAMBOO & STONE)

假山（竹与石）

WARM VOLCANIC STONE, BAMBOO BODY
MASSAGE, COOL STONE FACIAL COMPRESS
温热火山石、竹子身体按摩、冷石面部按摩

The experience begins with warm volcanic stones to increase circulation. Heated bamboo is then applied in rolling and kneading motions to penetrate the larger muscles, allowing the body to release long-held stiffness. The face is delicately massaged with cool stones to aid decongestion.

体验从温暖的火山石开始，以促进血液循环。然后用加热的竹子进行滚动和揉捏动作，以穿透较厚的肌肉，使身体长期的僵硬状态得到缓解。用凉爽的石头对脸部进行细致的按摩，以帮助缓解血管阻塞。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢

GUN'CHAIR S'MOON'PRAI

(HERBAL INFUSION)（草药浸剂）

THAI HERBAL COMPRESS, THAI HERMIT
EXERCISE, FLORAL POUCH FACIAL MASSAGE
泰式草药热敷、泰式修行、花袋面部按摩

A beautiful collection of dried Thai herbs including lemongrass, tamarind and kaffir leaf are bound together, gently steamed and rolled over the body. The warmth of the compress and the earthy scents allow the body to release muscular tension and enhance overall mobility. You will then be guided through a series of self-massage techniques via the specialised Thai Hermit technique, before finishing off with a facial massage featuring a mini-facial pouch filled with flower petals.

将一系列美丽的干泰国香草（包括柠檬草、罗望子和卡菲尔叶）捆绑在一起，轻轻蒸熟并被用在身体护理上。热敷的温暖和泥土的香味可以让身体释放肌肉紧张并增强整体身体活动。然后，您将通过专门的泰式修行技术指导进行一系列自我按摩，最后以用装满花瓣的迷你面部按摩袋进行面部按摩。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢

ORGANIC HERBAL FACIAL

有机草本面部护理

A luscious, relaxing facial customised for any skin type, this treatment 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.

该护理专为任何肤质打造甜美、放松的面部护理，采用强效草本抗氧化成分和天然营养成分来改善肤质。柠檬草、罗望子、燕麦片、黄瓜和植物油等有机成分用于深层清洁、去角质和滋润肌肤。淋巴面部

按摩可改善血液循环并帮助实现紧致肌肤。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢

PULSE OF THE EARTH

地球脉动

GENTLE BODY ROLLING, WARM CLAY POT
COMPRESSION JADE FACIAL ACUPRESSURE

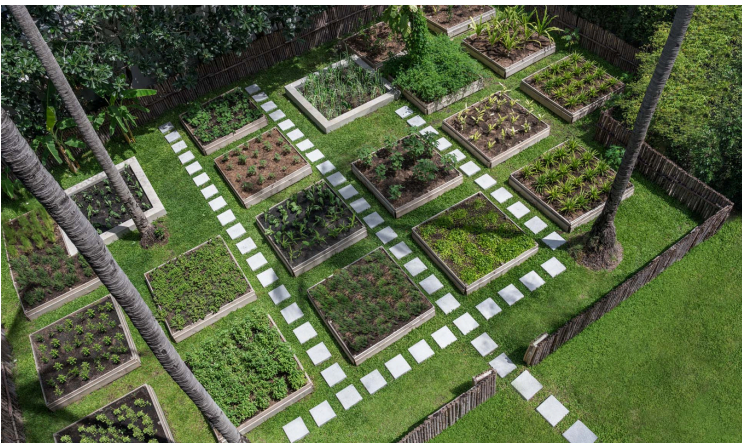
轻柔的身体滚动式护理，温陶罐身体护理以及玉石面部穴位按摩

This cocooning experience incorporates tender rocking motions with the soothing movements of heated clay pots. Musky, fresh scents are used whilst hypnotic movements mimic the beat of a pulse to invoke an atmosphere of calm and serenity. Any residual tension in the face is melted away with a Jade Acupressure Massage.

这种茧化体验将温柔的摇摆动作与加热陶罐用舒缓的按摩手法融为一体。使用麝香、清新的香味，同时催眠动作模仿脉搏的跳动，营造出平静祥和的氛围。玉石面部穴位按摩可消除脸上残留的紧张感。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢



FORCES OF NATURE 大自然的力量

A SUMMER STORM 夏日风暴

FACIAL CONTOURING MASSAGE,
INVIGORATING BODY MASSAGE
面部轮廓按摩、活力身体按摩

Using medium to strong pressure and fast strokes, your therapist will increase facial circulation to stimulate collagen and elastin. This is followed by an invigorating body massage to alleviate tension and restore the flow of energy throughout the body.

