

# SPA & WELLBEING MENU



## Amatara's Signature Thai Hammam

165 minutes 8,900 baht (Includes 'Signature of Amatara' massage)

105 minutes 6,900 baht (Excludes massage)

Amatara has the great pleasure of introducing the world's first Thai Hammam. A peaceful haven of tranquility, wellness, and the ultimate Spa journey. We honour the bathing traditions of Morocco and Turkey, while adding the intelligent, sensitive touch of healing Thai spa therapy. This is a rejuvenating, hydrothermal, therapeutic treatment, with detoxifying, energizing, circulatory stimulating and immune boosting benefits.

The Thai Hammam experience is a rejuvenating, hydrothermal, therapeutic treatment, with detoxifying, energizing, circulatory stimulating and immune boosting benefits.

Feel yourself renewed with our unforgettable complete Thai Hammam journey. This experience is comprised of several stages that utilize contrasting temperatures, deep body exfoliation, massage, thermal mud therapy, and salt cave relaxation. Our Thai Hammam Journey will leave you in an unforgettable state of complete bliss. All products used are 100% natural.

Your treatment includes:

- Traditional sauna
- Rain shower
- Aromatic Thai Herbal steam
- 100% Natural Moroccan Black Soap massage and skin softening
- Deep skin exfoliation with authentic Hammam Kessa glove
- Therapeutic thermal mud treatment
- Himalayan salt cave therapy and relaxation

Our ocean view spa treatment rooms are allocated as a priority for all guests wherever possible and are subject to availability. If you would like to ensure that your treatment is in an ocean view room, please talk to our reception team and we will do our best to meet your request.

All rates are subject to 10% service charge and 7% applicable government tax.



## Mud Therapy

60 minute sminutes 3,200 baht

The use of pure healing mud or clay from the earth is a centuries old practice that supports skin and musculoskeletal health. Mud has been used therapeutically in many traditions all over the world for its mineral dense and nourishing properties. Choose from our two 100% natural therapeutic mud for your treatment:

### **Dead Sea Mud**

This Special formulation has outstanding detoxifying properties. Vitamin E nourishes your skin, leaving it soft and supple without feeling greasy. Caramel is added to enhance the moisturizing effect, perfect for Dry and Sensitive Skin. And the natural aroma of Lavender and Chamomile oil help to neutralize the smell of Dead Sea Mud while relaxing your senses.

### **Ghassoul Clay with 7 Plant Extracts (Morocco)**

Ghassou clay contains seven herbal extracts, as well as silica and magnesium (90% clay in composition), which helps to draw toxins and impurities from your skin. It is naturally exfoliating and works to rebalance sebum production and reduce skin inflammation. Extracts of Rosemary, Lavender, Rose, Clove and other herbs provide additional blemish correcting, antioxidant and circulatory stimulant benefits. This clay is ideal for Normal and Oily skin, as it helps to absorb excess oil and reduce congestion without drying the skin.

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## Massage Treatments

We offer a variety of massages from therapeutic to relaxing and everything in between. Choose from our comprehensive menu depending on your body's needs.

### **The Signature of Amatara Massage**

60 / 90 minutes (3,100 / 3,900 baht)

The magic of the Phuket Sea is captured and embraced in this session, where consistent pressure along the energy lines and gentle stretching eases muscle tension. As the Thai sun warms the soul, this massage will warm and melt any tension held in muscles.

### **Deep Muscles Release**

60 / 90 minutes (3,100 / 3,900 baht)

The expert therapist's skilled hands work in slow movements, complementing your breath and pressing deeply into the muscle tissue. Perfect for guests who enjoy deeper massage pressure.

### **Individually Focused & Intuitive Massage**

60 / 90 minutes (3,100 / 3,900 baht)

Advanced training and experience opens the practitioner's intuition, selecting techniques specific to your needs. Especially good for those feeling jet-lagged.

### **Relaxing Lavender Therapy Massage**

90 minutes (3,900 baht)

A deeply relaxing oil massage utilizing the healing, calming, and sleep-promoting properties of pure Lavender aromatherapy. Allow your therapist to skillfully ease muscle tension throughout the body, head, neck and shoulders, encouraging healthy, deep, rejuvenating sleep.

### **Candle Massage**

90 minutes (3,900 baht)

A natural rose-scented oil creates the candle's 'wax' which is heated to a liquid and poured over the body before massaging it gently into the muscles. The result is a warm, deeply relaxing treatment that will leave you smelling and feeling heavenly.

