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MALA SPA MENU



KEEMALA

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## SPA PHILOSOPHY

We believe guests come to Keemala to pause and unwind from the stresses of modern day living. Mala Spa embraces traditional healing approaches to the body, mind and soul, and integrates these with the best of modern pampering and beautifying regimes.

Whether you seek inner alignment and balance through massage and healing bodywork, a holistic program to deeply renew and refresh a sluggish mind and tired body, or just a rejuvenating, anti-ageing skin treatment, Mala Spa is the perfect sanctuary for your mind, body and soul.



## MALA SPA

Upon entering the sanctuary of Mala Spa, each guest will embark on a sacred healing journey. Our spa treatments have been carefully curated to incorporate elements of ocean, earth, fire, air and ether, as well as our own unique Keemala rituals designed by our spa team and inspired by the stories of the Keemala clans and their distinctive way of living.

Mala Spa offers eight spacious treatment rooms and is the place to enjoy a truly multisensory rejuvenating experience in a tranquil, healing environment. Our treatment rooms are designed to accommodate both individuals and couples.

Our Wellbeing Experience offers sauna, steam, aromatherapy bath, and rain showers with exotic fragrances, as well as usage of our ozone-filtered pool and holistic fitness centre. All products, including VOYA, Siam Botanicals and SpaRitual are selected based on alignment with the Keemala ethos, and are paraben- and cruelty-free to allow you to unwind fully with a clear conscience.

## MASSAGE THERAPIES

### VOYA SEAWEED HOT STONE MASSAGE

**120 Minutes**

**THB 5,200**

A different type of massage that will leave you glowing and feeling completely refreshed. Ideal for deep tissue therapy, fresh seaweed leaves are warmed and infused with aromatic organic essential oils, then layered over the body, before hot stones are placed on key points around the body. The heat of these stones soothes the muscles and opens the skin pores, while also helping to release the potent anti-oxidising extracts and healing minerals contained in the seaweed.

### VOYA ORGANIC HEATED HERBAL MASSAGE

**90 Minutes**

**THB 4,900**

Soaked warm bags containing a combination of the finest herbs and seaweeds are gently massaged into the body. This process reconditions and rejuvenates your skin by gently exfoliating the outer layers, and nourishing deep within. Choose between:

**Chamomile** (calming)

**Peppermint** (detoxifying)

**Fennel** (stimulating)

### NUAD PAN BORAN (TRADITIONAL THAI MASSAGE)

**90/120 Minutes**

**THB 2,900/ THB3,500**

Experience one of Thailand's finest traditions with an authentic Thai massage. Give your bones, joints and muscles wonderful relief from tension and fatigue, with improved blood circulation leaving you feeling completely refreshed.

### LUK PRA KOB (THAI HERBAL HOT COMPRESS)

**90 Minutes**

**THB 4,500**

Traditional herbal therapy to relieve pain and inflammation using a blend of therapeutic herbs such as ginger, turmeric and lemongrass, wrapped in a muslin compress which is steamed and applied to the body in gentle pressing, circular and rolling movements. Deeply relaxing and revitalising, the hot herbal compress has been used in Thailand for centuries to ease tired aching muscles, assist with body structural alignment, and stimulate internal organs by improving circulation throughout the body.

### SYNERGY MASSAGE

**90 Minutes**

**THB 5,500**

Enjoy an extra-long session of pure pleasure with a unique combination of dry brushing massage techniques, performed by two therapists, taking you on a journey of bliss. Traditional Thai, Balinese and Swedish massages are combined to balance the mind, body and soul.