使用中等到强的压力结合迅速的按摩手法，您的治疗师将增加您的面部循环，刺激胶原蛋白和弹性蛋白。接下来是充满活力的身体按摩，以缓解身体紧张状态并恢复全身的能量流动。

90 mins | 4,500++ THB

90 分钟 | 4,500++ 泰铢

OCEAN TRANQUILLITY 海洋宁静

BREATHING EXERCISE, OCEAN WAVE BODY
MASSAGE, TURQUOISE STONE ANOINTMENT
呼吸练习、海浪身体按摩、绿松石膏

Begin with a meditative breathing exercise that mimics the ebbs and flow of waves to shift long held tension. Blue Chamomile essential oil provides the brilliant blue hue in the oil that is massaged gently into the skin using Aromatherapy and Lomi-Lomi techniques. Turquoise stones are anointed along shiatsu points on the face and scalp to promote skin and hair health.

首先进行冥想呼吸练习，模仿波浪的潮起潮落，以消除长期紧张的情绪。蓝色洋甘菊精油呈现出明亮的蓝色调，使用芳香疗法和 Lomi-Lomi 技术轻轻按摩到皮肤上。将绿松石涂抹在面部和头皮上进行按摩，以促进皮肤和头发健康

75 mins | 3,000++ THB

75 分钟 | 3,000++ 泰铢

JOURNEY OF A CLOUD 云之旅

LYMPHATIC DRAINAGE MASSAGE, WHITE CLAY
BODY WRAP, RELAXING HEAD MASSAGE
淋巴引流按摩、白土裹体、头部放松按摩

Lymphatic drainage movements remove congestion and improve circulation throughout the body, invoking a feeling of lightness. Guests then lie back and are enveloped in the comfort of a white clay body wrap, designed to further detox the body. The finishing touch, a relaxing head massage, leaves you floating on air.

淋巴引流运动可消除血管阻塞，改善全身循环，带来轻松的感觉。然后，客人可以躺下来，享受舒适的白色粘土身体裹敷，旨在进一步进行身体排毒。最后的点睛之笔是头部放松按摩，让您有在云端休憩的感觉。

75 mins | 3,000++ THB

75 分钟 | 3,000++ 泰铢

WHISPERS OF THE WIND 风的低语

DEEP RELEASE BODY MASSAGE, RELAXING FOOT
MASSAGE AND WARM FOOT & LEG COMPRESSION
深度释放身体按摩、足底放松按摩以及温暖足部和腿部热敷

Experience a combination of traditional Thai massage and Chinese massage with warm medicated oil in this strong massage treatment. Reflexology points are triggered on the feet to stimulate internal organs and balance the body's systems. Hot compresses are then applied to the feet and legs to invigorate the circulatory and nervous system function.

在这项强力按摩理疗中体验传统泰式按摩和中式按摩与温热药油的结合。足底穴位按摩以刺激内脏器官并平衡身体系统。然后对脚和腿进行热敷，以激活循环和神经系统功能。

75 mins | 3,000++ THB

75 分钟 | 3,000++ 泰铢



RENEWAL FROM WITHIN

由内而外的更新

ECHOES OF THE PAST 过去的回声

CRYSTAL ENERGY HEALING, GENTLE BODY MASSAGE, ROSE QUARTZ FACIAL COMPRESSION
水晶能量疗愈、轻柔的身体按摩、玫瑰石英面部按摩

Release blocked energy and balance your chakras with healing crystals handpicked for each individual guest. A gentle massage increases relaxation, improves circulation and the body's immune function. To complete the transformation, a Rose Quartz Crystal facial massage allows powerful serums to penetrate deeper into the skin for improved skin complexion and elasticity.

使用为每位客人精心挑选的疗愈水晶，释放阻塞的能量并平衡您的脉轮。轻柔的按摩可以促进放松，改善血液循环和身体的免疫功能。为了完成转变，玫瑰石英面部按摩可让强效精华液渗透深入皮肤，改善皮肤肤色和弹性。

90 mins | 4,500++ THB
90 分钟 | 4,500++ 泰铢

HEALING TOUCH 疗愈之旅

SINGING BOWLS, AROMATHERAPY BODY MASSAGE, CRYSTAL CHAKRA ANOINTMENT
颂钵、香薰身体按摩、水晶脉轮净化理疗

Experience deep relaxation and inner peace with singing bowls which offer powerful healing properties. This holistic treatment combines soothing sound therapy with unique aromatherapy massage techniques to reduce anxiety and release stress. Healing crystals help balance your chakras to cleanse and support energy flow for optimal balance and clarity.