### **Warm Stone Massage**

90 / 120 minutes (4,200 / 4,700 baht)

This treatment encourages the body to detox and heal while increasing lymph flow to help flush out waste. Heat relaxes your body in a short space of time, so your massage therapist can focus on a deep working of the tissues using both warm stones and hand strokes to increase your sense of relaxation and calm.

### **Pregnancy Massage**

60 minutes (3,200 baht)

Especially designed for mothers to be, this nurturing and gentle pregnancy massage helps realign and relax your changing body. Our expert therapists support our pregnant guests with cushions and modified positioning for massage, and use pure sweet almond oil, a safe choice for both mother and baby.

These treatments are designed for clients that are 16 weeks pregnant or more, no treatments can be given in the first trimester.

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### **Traditional Thai Massage**

60/90/120 minutes (2,500 / 3,000 / 3,500 baht)

Thai massage is a deeply healing therapy that stems from ancient tradition. It utilizes 'sen' lines, or lines of energy and a point system similar to those used in Chinese medicine. These points and sen lines are given close attention in Thai massage, in order to improve energy flow, increase blood circulation and relieve tension in muscles and tendons. When energy and blood flow are unobstructed, the tissues and organs are better nourished, improving health. Traditional Thai massage helps to improve overall wellbeing, and significantly reduces stress and tension.

### **Traditional Thai massage with Herbal Compress**

Traditional Thai Massage with Herbal Compress 90 /120 minutes (3,500 / 4,000 baht)

Signature of Amatara Massage with Herbal Compress 90/120 minutes (4,400 / 4,900 baht)

Warm compresses stimulate and support body systems to soothe and create internal balance, along with the healing benefits of traditional Thai massage, choose from;

- Traditional Thai Massage with Herbal Compress
- Signature of Amatara Massage with Herbal Compress

## **Speciality Massage Treatments**

### **Ingham Foot Reflexology**

60 minutes (4,000 baht)

Foot massage dates back to both ancient Egypt and China as a technique to improve the health of the whole person; body, mind and energy system. Reflexology helps to release tension and improves the flow of vital energy within your body.

### **Thai Salt Pot Therapy**

90 minutes (4,200 baht)

A deeply relaxing massage therapy that is detoxifying, energizing and internally warming. Thai Salt Pot Therapy is inspired by a traditional Thai treatment often used for women post childbirth and for people who tend to feel cold easily, or who have poor circulation. Through the use of a Thai style a clay pot containing Himalayan salts, and the power of organic essential oil aromatherapy massage, this treatment gently and deeply warms the body to detoxify, energize and relax, while also promoting blood circulation and lymphatic drainage. This treatment concentrates on the back and abdominal areas.

### **Migraine Therapy**

60/90 minutes (3,500 / 4,200 baht)

Migraine therapy utilizes a combination of massage and acupressure techniques that focus on different systems of the body related to migraines; including upper back, neck, chest, head, face, hands and feet. This treatment promotes healthy flow of the circulatory and lymphatic systems to help relieve migraines, headache, cranial pain, tension, while also promoting deep relaxation and enhanced sleep.

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## Ayurvedic Treatments

'Ayurveda' literally means 'the science of life' and is an ancient system of traditional healing that is still widely practiced today, both throughout India and in many other locations around the world. The practice of Ayurveda includes many beneficial massage and body therapies to promote detoxification, support vitality and to stimulate natural healing and balance.

### **Shirodhara**

60 minutes (5,900 baht)

Shirodhara is a powerful treatment to reduce anxiety, insomnia, mental stress, depression, headache and lack of memory. Warm sesame oil slowly drips onto the third eye into the hair and scalp, followed by an ayurvedic scalp massage to release accumulated tension. Sesame oil is rich in linoleic acid, and has anti-bacterial, anti-inflammatory and antioxidant properties. It is very nourishing, and prevents the skin from getting excessively dry.

### **Indian Head Massage**

60 minutes (3,500 baht)

This releases tension of the head, neck and shoulders, and ideal for anyone wanting to de-clutter the mind, release mental strain or stress, improve sleep quality, and experience a feeling of lightness and peace.

### **Abhyanga**

90 minutes (4,200 baht)

This full body warm-oil massage is prized in Ayurvedic tradition for its rejuvenating and detoxifying benefits. This treatment is tailored to suit Ayurvedic body type or dosha (Kapha, Pitta, or Vata). A blend of specific aromatherapy massage oil are selected to create harmony and balance for the individual constitution.

### **Kati Vasti**

60 minutes (3,500 baht)

This is a unique treatment ideal for lower back pain, exhaustion, and sciatica. Focusing primarily on the lower back, Kati Vasti involves softly pouring a gently warmed herbal oil into a specially prepared oval dam that is shaped over the lower back. Local 'marma' points are gently pressed to stimulate the free flow of blood and energy in and around the lower back and legs.

