

serenity can't wait




Club Med Spa

by



bliss now

SPA & SALON MENU



Well-being is a way of life

CLUB MED MENU

Self Care is not selfish. It is an essential element to your health and well-being. Love and care for those around you begin with you.

SIGNATURE @ CLUB MED SPA

KHOR BARAI ANDAMAN

60 mins

THB1,990

Specially designed massage incorporating coconut compresses to help relieving fatigue in the upper back and shoulders caused by stress or just sitting for long periods of time. Perfect therapy after a long flight.

ISLAND LIFE

90 MINS

THB2,500

A modernised variant of a traditional Hawaiian healing therapy, you will be asked to silently state your intention as your therapist prepares to use soothing oils and long continuous flowing strokes to relax your entire being so you can release blockages of old beliefs, cultivate positive habits and behaviour, and enable healing on the mental, emotional and spiritual levels of the "whole" self.

TIGER CLAM MASSAGE

90 MINS

THB2,990

A unique relaxing massage using self-heating eco-friendly Tiger Clam Lava Shells combined with deeply relaxing techniques and aromatherapy oil to relax and release muscle tension. The heat is generated naturally with a combination of minerals, sea kelp, algae and sea water. Your therapist may also use Glacial Shells, which use a different self-cooling formulation of minerals, sea kelp, algae and sea water to help cool the body.

SALT STONE THERAPY

90 MINS

THB2,800

Ethically-sourced hand crafted salt stones containing 84 minerals and trace elements are gently warmed and applied with therapeutic oils to melt-away the pains of tight muscles, stimulate circulation, detoxify the body, rejuvenate the skin and encourage a good night's sleep.

CLUB MED SPA PACKAGES

RELAX & RENEW

120 MINS

THB2,600

Reward yourself and take a little time out of your busy day - just for you.

- Body Treatment of your choice (30 mins)
- Thai Roma Massage (90 mins)

TOTALLY THAI

90 MINS

THB1,750

Life can be exhausting, but these traditional Thai treatments will help you relax.

- Foot Massage (30 mins)
- Thai Massage (60 mins)

REFRESH & REJOICE

120 MINS

THB3,300

Simplicity and a little 'me time'. Sounds good?

- Thai Roma Massage (60 mins)
- Facial of your choice (60 mins)

END 2 END

90 MINS

THB2,600

Life can be exhausting, but these traditional Thai treatments will help you relax.

- Foot Massage (30 mins)
- Facial of your choice (60 mins)

DOUBLE DELIGHT (FOR COUPLES)

180 MINS

THB9,900

A shared experience to help create memories you can reminisce over.

- Body Treatment of your choice (30 min)
- Jacuzzi or Herbal Steam (30 min)
- Thai Roma Massage (60 mins)
- Facial of your Choice (60 mins)

Price includes applicable government taxes

BODY & BATH

SOFTER SMOOTHER SALT SCRUB **30 MIN** **THB890**
Starting with a full body brush to enliven the skin, this gentle salt scrub will brighten the skin, open blocked pores and leaving you feeling fresh and alive.

GREEN TEA BODY MASK **30 MINS** **THB950**
This nourishing and firming body mask contains green tea extract known for its anti-oxidant, detoxifying and anti-inflammatory benefits, while the honey helps prevent the signs of aging.

MANGO BODY SCRUB **30 MINS** **THB890**
A full body brush to begin your journey to tropical paradise; a gentle exfoliation cream with jojoba beads, charcoal and orange peel lightly scented with the mango, leaving your skin with a polished glow..

HERBAL BATH **30 MINS** **THB890**
Soak in warm bath with your choice of fragrant and therapeutic herbal blends. Actual benefits will vary according to herb blend selected. Choose from Relax, Refresh, Rejuvenate or Detox blends.

HERBAL STEAM* **30 MINS** **THB600**
Soothe tired muscles, and start your journey to detoxification with our herbal steam. Not recommended for those with high blood pressure. Drink cool water before, during and after the experience.

JACUZZI* **30 MINS** **THB600**
Relax and luxuriate in our custom designed garden Jacuzzi – the ideal way to unwind and reconnect with nature.

* complimentary when scheduled before or after spa treatments

KIDS & TEENS

Pamper the young ones with spa treatments customised just for them.