**HARMONISING MASSAGE****60/90 Minutes****THB 3,200 / THB 3,900**

A truly one of a kind rejuvenating experience, enjoy the benefits and healing power of our Harmonising Massage. This unique and customised treatment helps to relax, balance and harmonise your body and calm your mind. Choose from our signature blends:

**We-Ha** Rosemary, Lavender & Bergamot (calming and quietens the mind)

**Khon-Jorn** Peppermint, Eucalyptus & Tea Tree (uplifting and strengthening)

**Pa-Ta-Pea** Lemongrass, Ginger & Plai (soothes tired muscles and skin)

**Rung-Nok** Jasmine, Ylang Ylang & Bergamot (sensual and rejuvenating)

**DEEP TISSUE MASSAGE****60/90 Minutes****THB 3,200 / THB 3,900**

A deep tissue massage incorporates specific lymphatic drainage strokes to stimulate and aid the elimination of toxins. The technique utilises a specific organic blend of aromatherapy oils, all of which are well known for detoxifying effects on the body. Choose from our signature blends:

**Sai-Num** Moringa, Juniper Berry and Grapefruit (cleanses polluted skin)

**Pa-Su Tha** Tamanu, Geranium and Bergamot (anti-aging and healing)

**SOWATHARA MASSAGE****60/90 Minutes****THB 3,500 / THB 4,500**

Enjoy relief from the physical and emotional demands of pregnancy. This gentle pregnancy massage will ease discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas of your body most vulnerable to change during pregnancy.

**YOUNGSTER'S MASSAGE****60 Minutes****THB 2,900**

A customised relaxing massage that helps to promote balance and well-being in young adults. The session begins with a detoxing back scrub, followed by a therapeutic massage using Tamanu oil to soften tight muscles and balance acne-prone skin.



## THERAPIES WITH MASTER PRACTITIONERS

### (24-hour advance notice required)

#### **REIKI**

**75 Minutes**

**THB 5,900**

A beautiful and effective method of energy healing, Reiki helps to reconnect and rejuvenate the body, mind and soul. This treatment helps you to experience bliss and relaxation, which leads to stress and tension relief. As the body, mind and soul relax, subtle energy bodies can release and realign to allow for greater balance and harmony, facilitating a stronger connection to the self and the world around you.

#### **INTEGRATIVE THAI BODYWORK**

**90 Minutes**

**THB 5,300**

**120 Minutes**

**THB 5,900**

In this deeply healing, yet energising session, guests will work closely with an experienced Thai holistic therapist in an individualised and unique therapeutic approach that incorporates such modalities as traditional Thai massage, Tok Sen, and hot herbal compress. The following healing methods may also be used: Chi Nei Tsang, Kar Sai Nei Tsang, Tansu, Pranic Healing, and Crystal Healing.

#### **HOLISTIC SLIMMING MASSAGE**

**90 Minutes**

**THB 5,300**

**120 Minutes**

**THB 5,900**

Holistic Slimming Massage uses a special blend of detox-inducing plant essences and anti-cellulite massage techniques to shed away the inches. This relaxing massage eliminates negative emotions and tension, while simultaneously facilitating healthy metabolism. The massage also helps to promote the body's ability to remove toxins and waste in a natural detoxification process.

#### **RAINDROP HEALING**

**90 Minutes**

**THB 3,900**

Raindrop Healing combines the healing power of medicinal plants together with the subtle energies of your body to produce remarkable health results. This therapy enables a deeply relaxed and centred state even long after the session is completed. It also addresses many health symptoms including relief of inflammation and pain, soothing of the nervous system, harmonising the body's energy systems, and unwinding tight muscles.



## FACIAL TREATMENTS

### **VOYA ORGANIC ANTI-AGEING FACIAL**

**90 Minutes**

**THB 4,900**

Suitable for all skin types and of particular benefit for mature, dry or dehydrated skin types. Using VOYA's organic ingredients which contain a combination of anti-oxidant algae complexes, pro-collagen organic extracts and a restorative blend of organic ingredients to fight the visible signs ageing. The result is instantly firmed and tightened skin with a natural radiant glow.