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## Alternative Therapies

### **Chi Nei Tsang**

60 minutes (4,000 baht)  
3 x 60 minutes (10,200 baht))

Originating in Thailand and based on the principles of Traditional Chinese Medicine, Chi Nei Tsang, also referred to as the 'inner organ massage', is a healing massage therapy focused on the abdomen. Many of us, often unknowingly, hold physical and emotional tension deep within the abdomen, which can often result in uncomfortable digestive symptoms and the accumulation of toxins and emotional distress. Chi Nei Tsang helps release tension, stress, and toxins held within the abdomen. It is ideal as a pre-colonic massage or as a treatment on its own.

### **Fire Cupping Therapy (Pain Management System)**

30/60 minutes (1,900 / 3,500 baht)

Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow. Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue.

### **Crystal/Chakra Healing (Purification Of Chakras)**

60 minutes (3,500 baht)

Crystal healing is a type of alternative therapy that involves using gemstones to bring balance to an individual's life and mind. Crystals are said to "have a stable and unchanging energy pattern, each with a unique frequency and energy field, or resonance" that gives them special properties.

### **Energy Healing (Reiki)**

60 minutes (3,500 baht)

This is an ancient, hands-on healing technique that draws on the concept that everything is energy, from subtle to physical matter. All healing practices ultimately involve the re-alignment of energy within the body, as well as the physical, emotional and mental layers of our being. Energetic healing works purely on the energetic level, which ultimately influences the harmony and balance of the physical body. When we are seeking to heal and balance the body, it is highly important to focus on the physical, mental or emotional levels with specific treatments. Energy healing supports all other therapies, as it works on the energy of which the body, mind and emotions are composed.

### **Acupressure with moxibustion (Alternative Medicine – Energy Flow)**

30/60 minutes (1,900 / 3,500 baht)

Acupressure is a thousand – year old form of massage therapy that involves applying pressure to certain points on the body to address ailments. According to traditional Chinese medicine, people have meridians or channels throughout the body. Qi which is understood as a life- sustaining energy force runs along those meridians. Qi can become stuck at some points along the meridians, and the goal of acupressure is to keep the energy flowing using pressure at specific points.

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## Detox Treatments

### Colon Hydrotherapy

60 minutes (4,800 baht)

3 sessions x 60 minutes (12,240 baht)

Due to the pace of modern living, stress, and the increased consumption of refined foods, most of us accumulate excess waste in the intestines over time. Some of us may experience symptoms such as constipation, bloating, poor digestion, or fatigue, while others may be unaware of such accumulation. Colon hydrotherapy is a key treatment for supporting the elimination of excess wastes from the large intestine. This treatment, performed by a qualified nurse, involves the gentle irrigation of the colon with warm water, followed by the release of water and wastes into a clean, discreet system.

For complete cleansing, a minimum of 3 sessions is recommended, however a single session is also highly beneficial.

### Coffee or Chlorophyll enema

60 minutes

Colon Hydrotherapy 2x60 minutes + 1 colonic with coffee enema 12,300 baht

After two colonic sessions, a third colonic utilizing an organic coffee or chlorophyll enema may be booked to enhance results and promote deep cleansing.

Coffee enemas help to increase the elimination of toxins from the liver by increasing bile output. Chlorophyll helps to destroy harmful bacteria in the digestive tract, and has many other benefits such as promoting the health of the circulatory, digestive, immune, and detoxification systems.

### Manual Lymphatic Drainage

60/90 minutes (3,100 / 4,200 baht)

The lymphatic system is an extremely important part of the body's circulatory system, and also plays a vital role in immune function. Manual Lymphatic Drainage is a therapy designed to support the healthy functioning of the lymph system, including detoxification of fluid wastes and elimination of excess fluid. This helps to clear the body of toxins and stimulate the immune system.

### Jala Neti Shatkriya

30 minutes (1,500 baht)

A Shatkriya is a yogic practice that works to cleanse the nasal passages for enhanced purification of the body. It is performed by using a specifically designed 'neti pot', filled with warm salty water to irrigate the sinuses. Additionally, Jala Neti enhances our breathing and oxygen availability by allowing for freer and fuller respiration, while also helping to calm the mind.

Your Jala Neti session includes a ceramic Neti Pot to take home and continue your practice.

### Detoxifying & Draining Slimming Treatment

90 minutes (4,800 baht)

A dynamic slimming body treatment focusing on areas of concern. Choose to concentrate on upper thigh, hips or stomach. This treatment is specially developed to activate metabolism and the draining of impurities from the body via the lymphatic system and skin. The addition of a far-infrared heat blanket adds to the detoxifying and metabolism-boosting effect of the treatment. The session includes Green tea body scrub, anti-cellulite massage, active thermal gel and an active Bladderwrack Seaweed mask to areas of concern. To finish, body contouring gel is applied to the whole body.

