

SPA Cenvaree

Centara Grand Beach Resort Phuket



Ayurveda

Marma Abhyanga Body Massage

It's surprisingly different from Western techniques and focuses on using medicated oils to alleviate mental and physical stress. Your therapist will utilize 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. A great choice if you want to experience something a little different whilst on holiday!

Upgrade to 90-minutes if you have areas requiring focus, particularly neck and shoulder tension, the extra 30-minutes will spend on these areas and it will make such a difference to how you feel afterwards.

90 mins 2,295.00฿

60 mins 1,895.00฿

Shirobhyanga (Indian Head Massage)

A spine-tingling experience! Using warm herbal oils, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental fatigue. It's

amazing how much stress we hold in our scalp without realizing it. You'll emerge with an interesting hairstyle but floating on air!

60 mins \$ 1,595.00

Kati Basti 'Intensive Back Relief'

Created as a complete renewal for the body, this treatment combines a 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 oil 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.

75 mins \$ 2,295.00

Shirodhara

Are you ready to try something new? 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 relaxing the whole body. Ideal for those seeking relief from insomnia, jet lag or mental stress.

60 mins \$ 2,295.00

Beauty & Salon

Executive Sole Delight

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.

60 mins \$ 895.00

Pedicure

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

60 mins \$ 1,295.00

Manicure & Pedicure for women

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

120 mins฿ 2,195.00

Manicure for man

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.

60 mins฿ 895.00

Manicure for women

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.

60 mins฿ 1,295.00

Little Extras

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.

30 mins฿ 695.00

Massage Therapy

Nuad Tao - Traditional Thai Foot Massage

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

75 mins฿ 1,995.00

Hot Stone Massage

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.

90 mins฿ 2,595.00

Deep Muscular Massage

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.

90 mins \$ 2,495.00

60 mins \$ 1,895.00

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.

Top Tip: This is Khun Tara's (our Group Spa Director) favourite massage. She loves it because having the sensation of two therapists working on you means your mind can't concentrate on one area and it basically just gives up! This massage almost forces you to switch your mind off. Try it and see.

Upgrade to 120-minute and your therapists will spend more time on any problem areas, particularly neck and shoulders. Great choice if you want a totally immersive massage.

120 mins \$ 3,995.00

90 mins \$ 3,595.00

Runner's Massage

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.

Upgrade to 90-minutes if you have areas requiring focus, particularly hamstrings and glutes, the extra 30-minutes will spend on these areas and it will make such a difference to how you feel afterwards.

90 mins \$ 2,495.00

60 mins \$ 1,795.00

Hai Muea - Thai 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. It's a great choice if you just want to concentrate on your back.

60 mins \$ 1,995.00

Swedish Massage

A stronger massage than the Aromatherapy, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Pressure can be customised to your personal needs. Perfect if you just want physical relaxation, not mental.

Upgrade to 90-minutes if you have areas requiring focus, particularly neck and shoulder tension, and the extra 30-minute will be focused on those areas. It will make such a difference to how you feel afterwards.

90 mins \$ 2,495.00

60 mins \$ 1,895.00

Aromatherapy Massage

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.

90 mins \$ 2,495.00

60 mins \$ 1,895.00

Nuad Thai - Royal Thai Massage

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.

Upgrade to 90-minute and your therapist will incorporate more advanced techniques and focus particularly on stretching the deep muscles in the back. The delicious end-of-treatment scalp massage is also longer.

90 mins฿ 1,995.00

60 mins฿ 1,695.00

Balinese Massage

Based on the healing expertise of the Balinese, 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. This is a lovely massage to have if you want to try something a little different. It has the same soothing benefits as an Aromatherapy Massage, yet the techniques are stronger.

Upgrade to 90-minutes if you have areas requiring focus, particularly neck and shoulder tension, The extra time allows your therapist utilizing more of the techniques that make Balinese Massage so popular.

90 mins฿ 2,495.00

60 mins฿ 1,895.00

Nuad Pra Kob - Herbal Compress Massage

Thai herbal compress therapy has a rich history dating back to thousands of years. This massage, featuring a warm herbal poultice, is your opportunity to experience a healing tradition and find out why it's so effective. A selection of traditional Thai herbs, including tumeric, ginger, prai and lemongrass, are wrapped in a muslin ball, steamed and then gently applied over the body. The warmth of the herbs is very soothing and will deeply penetrate the muscles. It's a great choice for someone who would like to experience something a little different.