K Kids (6 – 12 years) **T** Teens (13 – 17 years) **F** Family* (child with 1 adult)

*child and parent / guardian share the spa experience in a double room.

K MASSAGE ME **30 MINS** **THB600**
Let the young bodies enjoy soothing aroma massage. Organic coconut oil with reference to the four Thai elements of water, earth, wind, and fire will be applied on the upper back, shoulders and arms.

K KNEES & TOES **30 MINS** **THB600**
Herbal foot bath followed by soothing leg and foot massage.

T TROPICAL ISLAND DELIGHT **45 MINS** **THB850**
This gentle massage will give the teenagers the best memories of a tropical island stay. Organic coconut oil is applied to legs, arms, back & shoulders.

T WAI JO ANDAMAN **45 MINS** **THB1,400**
Specially designed back and shoulder massage using warm coconut “balls” to soothe and relax.

T EXPRESS FACIAL **30 MINS** **THB1,100**
Soothing head and face massage followed by a coconut mask to nourish the skin, while experiencing a hand massage.

F TWO COCONUTS **30 MINS** **THB1,500**
A gentle relaxing massage to share with your child. We use organic coconut oil for this upper back, shoulders and arms massage.

F FIRST TIME THAI **30 MINS** **THB990**
A massage with gentle caring hands can help improve your child’s behaviour. We provide “Thai Pyjama’s” to be worn during this introduction to the world of massage.

F ALL ABOUT FEET **30 MINS** **THB1,350**
A herbal foot soak, tea tree scrub to exfoliate, and soothing massage to reinvigorate tired feet.

Price includes applicable government taxes



MASSAGE THERAPY

THAI FOLK MASSAGE	60 MINS	THB1,200
	90 MINS	THB1,550
	120 MINS	THB1,990

Concentrating on the “Sen Sib” or 10 meridian lines of the body, using firm strikes, stretching techniques and thumb pressure. This traditional Thai massage helps restore flexibility and alleviate pain in muscles and joints. Thai pyjamas will be provided for your convenience.

THAI HERBAL COMPRESS MASSAGE	90 MINS	THB2,000
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After a Thai Massage we continue with a steaming herbal hot compress of Thai herbs. The compress will release natural aromatic oils once applied on the body, which will further relieve tight muscles as well as joint and muscular pains and provide a general improvement of blood circulation. Thai pyjamas provided for your convenience.

THAI ROMA	60 MINS	THB1,500
	90 MINS	THB2,000
	120 MINS	THB2,450

An aromatherapy massage utilising oils based on the four Thai elements of water, earth, wind & fire. The aroma oil is selected based on your month of birth

- Wind: January, February, March Basil and lemongrass to refresh
- Water: April, May, June Citrus, chamomile to energise
- Fire: July, August, September Rose, jasmine and spearmint for romance
- Earth: October, November, December Phlai, ylang ylang & rosemary to refresh

SWEDISH MASSAGE	60 MINS	THB1,500
	90 MINS	THB2,000

A whole body massage using long gliding strokes and firm pressure to relax aching muscles, stimulate circulation and assist in the removal of toxins.

ALOE VERA MASSAGE	60 MINS	THB1,500
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Too much time in the sun? We use a cooling soothing aloe vera based gel to help ease the pain and repair the damage caused.

LYMPHATIC DRAINAGE	60 MINS	THB2,500
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This technique uses light pressure and long gentle rhythmic strokes to increase the flow of lymph which transports nutrients and oxygen to cells and help flush toxins from the body. It also aids in the reduction of swelling and puffiness, help to clean you skins pores and reduce cellulite by increasing blood flow.

FOOT MASSAGE	60 MINS	THB1,500
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Tight foot and calf muscles are released with this reflexology style foot treatment.



FACE

Natural, pure and effective ingredients using high quality essential oils, organic vegetable oils and plant extracts to nourish the skin leaving it looking healthy, well balanced and radiant

AFTER SUN REJUVENATING FACIAL 60 MINS THB2,200

Enjoy a cooling sensorial journey to nourish and tone the skin with a 100% natural silk protein coconut mask, plus the hydrating and rewinding effects of organic jojoba and apricot kernel oils – a pure science of aromatherapy essential oils. This therapy will effectively help to reduce the effects of too much sun.