使用颂钵体验深度放松和内心平静，颂钵具有强大的治疗功效。这种整体护理结合了舒缓的声音疗法和独特的香薰按摩技术，可减少焦虑并释放压力。治疗水晶有助于平衡您的脉轮，以净化和支持能量流动，从而实现最佳的平衡及净化。

75 mins | 3,000++ THB
75 分钟 | 3,000++ 泰铢



WARM RAYS OF THAI TOUCH 温暖的泰式风情

HERBAL BODY SCRUB, TRADITIONAL THAI MASSAGE
草药身体磨砂、传统泰式按摩

Coconut oil, Thai herbs and local sea salt are heated and used to scrub the body from top to toe, increasing circulation and leaving the skin glowing. After that, let go of all tension and just “be” in the moment with Thailand’s most famous massage – the Thai Massage, in which rhythmic movements and deep stretches are performed at a methodical pace for the ultimate rejuvenation. 将椰子油、泰国草药和当地海盐加热，用于从头到脚擦洗身体，促进血液循环，让皮肤焕发光彩。之后，放下所有的紧张感，享受泰国最著名的按摩——泰式按摩，享受当下，以有条不紊的节奏进行有节奏的动作和深度伸展，以恢复所有活力。

90 mins | 4,500++ THB
90 分钟 | 4,500++ 泰铢

LIFE ESSENCE 生命精华

ABDOMINAL MASSAGE WITH HOT HERBAL COMPRESSION
热草药腹部按摩

This slow massage works on the abdominal area, a place where tension is often held, using a combination of Thai and Chinese traditional techniques. The deep manual massage is a noninvasive treatment with relaxing and healing effects, used to treat a wide variety of health concerns. A hot herbal compress is applied to soothe muscles, improve circulation, and invigorate vital organs.

这种缓慢的按摩结合了泰国和中国的传统按摩技术，针对经常处于紧张状态的腹部区域进行按摩。深层手动按摩是一种具有放松和治疗效果的非侵入性治疗方法，用于治疗各种健康问题。热草药敷可舒缓肌肉、改善血液循环并激活重要器官机能。

75 mins | 3,000++ THB
75 分钟 | 3,000++ 泰铢



THE BEAUTY BAR 美容吧

FACIAL 面部护理

CRYSTAL ANTI-AGE FACIAL 水晶抗衰老面部护理

A sequence of timeless, anti-aging techniques rooted in Ayurvedic healing traditions are utilised to reawaken the skin's natural healing energies. Turn back the hands of time and transform the skin with this intensely hydrating and nourishing treatment to increase firmness and elasticity, diminish the appearance of fine lines and restore a youthful glow. A Rose Quartz Crystal facial massage enables the powerful Age-Defying Cream to penetrate deeper into the skin for maximum benefits.

一系列植根于阿育吠陀治疗传统的永恒抗衰老技术用于重新唤醒皮肤的自然愈合能量。通过这种强效保湿和滋养护理，让时光倒流，重塑肌肤，增加紧致度和弹性，减少细纹，恢复青春光泽。玫瑰石英水晶面部按摩可以使强效抗衰老霜可深入渗透至皮肤，发挥最大功效。

75 mins | 4,500++ THB
75 分钟 | 4,500++ 泰铢

RADIANCE FACIAL TREATMENT 焕采面部护理

Ideal for skin that is sensitive or subject to redness, this facial treatment hydrates and softens the skin, improving its natural defense to emanate a radiant complexion. Gentle and comforting, this treatment acts to soothe the complexion with the localised application of a fresh, melting bi-gel and a rich, creamy mask which, after several minutes on the face, is softly massaged in to maximise the serum's healing and rejuvenating powers.

该面部护理非常适合敏感或易发红的皮肤，可滋润和软化皮肤，提高其自然防御能力，使肤色焕发光彩。该护理温和舒适，局部涂抹新鲜的双凝胶和浓郁的乳霜面膜，可舒缓肤色，在脸上几分钟后，轻轻按摩，以最大限度地发挥精华液的治愈和恢复活力的功效。

60 mins | 4,000++ THB
60 分钟 | 4,000++ 泰铢

HOMME FACIAL FOR MEN 男士面部护理

Keep your skin clean and fresh with a deep cleansing treatment that nourishes and hydrates the skin, as well as eliminates excess oil and toxins. Specially formulated for men's skin, this facial treatment leaves your skin looking bright, moist, and smooth, and is recommended to help control sebum production.

