



WELCOME TO THE ULTIMATE SENSORIAL ESCAPE

At Shine Spa, we illuminate your path to wellness with suiting body and mind treatment for relaxation and long-lasting total balance.

Select from an extensive menu of therapies and rituals including Mindfulness massage. Or, immerse in one of our Signature Authentic Journey packages of unwinding, replenishing and renewing.

All wellness programs at Shine have been designed to make healthier living immensely enjoyable. In addition to holistic treatments administered by skilled therapists, nutritious spa cuisine further enhances your experience. The surrounding sea's healing and energizing effects likewise mean vitality will indeed shine upon you.

Please don't hesitate to consult our spa professionals for assistance in creating customized treatments that suit your individual needs and preferences.

Shine Signature Mindfulness Massage

Sound Vibration Energy Healing 90 minutes

THB 3500

This total healing therapy incorporates Tibetan bowl sound vibration to create a peaceful healing space. Soothes physical as well as emotional stress towards a complete body, mind and spirit harmony. The experience produces a deep sense of relaxation and tranquility, effects that will promote better quality sleep.

Thai Back Relief Massage 90 minutes

THB 3500

Combines acupressure, energy balancing techniques and assisted yoga postures, all enhanced by natural Thai herbal balm. Combined with Gua Sha scraping on back, relieves back muscle tension while releasing blockage in meridian lines. Life force flow is stimulated and wellness balance attained.

Himalayan Salt Pot Massage 90 minutes

THB 3500

Taking Inspiration from ancient Thai postnatal remedy, this heat-transferring treatment features Himalayan salt packed in Thai style clay pot, combined with aromatherapy massage. Focus is on abdominal and back areas in a therapy that provide substantial relaxation as well as detoxification effects.

Shine Signature Authentic Journey

Body Mind Energy In Sync / 255 minutes

THB 8900

Recharge your body and mind with a half-day spa experience. Herbal steam to induce circulation, Choice of Scrub Exfoliator gently cleanse impurities from the skin, Includes Sound Vibration Energy Healing and Anti-Wrinkle Facial Treatment.

Lady's Retreats / 180 minutes

THB 5900

A comprehensive mind and body treatment emphasizing natural plant and herbal extracts. Commence with Green Tea Body Wrap, follow by soothing Aromatherapy Essential Massage. Your peaceful journey ends with Brighten than Light Facial Treatment.

Gentleman Recharge / 150 minutes

THB 5200

Specially designed for men to regain vitality and make sure they're ready for all of life's challenges. Comprises herbal steam to induce circulation, vigorous deep-tissue massage to loosen tense and tight muscles, and facial for Less Oil More Grace Facial.

Couple Romance / 120 minutes

THB 6600 / couple

Designed for couples for lovers to spend more time together, start the journey of indulgence with Green Tea Milk Bath follow by a 90-minute Flow massage session for bliss and luxury to discover the ultimate relaxation of your body and mind

Mindfulness Massage

Thai Healing Art Massage **60 minutes, 90 minutes**

THB 2300 / 2900

Ancient healing system combining acupressure and energy balancing techniques, in addition assisted yoga postures. A therapy for relieve muscle tension and releasing meridian line blockages, leading to restored balance and improved wellbeing.

Aromatherapy Essential Massage **60 minutes, 90 minutes**

THB 2300 / 2900

A blending of Swedish movements with focus on pressure points on energy centres. Enhanced by the therapeutic qualities of pure essential oils, the massage rouses circulation and increases vital energy.

Flow Massage **60 minutes, 90 minutes**

THB 2300 / 2900

Features movements designed to relax muscles pains and diminish spasm, thereby increasing joints and ligaments mobility so you'll feel invigorated and ready to explore the world.

Deep Tissue Massage **60 minutes, 90 minutes**

THB 2300 / 2900

Firming strokes work on tight and tense muscles, helping to relieve pains and flush toxin accumulation. Allow blood circulation to deliver oxygen to your entire body.

Relaxing Feet Massage **75 minutes**

THB 2300

This treatment promotes relaxation through the use of Reflexology then addresses pressure points to stimulate internal organs and released tension on soles of the feet. A foot herbal compress filled with warming herbs is applied to revitalize the lower legs.

Shine Fusion Aromatic Massage **90 minutes**

THB 2900

Brings together highly effective elements of Thai Healing Art and Flow Massages. Pure essential oils further enrich a therapy designed to relieve muscle pain, improve circulation, release blocked energy and calm the spirit.

Prenatal Massage **90 minutes**

THB 2900

Prenatal massage is using hot pouch with pure oil. The gentle warming effect of hot pouch massage is extremely relaxing, harmonizes the internal state, releases stress and achieves deep relaxation. Its combine with Swedish massage pampered by this soft to medium pressure to stimulate the endocrine system and decreases the level of stress hormones.