120 mins฿ 2,495.00

90 mins฿ 2,195.00

Couple Experiences

Honeymoon Retreat (Price for two people)

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

3.30 Hrs฿ 9,995.00

Niran Nirvana (Price for two people)

Supabburut (For the Gentlemen)

- Steam Therapy
 - Tamarind & Sesame Detoxifying Scrub
 - Luxurious Citrus & Coconut Milk Bath
 - Deep Muscular Massage
 - Jurlique Facial Formula for Him
 - Refreshment
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Supabsatri (For the Ladies)

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

3.30 Hrs฿ 8,995.00

Packages & Journeys

Back Into Balance

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.

90 mins฿ 2,295.00

3 Days Longevity & Rejuvenation Programme

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.

PROGRAMME DAY 1

- Hot Stone Massage
 - Botanical Bliss Flower Scrub
 - Refreshment
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PROGRAMME DAY 2

- Nuad Tao(Traditional Foot Massage)
 - Sea Champagne Body Contour Wrap
 - Shirobhyanga (Indian Head Massage)
 - Refreshment
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PROGRAMME DAY 3

- Aromatherapy Massage
 - Jurlique Deep
 - Cleanse Facial
 - Home Spa gift Set
 - Refreshment
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7.30 Hrs฿ 9,995.00

Botanical Bliss

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.

105 mins฿ 2,195.00

Summer's Best Vichy Ritual

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.

120 mins฿ 3,595.00

Ayurvedic Rejuvenation

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

- Dosha Consultation
 - Abhyanga Massage
 - Shirobhyanga (Indian Head Massage)
 - Refreshment
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120 mins฿ 2,995.00

2 Days De-stress & Detoxify Programme

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.

PROGRAMME DAY 1

- Signature Salt Pot Muscles Melter
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- Thai Herbal Facial
 - Refreshment
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PROGRAMME DAY 2

- Nuad Tao (Traditional Foot Massage)
 - Siamese Herbal Body Scrub
 - Galangal Firming Wrap
 - Home Spa Gift Set
 - Refreshment
-

5.0 Hrs฿ 7,595.00

Winter Recharge Vichy Ritual

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
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120 mins฿ 3,595.00

Instant Smooth

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.

105 mins฿ 2,195.00

Ayurvedic Balancing

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

- Dosha Consultation
 - Shirodhara
 - Shirobhyanga (Indian Head Massage)
 - Refreshment
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120 mins฿ 2,995.00

Siamese Zen

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.

105 mins฿ 2,195.00

Par Excellence for Men

A great treatment for men. It begins with vigorous 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.

120 mins฿ 2,895.00

Signature Experiences

Signature Salt Pot Muscle Melter

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.

90 mins฿ 2,795.00

Wanalee 'A Royal Treat'

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.

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- Botanical Bliss Scrub
 - Galangal Firming Wrap
 - Choice of Oil Massage or 'Nuad Thai'
 - Jurlique Deep Cleanse Facial
 - Refreshment
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3.0 Hrs฿ 4,995.00

ULTIMATE Wellbeing

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
-

3.0 Hrs \$ 4,995.00

Serenity Signature Spa Ritual

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
-

2.30 Hrs \$ 4,195.00

Thai Body Balance

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

2.30 Hrs ~~₹~~ 4,195.00

Salt Relief 'A Samumprai Signature'

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
- Muscle Melter Massage
- Salt Pot Heat Compress
- Refreshment

2.30 Hrs ~~₹~~ 3,595.00

Facial Therapy

Jurlique Ultimate Age-Defying Facial

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.

60 mins ~~₹~~ 2,495.00

Jurlique Sensitive Soothing 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.

60 mins ~~₹~~ 2,295.00

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.

90 mins ~~¥~~ 1,995.00

Jurlique Facial Formula for Men

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.

60 mins ~~¥~~ 2,295.00

Jurlique Deep Cleansing Facial

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.

60 mins ~~¥~~ 2,295.00

Body Scrubs, Wraps & Masks

After Sun Recovery

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.

105 mins ~~¥~~ 2,195.00

Regenerating Gooseberry & Pumpkin Enzyme Body 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.

60 mins ~~¥~~ 1,595.00

Anti-Cellulite

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

105 mins \$ 2,995.00

Signature 7 Miracle Grains Body Exfoliation

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.

60 mins \$ 1,595.00

Anti-Oxidant Mangosteen Body Polish

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.

60 mins \$ 1,595.00

Body Shaping

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.

105 mins \$ 3,595.00

Softening Strawberry & Roselle Body Polish

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.

60 mins \$ 1,595.00

Siamese Herbal Loofah Body Cleanse

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.

60 mins ~~฿~~ 1,595.00

Passionfruit & Lemongrass De-stressing 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.

60 mins ~~฿~~ 1,595.00