### **VOYA DELUXE FACIAL EXPERIENCE**

**90 Minutes**

**THB 4,900**

This revolutionary seaweed facial is a truly indulgent treatment. It begins with a rejuvenating back scrub, followed by a relaxing light back, neck and shoulder massage. For the organic facial, finely ground organic seaweed is used to gently exfoliate the skin, before layering hand-harvested organic seaweed leaves on the face. Finally, a light head massage is performed while the seaweed mask releases natural healing extracts into the skin. This is the 'crème de la crème' of all facials - it will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

### **VOYA ORGANIC ENVIRONMENTAL DEFENCE FACIAL**

**90 Minutes**

**THB 4,900**

This back, face and scalp facial is suitable for all skin types and is of particular benefit for city skins and oily, congested problematic skin types. This therapy commences with a deep cleansing back treatment to purify, smooth and re-hydrate the skin. A double action hot and cold cleanse, facial massage, lymphatic drainage and a marine mask with hand-harvested seaweed leaf strips are used to eliminate toxins and rebalance the facial skin.

### **SIAM BOTANICALS DEEP CLEANSING FACIAL**

**60 Minutes**

**THB 3,500**

A deeply cleansing and gentle facial treatment using the remarkable anti-microbial and skin healing properties of coconut sugar and pure honey. The treatment concludes with a deep firming facial massage using Siam Botanicals Anti Ageing Replenish Serum.

### **SIAM BOTANICALS REJUVENATING FACIAL**

**60 Minutes**

**THB 3,500**

This organic facial rejuvenates and lifts the face, through cleansing, exfoliating, detoxifying and nourishing the skin. The facial is completed with an application of a remarkable blend of the three organic "Miracle Oil" Moringa, Argan and Tamanu.



## BODY SCRUBS & WRAPS

### VOYA FUSCIUS LUSCIOUS ORGANIC SALT GLOW FOR REJUVENATING

**50 Minutes**

**THB 3,200**

An excellent skin rejuvenator, this detoxifying salt-exfoliating treatment is designed to remove dull skin and refine the skin texture, leaving your skin feeling velvety and soft. VOYA Luscious Salt is infused with Dead Sea salts and Fucus Serratus Seaweed oil, a combination which hydrates the skin's texture, stimulating blood and lymph flow while firming skin tone and increasing luster.

### VOYA BLADDER WRACK BODY BUFF FOR NOURISHING

**50 Minutes**

**THB 3,200**

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants of our mineral-rich Bladder Wrack seaweed combines with massage oils to offer a powerful organic approach to better skin treatment. The all over body scrub is immediately followed by a light cleansing shower and a short relaxing massage with VOYA's Softly Does It moisturising blend.

### VOYA ORGANIC SEAWEED LEAF BODY WRAP FOR DETOXIFYING

**90 Minutes**

**THB 4,900**

A truly amazing body therapy from VOYA. The body is cocooned in organically treated muslin and then wrapped in a thermal blanket. This treatment detoxifies, firms and softens the skin and is excellent for weight-loss programmes. A relaxing head massage is also performed during this ultimate spa experience. Only the finest seaweed - harvested by hand from pristine waters - is used, to ensure that the highest possible content of bio-actives is preserved.

### SIAM BOTANICALS BODY POLISH

**50 Minutes**

**THB 2,900**

This all natural full body treatment hydrates and exfoliates, removing dry skin cells and polishing skin for a clean and glowing finish. Choose from:

- We-Ha** Plai, Rosemary and Rice Bran Powder (balancing and calming)
- Khon-Jorn** Mung Bean Body Polish (brightens and tones tired skin)
- Pa-Ta-Pea** Kaffir Lime, Wild Mint and Tamarind (promotes skin repair and circulation)
- Rung-Nok** Ylang Ylang, Turmeric and Lavender (rejuvenates and softens the skin)

### SIAM BOTANICALS AFTER-SUN TREATMENT

**60 Minutes**

**THB 3,200**

This treatment uses the power of nature to soothe and heal sunburned skin. A lavender-infused ice compress is followed by a gentle application of Siam Botanicals 100% Pure Aloe Vera to affected areas.



## MALA TREATS

### VOYA HAND RETREAT

**45 Minutes**

A luxurious hand retreat for extra dry or chapped hands. Hands are immersed in a soothing warm aroma salts soak, then delicately scrubbed, massaged and wrapped to allow the nourishing rich coral to work its magic.