### Ultimate Detoxifying Slimming Treatment

120 minutes (5,900 baht)

A draining and detoxifying luxury body treatment designed to promote slimming, improve metabolism, and eliminate toxins. It is ideal for anyone experiencing fluid retention or wanting to address cellulite. The treatment includes Green tea body scrub, anti-cellulite massage, active thermal gel, and an active Bladderwrack Seaweed mask to the whole body. A far-infrared heat blanket adds to the detoxifying and metabolism-boosting effect of the treatment. Finishing with the application of a contouring gel to the whole body. The results are immediate, including a feeling of lightness and tone throughout the body.

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## Body Treatments

### Body Scrubs

45 minutes (1,800 baht)

Choose from our selection of Amatara signature natural body scrubs and body wraps to nourish your skin and soothe your soul:

- Gentle Flower Essence: softening and brightening floral body scrub
- Phuket Sun Kiss Coconut: A gentle, coconutty, soft exfoliation, ideal for sensitive or sunburnt skin
- Andaman Dream Jasmine Rice: Cream scrub with ground jasmine rice
- Green Tea: A stimulating, firming and energizing body scrub combining rosemary, green tea and peppermint

### Body Wraps

45 minutes (1,800 baht)

We use eco-friendly, freshly-cut banana leaf for all of our body wraps. Banana leaf naturally retains moisture and allows the body wrap product to absorb deeply into the skin. This provides optimal skin-softening benefits.

- Cooling Aloe Wrap: This refreshing wrap rehydrates and heals sun-kissed skin.
- Andaman Dream Jasmine: Nourishing, brightening and toning with added moisturizing benefits
- Brightening Floral White Clay: A natural exfoliator to remove dead skin cells for softer, smoother skin, with Thai white mud known for its high mineral and firming properties.

\*\*\*For a wonderful experience for your body and skin we suggest you combine a scrub with a wrap.

## Facial Treatments

### **Amatara Signature Organic Facials**

60 minutes (4,600 baht)

Made using the purest, 100% natural, organic products, these facials are a rich, nourishing and beautifying treat for your skin. Our products are hand-picked for their healing, anti-inflammatory, anti-aging and skin nourishing properties. As these products are completely natural and hypo-allergenic, our organic facial treatments are suitable for all skin types, including very sensitive skin. We have combined these high quality products with our unique, secret facial massage techniques to give your face a fresh healthy, enviable glow.

### **Amatara Anti-aging Facial**

A deeply nourishing anti-oxidant facial

This facial draws from the anti-aging, anti-oxidant properties of Argan, Patchouli, Rosehip, Moringa and Buriti oil and combines this with specialized herbal compress massage techniques to help protect the skin from signs of aging. Ideal for those wishing to address fine lines, pigmentation, and other signs of stress or aging, while deeply nourishing and revitalizing the skin. Using a quartz crystal roller to smooth fine lines and provide a natural lift to the face, this facial will leave your face beautifully refreshed, cleansed, radiant, and youthful.

### **Amatara Lifting and Firming Facial**

A facial to lift and refresh the face

Harnessing powerful ingredients from the Thai herbal pharmacy and your body's innate capacity to heal and revive, this facial applies ancient Chinese facial massage techniques with a jade roller to visibly lift and firm the face, revealing a more youthful and radiant you. Our pure kaolin mask additionally supports in firming and clarifying the skin. This treatment is ideal for those looking to refresh their facial appearance and receive a deeply cleansing and nourishing treat for the skin.

### **Amatara Purifying Facial**

A deep cleansing facial for those troubled by blemishes or clogged pores.

Our purifying facial is ideal for those troubled by blemishes or clogged pores, or who simply wish to deeply cleanse the skin. We combine the best of nature's anti-inflammatory, antibacterial and hypoallergenic ingredients, including pore-minimizing Witch Hazel, soothing and cleansing Tea Tree, as well as Moringa, Argan and Tamanu, all of which have been used for centuries for their healing and restorative powers. These oils not only contain valuable nutrients and antioxidants but also boast a high content of Vitamins E and C and essential fatty acids, ideal for soothing and repairing the skin. Your purifying facial includes a powerfully cleansing Dead Sea Mud mask, rich in minerals and skin softening, anti-inflammatory effects.

### **Amatara Brightening and Revitalizing Facial**

This facial will leave your face beautifully refreshed, cleansed, and brightened.