SPIRULINA PERK-UP FACIAL 60 MINS THB2,200

Spirulina is a superfood for dull and congested skin as it gently detoxifies and encourages cell renewal for a brighter complexion.

HIBISCUS RADIANCE FACIAL 60 MINS THB2,200

Rich in antioxidants to help fight free radicals caused by pollution and ultraviolet radiation which can result in premature aging.

PURIFYING DEAD SEA MUD FACIAL 60 MINS THB2,200

This facial will help draw out toxins from the skin, improve elasticity and minimise wrinkles and lines to leave your face clean and refreshed.

CHRONO SMOOTH LIFTING FACIAL 90 MINS THB2,990

This age-defying face treatment will smoothen and energize dull and tired skin while gently toning and firming it.

SALON

Located in the main lobby, the Club Med Salon uses natural and organic ingredients for hair care, while for nails 87% of the product ingredients are of natural origin and are safe and eco-friendly.

HAIR


HAIR CUT (MEN)	THB550
HAIR CUT (MEN) INC. SHAMPOO & BLOW DRY	THB750
HAIR CUT (WOMEN)	THB750
HAIR CUT (WOMEN) INC. SHAMPOO & BLOW DRY	THB1,000
HAIR CUT (CHILD)	THB400
HAIR CUT (CHILD) INC. SHAMPOO & BLOW DRY	THB600
SHAMPOO	THB250
BLOW DRY	THB300
STRAIGHT / CURL SET FROM	THB200
HAIR SPA	THB1,500
SHAVE	THB350
HAIR BRAIDING	THB1,500

NAILS

SPA MANICURE	THB900
SPA PEDICURE	THB900
SPA MANICURE + SPA PEDICURE	THB1,500
NAIL COLOUR ONLY	THB350
NAIL GEL REMOVAL	THB350

WAXING

EYEBROW	THB500
UPPER LIP	THB500
ARM	THB900
UNDER ARM	THB700
BIKINI	THB1,000
BRAZILIAN	THB1,200
HALF LEGS	THB800
FULL LEGS	THB1,500
CHEST	THB1,200
BACK	THB1,200



Self Care is not selfish.
It is an essential element to
your health and well-being.
Love and care for those
around you begin with you.

Club Med Spa by Bliss Now offers you a world of relaxation, well being and healing. Begin your journey to awaken your senses and enliven your body and mind.

Arrival Time – please arrive 10 minutes prior to your scheduled appointment time. If this is your first visit to Club Med Spa, you will need to fill in a pre-treatment questionnaire. This will enable us to personalize your experience to your needs.

Late Arrivals – arriving late for your appointment will decrease your treatment time. If you arrive more than 15 minutes late for any appointment, we recommend that you reschedule for another time.

Cancellation Policy – Please allow four hours' notice if you would like to reschedule or cancel your appointment.

Mobile Devices – to preserve the tranquillity of the premises and maximise the benefits of your time at Club Med Spa, you are requested to switch off your mobile device.

Eating – for your comfort, we highly recommend that you avoid eating and minimize drinking fluids at least one hour before your treatment time.

Jewelry – while safety boxes are available in the spa rooms, we recommend that you leave all jewelry and valuables in your hotel room. Every care will be taken; however, Club Med Spa cannot accept responsibility for any items lost while visiting or using the spa.

What to Wear – your privacy and modesty shall be respected at all times during your treatment. While most spa treatments are best experienced without clothing, your comfort factor is of utmost importance. If you are not comfortable wearing the disposable undergarment provided, we recommend that you wear a bathing suit for your spa experience.

Men – are requested to wear a bathing suit for all body treatments. We also highly recommend that you shave before having a facial treatment. Facial hair does not affect the facial treatment, however the experience will be much more comfortable if you are cleanly shaven.

Children – persons under the age of 18 are not permitted in Club Med Spa unless accompanied by an adult. For guests partaking in the Club Med Family Spa, a parent or guardian must be present. Children are required to wear bathing suits for all treatments.

Smoking – is not permitted anywhere in Club Med Spa by Bliss Now.

Steam & Jacuzzi – Subject to consultation with our staff, Club Med Spa users are invited to experience the steam room and jacuzzi on a complimentary basis when in conjunction with spa treatments.

Payment – all payments processed via Club Med Pass.