**THB 2,900**

### VOYA FOOT RETREAT

**45 Minutes**

Recharge circulation of the lower limbs and refine your skin by a sea salt exfoliation from the knees to the feet. Then a deeply relaxing massage of the lower legs is performed to complete the treatment.

**THB 2,900**

### HAIR & SCALP TREATMENT

**60 Minutes**

This relaxing treatment nourishes and moisturises hair and scalp by combining a scalp massage with nutrient rich oil and a hair mask. Choose from:

**THB 2,500**

**Argan and Lemon Balm** (revitalises and conditions all hair types)

**Coconut and Curry Leaf** (deeply nourishes dry and damaged hair)

### TENSION RELIEF BACK MASSAGE

**45 Minutes**

Penetrating massage to relieve the stresses of a hectic lifestyle from problem areas of tension, and stiff or tight connective back tissues and muscles.

**THB 2,500**

### BACK HERBAL HOT COMPRESS

**45 Minutes**

A heated blend of Thai herbs with healing properties in a cloth compress applied to the back to completely relieve aches and stiffness.

**THB 2,500**

### REFLEXOLOGY FOOT MASSAGE

**45 Minutes**

Restore good circulation throughout your body with a reflexology (foot massage) session. Acupressure points on the feet related to different parts of the body are massaged to restore balance and vitality.

**THB 2,500**

### THAI HERBAL STEAM

**30 Minutes**

Our steam is heated to a temperature ranging between 35-40° c. Infused with organic Thai herbs, the steam helps to improve circulation, rid the body of toxins, clear respiratory passages, aid digestion, sooth aching muscles, and cleanse and revitalise the skin.

**THB 1,600**



**INFRARED SAUNA****30 Minutes****THB 1,600**

The essence of the Infrared sauna treatment is heating tissues and detoxifying the body. This special experience is helpful in relieving or resolving the following physical challenges: muscle tension, skin problems, aches and pains, arthritis, rheumatism, cellulite, asthma, allergies, arthritis, sports injuries, and insomnia.

**ORGANIC BATH RITUAL****30 Minutes (Hand-picked Thai Herbal Bath)****THB 1,600****30 Minutes (VOYA Organic Seaweed Bath)****THB 2,500**

A therapeutic bath designed to balance and purify the body using organic seaweed and Thai herbs. Choose from two signature blends:

**Hand-picked Thai Herbal Bath** (revitalises the mind, relax and cleanse the entire body)

**VOYA Organic Seaweed Bath** (anti-ageing and detoxifying).

**MALA RITUALS**

Leave the stressful world behind and take time to focus on yourself with these pampering and specialist treatments which use organic or pure plant extract ingredients, to ensure you are as radiant on the outside as you are from within.

**SEAWEED LEAF RITUAL****5 Hours****THB 16,500**

This treatment uses rich seaweed ingredients that work to nourish the skin. The ritual begins with a pore opening and muscle relaxing steam or sauna in preparation for a bladder wrack body buff. After your skin has been polished the seaweed leaf wrap will cocoon your body to deeply nourish and moisturise. Seaweed hot stone massage is then performed followed by a relaxing seaweed bath. Delicious spa cuisine will be offered during this extended journey of well-being.

**SIAM BEAUTY RITUAL****5 Hours****THB 16,000**

The perfect treatment to focus on inner and outer beauty. Using traditional techniques from Thailand and pure plant essences, this ritual starts with a relaxing steam or sauna followed by a brightening body polish. A 'Harmonising Massage' is then performed to calm the mind before a rejuvenating facial is applied to refresh and uplift the face. A blissful ritual of an aromatic and moisturising bath is enjoyed, before a manicure and pedicure completes the session. Delicious spa cuisine will be offered during this extended journey of well-being.



Prices inclusive of 7% VAT and 10% service charge.

Please contact our Spa Associates for treatment recommendations and customisation.

**THAI SPICE RITUAL****4 Hours**

A revitalizing bath and body scrub is performed using local spices with purifying properties. The ritual is followed by a traditional Thai herbal compress massage, and concludes with a scalp and hair treatment using pure botanical oils to deeply nourish your hair whilst stroking the scalp tension completely away.