This facial draws from the anti-aging, anti-oxidant properties of Argan, Patchouli, Rosehip, Moringa and Buriti oil, and combines this with a herbal double-mask process to deeply cleanse and then brighten and clarify the skin by naturally stimulating circulation and blood supply to its deepest layers. Ideal for those feeling that their complexion has become a less vibrant due to a variety of lifestyle factors such as late nights, caffeine intake, frequent travel or stress. This facial will leave your face beautifully refreshed, cleansed, and brightened.

### **Facial Reflexology**

60 minutes (4,000 baht)

Similar to the feet, the face contains many 'reflex' points that correspond to different systems of the body. These points are recognized by many Asian traditional healing systems, most notably Traditional Chinese Medicine. The treatment produces noticeable lifting and firming effects while also stimulating blood circulation and lymphatic drainage of the face, giving you a natural, healthy glow.

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## Facial Treatments continued

### High-Performance Facial Treatments

Our high performance facials are an exceptional alternative to aesthetic or cosmetic medicine for women of all ages. Our facial treatment stimulates cellular energy to enhance the skins beauty and target your skin concerns. We offer a number of treatment options based on your objectives and facial skin needs.

### Hydradermie Youth

60 minutes (4,200 baht)

Hydradermie Youth facials are an exceptional alternative to easthetic medicine for women of all ages. This treatment stimulates cellular energy to enhance the skins beauty and youthful aperance. Customisable, this treatment offers 5 options based on your objectives and facial skin needs;

- Moisturising
- Purifying
- Anti-aging and anti-wrinkle
- Brightening
- Soothing

The treatment uses dynamic ionization to transmit energy to the skin cells for rapid and effective absorption of active ingredients according to your beauty objective. The treatment boosts oxygenation of the skin cells and improves microcirculation. Combined with expert facial massage, this session will leave the skin glowing with renewed radiance.

### Hydraderme Lift

60 minutes (4,600 baht)

With age muscles are used less frequently and their structure begins to weaken, causing the skin to lose its tone and contours to slacken. Hydradermie Lift enhances the facial features by stimulating contraction of large and small muscles of the face, resulting in a more youthful, lifted appearance in just a few minutes. A viable alternative to aesthetic medicine, this treatment visibly rejuvenates facial features. Hydradermine Lift includes faical lymphatic drainage, facial tenson release, facial muscle stimulation, relaxing massage and serum application.

The skin appears renewed, firmer and more toned. This treatment is usually performed on the face, but can be applied to the neck and décolleté as an area specific, stand-alone treatment.

### Hydraderme Lift Deluxe

90 minutes (5,200 baht)

This 90 minute session is a complete combination of our personalized Hydradermie Youth and Hydradermie Lift treatments that will leave your skin looking and feeling radically renewed, lifted and refreshed.

### Hydradermie Eye Lift

45 minutes (3,600 baht)

This is a perfect treatment for anyone looking to restore youthfulness to the eye area whether as a treatment on its own or as an added extra to your facial. This treatment helpd minimize wrinkles, firms and decongests the eye area and reduces puffiness and the appearance of dark circles.

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## Spa Journeys

### Amatara Half Day package

195 minutes (6,800 baht)

This journey focuses purely on your body. We start with rejuvenating your skin, and finish with a full body massages restoring balance and calming your mind.

Thai herbal steam	15 minutes
Selection of Body Scrub	45 minutes
Selection of Body Wrap	45 minutes
Selection of Body Massage	90 minutes

Choose from the following massages:

- The Signature of Amatara Massage
- Reaching into the Deep Muscles Release
- Individually Focused & Intuitive Massage

### Amatara Delight package

135 minutes (6,500 baht)

This journey is for those who can't decide whether to have a facial or a massage, why not do both. You will be glowing and floating at the end of this treatment.

Selection of Body Massage	75 minutes
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Choose from the following massages:

- The Signature of Amatara Massage
- Reaching into the Deep Muscles Release
- Individually Focused & Intuitive Massage

Selection of Amatara Organic Facial treatment	60 minutes
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Choose from the following massages:

- Amatara Anti-aging Facial
- Amatara Lifting and Firming Facial
- Amatara Purifying Facial
- Amatara Brightening and Revitalizing Facial

### Kids' Times

Massage for Parent & Child

Massage for child 45 minutes 2,500 baht

Introduce your child to the pleasures of massage with a 45 minute gentle massage followed by a bubble bath, supervised by their therapist.

Please note: children's massage must be booked together with a parent's 75 minute Signature of Amatara massage 75 minutes.

Parents can enjoy their massage session, but are to remain with the child for the length of the session.