通过深层清洁护理，滋养和滋润肌肤，并消除多余的油脂和毒素，让您的皮肤保持清洁清新这款面部护理专为男士肌肤配制，可让您的肌肤看起来明亮、湿润、光滑，控制皮脂产生。

60 mins | 4,000++ THB
60 分钟 | 4,000++ 泰铢

PURIFYING FACIAL TREATMENT 净化面部护理

A deep cleansing programme for proven effectiveness against blemishes, this targeted cleansing and mattifying facial treatment leaves the skin clearer and visibly healthier. As well as the standard cleansing, massage and mask treatments, the facial combines two specific highly effective processes - an exfoliator that thoroughly cleanses the pores, and a serum to soothe the skin and provide a long-lasting matte effect. The result: skin flaws are limited, and excess sebum is regulated.

这种有针对性的清洁和控油面部护理是一项深层清洁计划，已被证实可有效对抗瑕疵，让肌肤更加洁净、明显健康。除了标准的清洁、按摩和面膜护理外，面部护理还结合了两种特定的高效流程——彻底清洁毛孔的去角质剂和舒缓肌肤并提供持久哑光效果的精华液。最终使皮肤瑕疵得到限制，多余的皮脂得到调节。

60 mins | 4,000++ THB
60 分钟 | 4,000++ 泰铢

FACIAL DETOX TREATMENT 面部排毒护理

This hydrating facial perfectly balances effective moisturising and intense relaxation, combining signature products with ultra-sensory textures and a relaxing massage to soothe the skin and reveal its natural freshness. An enzymatic exfoliation is followed by skin cleansing and hydra-nourishing facial massage before your skin is given an instant moisture-infusing boost with the best-selling Hydra Sea Rehydrating Mask.

这款保湿面部护理完美平衡了有效保湿和强烈放松，将标志性产品与超感官质感和放松按摩相结合，舒缓肌肤并展现其自然状态。去角质后进行皮肤清洁和保湿面部按摩，然后使用最畅销的 Hydra Sea 补水面膜为您的肌肤提供即时保湿。

60 mins | 4,000++ THB
60 分钟 | 4,000++ 泰铢



NAILS

MANICURE 手部指甲护理

60 mins | 1,500++ THB

60 分钟 | 1,500++ 泰铢

PEDICURE 足部指甲护理

60 mins | 1,500++ THB

60 分钟 | 1,500++ 泰铢

NAIL POLISH 指甲油

60 mins | 1,200++ THB

60 分钟 | 1,200++ 泰铢



ADD-ONS|自选附加项目

HERBAL GARDEN BATHING RITUAL
草药花园沐浴仪式

30 mins | 1,200++ THB

30 分钟 | 1,200++ 泰铢

LUXURIOUS CITRUS &
COCONUT MILK BATH
豪华柑橘和椰奶浴

30 mins | 1,200++ THB

30 分钟 | 1,200++ 泰铢

EYE TREATMENT
玫瑰紧致面膜

30 mins | 1,000++ THB

30 分钟 | 1,000++ 泰铢

ROSE LIFTING MASK
眼部护理

30 mins | 1,000++ THB

30 分钟 | 1,000++ 泰铢



FAQ

常见问题

HOW SHOULD I PREPARE FOR MY SPA TREATMENT? 我应该如何准备 SPA 护理?

To get the most from a spa experience, please arrive 15 minutes before your treatment to complimentary steam and sauna facilities.
为了充分享受水疗体验,请在护理前 15 分钟抵达,并可以享受免费蒸汽和桑拿设施。

DO I NEED TO TELL THE THERAPIST ABOUT ANY MEDICAL CONDITIONS? 我需要告诉治疗师任何健康状况吗?

Yes, it is important for your therapist to be fully aware of all your current medical conditions to avoid any contraindications.
是的,您的治疗师充分了解您当前的所有医疗情况非常重要
以避免出现任何影响健康的情况。

ARE CHILDREN ALLOWED IN THE SPA? 儿童可以进入水疗中心吗?

Children above the age of 12 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.
12 岁以上的儿童可以进入水疗中心,但必须有父母或监护人陪同,并且在按摩治疗期间,父母或监护人需要留在按摩室。请向我们的水疗团队成员咨询,以选择最适合您孩子需求的治疗方法。

WHAT SHOULD I BRING TO THE SPA TREATMENT? SPA 护理时我应该带什么?

We recommend leaving valuables at home.
我们建议将贵重物品留在家里。

WHAT SHOULD I WEAR? 我应该穿什么?

Disposable garments, sarong, and bathrobe are provided for your convenience at the spa.
水疗中心提供一次性服装、纱笼和浴袍,方便您使用。

WHAT IS THE CANCELLATION POLICY? 取消政策是什么?

4 hours' notice is required for all services. Rescheduling of appointment 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".
所有服务均需提前 4 小时通知。重新安排预约需视情况而定。如果在 4 小时内通知取消,将收取 50% 的取消费。“缺席”将收取全额费用。

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