**THB 10,000****ANTI-AGEING SENSORY EXPERIENCE****4 Hours**

This is the ultimate beautifying treatment that deeply nourishes the skin and helps to reverse the signs of ageing. The luxurious ritual begins with a mineralising seaweed wrap to refresh, moisturise and relax you, followed by a massage performed using a muslin bag to ease any knots and stresses completely away. This treatment concludes with a full facial designed to relieve wrinkles and lines, renew a tired complexion, and leave your skin feeling tighter and younger.

**THB 13,000****DE-STRESS****3 Hours**

Immerse your body and mind in a relaxing herbal bath followed by an organic seaweed hot stone massage. A foot reflexology treatment completes this ritual leaving you feeling deeply relaxed and refreshed.

**THB 8,000****WOMEN'S VITALITY RITUAL****2 Hours**

Take some time to relax in a Thai-style herbal steam bath followed by a hot Thai herbal compress. Both treatments are traditionally used to revitalise the body, improve circulation and support feminine well-being.

**THB 5,400****ENERGIZER****2 Hours**

This treatment is designed to provide an energising boost to your skin and body. Using zesty ingredients it begins with an organic energising body polish and concludes with a deep tissue massage.

**THB 5,700****RESTORATIVE JET LAG RITUAL****2 Hours**

Enjoy this special treatment to help reset your internal clock and relax the body. Begin with a tension-relieving back, neck and shoulder massage, followed by a soothing organic seaweed foot retreat and a full body relaxing seaweed bath.

**THB 6,900**

## ORGANIC BEAUTY

We use only earth-friendly SpaRitual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products, and are completely cruelty-free.

<b>SLOW BEAUTY CLASSIC MANICURE</b> <b>45 Minutes</b>	<b>THB 1,500</b>
<b>SLOW BEAUTY SIGNATURE MANICURE</b> <b>75 Minutes</b>	<b>THB 1,800</b>
<b>SLOW BEAUTY CLASSIC PEDICURE</b> <b>60 Minutes</b>	<b>THB 1,500</b>
<b>SLOW BEAUTY SIGNATURE PEDICURE</b> <b>90 Minutes</b>	<b>THB 1,800</b>
<b>MEN'S MANICURE</b> <b>45 Minutes</b>	<b>THB 1,200</b>
<b>MEN'S PEDICURE</b> <b>75 Minutes</b>	<b>THB 1,500</b>
<b>NAIL POLISH</b> <b>30 Minutes</b>	<b>THB 800</b>



## FITNESS ACTIVITIES

**60 Minutes per Session**

**THB 1,900 for first guest**

**THB 800 for each additional guest**

### **PERSONAL FITNESS TRAINING**

This customised one-on-one or small group fitness instruction incorporates health history, fitness goals and current lifestyle into a comprehensive exercise program designed to meet guests' specific needs. The first personal training session includes a body composition measurement and fitness evaluation, where a customised exercise routine is then developed for guests. Personal fitness training is an ideal way to kick-start a positive exercise habit.

### **YOGA**

The word yoga is derived from the Sankrit word "yuj", which means to unite or integrate. Yoga is about more than flexibility and strangely contorted postures. It also incorporates various breathing techniques, postures and meditation. The practice and study of yoga help to bring about a natural balance of body and mind in which the state of health can naturally come to be; it teaches that a healthy person is a harmoniously integrated unit of body, mind

### **TAI CHI**

Tai Chi is an ancient Chinese form of body movements that regards the mind, emotions, and body as interconnected. Through the process of relaxing muscular tensions, improving posture, and deepening of the breathing process, Tai Chi improves overall balance of the mind and body, and relieves stress levels of the mind and emotions.

### **MUAY THAI**

Muay Thai is an ancient martial arts form primarily practiced by Thai warriors. The first known categorization of Muay Thai as a sport was in the 15th century when organized competitions took place throughout the Thailand. As a form of fitness training, this is an effective total body conditioning, fat burn, mental alertness, and emotional well-being exercise.

### **AQUA FITNESS**

Exercising in the water helps to effectively tone and sculpt the body, whilst building cardiovascular fitness and minimising strain on joints and muscles. The supportive nature of water makes aqua fitness a great form of exercise particularly for those recovering from injuries. Sometimes resistance tools such as buoyant water weights and noodles are used.



Prices inclusive of 7% VAT and 10% service charge.

Please contact our Spa Associates for treatment recommendations and customisation.

# SPA ETIQUETTE

## **SPA HOURS**

Our spa is open from 9am to 9pm daily. Last treatment of the day ends at 9pm.

## **SPA RESERVATIONS**

Advance bookings are highly recommended to secure your preferred date and time of treatment. Our spa host will request credit card details or a villa number in order to secure your reservation.

## **SPECIAL CONSIDERATIONS**

Guests with pre-existing medical or health conditions such as high blood pressure and heart ailments are advised to consult a doctor before signing up for any spa treatments. Please inform our spa host of any medical conditions you have.

We strongly recommend that pregnant women avoid stimulating body treatments, and have therefore curated a selection of pregnancy-appropriate treatments that are safe and comfortable pregnant women. Note ALL full body treatments should be avoided in the first trimester of pregnancy.

## **PRE - ARRIVAL INFORMATION**

We encourage you to arrive at least 15 minutes prior to your appointment time to allow us to complete the check-in and familiarise you with our spa ambience. Arriving late for your spa treatment will decrease your treatment time as all appointments will end on time and be charged in full regardless of time of arrival.

## **PREPARATION**

We recommend male guests shave at least 2 hours prior to all facial treatments to ensure that maximum results are achieved.

## **PERSONAL PREFERENCES**

This is your time in the spa and you should delight in it as much as possible. Whether the room is too hot, the music is too loud, the lights too bright or the pressure of the massage uncomfortable... just let us know.

## **SPA ATTIRE**

Please arrive at the Spa wearing light, loose-fitting clothing, or your bathrobe. Disposable undergarments are available and must be worn during spa treatments.

## **JEWELLERY AND VALUABLES**

We recommend that no jewellery be worn at the spa. The management and spa associates can accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

## **SPA ETIQUETTE**

Please help maintain a relaxing environment by keeping noise to a minimum, so our other guests can enjoy the peaceful sanctuary of Mala Spa. Children are not permitted in the spa unless they are over the age of 14 years. Cellular phones and electronic devices are strongly discouraged and will be expected to be set to silent mode or turned off.



### **SPA PROTOCOL**

For your comfort, we ask that you shower prior to any body service and before using any water amenities immediately following a massage. Please allow enough time to cool down after using the steam, sauna or bath.

### **SPA PRODUCTS**

To extend your spa experience at home, a variety of spa products are available in the Mala Spa boutique for continuing your care. Our spa host will advise you as to the products that suit you and your skin type as part of the treatment experience.

### **SMOKING AND ALCOHOL**

Smoking and consumption of alcohol are not permitted in the spa.

### **AGE LIMITATION**

Children under the age of 14 are not permitted in the spa. Young adults between the ages of 14 to 17 years must be accompanied by an adult.

### **AFTER YOUR TREATMENT**

We recommend that you do not sunbathe after any massage and body treatment for at least six hours.

### **CANCELLATION POLICY**

Please inform us of any cancellation at least 24 hours in advance so we can re-schedule your appointment (subject to availability). Any cancellations with less than 4 hours' notice will incur a 50% cancellation fee. The full fee is charged for missed appointments.

### **REFUND POLICY**

Treatment packages are non-refundable. Unused portions of the packages are non-transferable and non-exchangeable.

### **PAYMENT**

We accept cash and all major credit cards. Guests can charge treatments to their villas. All prices are quoted in Thai baht and include service charge and applicable government taxes. Prices are subject to change without prior notice.

For more information, please email [spa@keemala.com](mailto:spa@keemala.com)