Indigenous Rituals

Head Rest 60 minutes

THB 2100

Inspired by reputed Indian head massage while the treatment begins by applying warm stimulating aromatic oil on entire scalp and hair, massage the head with various invigorating movements to stimulate hair root and circulation follow with gentle relaxing massage on neck, shoulder and upper back.

Back Stress Release 60 minutes

THB 2300

A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine

Hot Stone Therapy 90 minutes

THB 3500

Full-body massage therapy using heated basalt with aromatherapy oils for deep-tissue manipulation, relieves tension and soothing muscles. Improve circulation and stimulate lymphatic system to detoxify the body and lift the soul.

Royal Thai Treats (Herbal Compress) 90 minutes, 120 minutes

THB 3500 / 4200

Experience Thai Massage at its best with combination of heated Thai herbal compress to detoxify your body. Prepared in the timeless traditional Thai methods, this treatment is ideal to ease muscle ache and pain leaving you feeling totally relaxed and completely restored.



Facial Treatments

Escutox Anti-Wrinkle Facial For Anti-Aging / 75 minutes

THB 3700

This treatment is formulated with a Pevonia exclusive, patented blend of oligosaccharides, oligopeptides. Escutox is proved effective in reducing skin folds and increase firmness. This Freeze-dried treatment is a stand alone treatment or can be used as a de-aging facial, upgrade the youthful with Gua Sha Jade Stone to uplifting and improve fine line.

Brighten Than Light Facial For All Skin / 60 minutes

THB 2800

This treatment helps to render skin healthy, provides the skin with a bright glow, tightens the pores, hydrates, soothes. Suitable for all skin types with hyperpigmentation.

Soothing-Sensitive Skin Facial For Dry or Sensitive skin / 60 minutes

THB 2800

Sensitive skin requires special care, specialized ingredients and subtle techniques. This gentle treatment mildly cleanses and exfoliates, while decongesting, diffusing redness and calming irritation. A nourishing and cooling cream mask is then applied, followed by a sensitive skincare cream designed to leave the skin feeling fresh, cool, and alleviated.

Less Oil More Grace Facial For Combination & Oily Skin / 60 minutes

THB 2800

This purifying treatment consists of deep cleansing of clogged pores ,gently buff away impurities. The skin is gently massaged and the Refreshing Green Apple Mask is applied Your skin is rendered wonderfully smooth and rejuvenated.

Body Exfoliating

Himalayan Salt Scrub / 60 minutes

THB 1900

Himalayan Salt scrub is enriched with pure essential oils to remove dead skin cells, toxins and other impurities. With your skin fully exfoliated a more youthful appearance emerges.

Ground Coffee Detoxifying Scrub / 60 minutes

THB 1900

Natural caffeine present in coffee grounds helps remove impurities on the epidermis and aids in reduction of cellulite. Improve circulation, Brightens skin, leaving skin soft and bearing a spirit - lifting scent.

Tropical Coconut Scrub / 60 minutes

THB 1900

A delicate cream scrub from Coconut Oil is specially formulated to clean and refresh your skin. Contain Luffa fiber and Almond shell powder that remove dead skin cells and promote surface cell renewal.

Tamarind Brightening Scrub / 60 minutes

THB 1900

Rich in the powerful natural AHAs and Vitamin C that clarify and brighten your skin. Blended with Honey and Milk to effectively help detoxify, removed dead skin cells, also reduction dark spots and leave your skin feeling nourished, looking brighter and healthy.

Black Sesame & Honey Scrub / 60 minutes

THB 1900

With a mix of traditional herbs with honey and sesame seeds your skin will be cleansed by removing dead skin cells. This scrub will moisturize the skin and encourage new cell growth to produce a healthier looking skin.



Body Wrap

Aloe After Sun Soother 60 minutes

THB 1900

A natural sun exposure remedy, aloe vera has long been known as storehouse of enzymes, vitamins, proteins and minerals. This wrap makes the most of plant to balance moisture while cooling and softening skin.

Dead Sea Mud Body Wrap 60 minutes

THB 1900

Dead Sea Mud is famous for giving the skin a glowing and youthful look, firm and tone, hydrates and improves the flow of nutrients to the skin's surface.

Green Tea Body Wrap 60 minutes

THB 1900

Green Tea powder are applied on the skin and wrapped to infuse deep through to the skin in the detox, weight management and increase the anti-oxidant activity.

Virgin Coconut Wrap 60 minutes

THB 1900

Coconut Body Mask is improving skin texture and clarity. Pure Extra Virgin Coconut Oil light, thin oil, leaves a glossy film over the skin that provide hydration effect on dry down, and leaves skin feeling silky smooth.



Bath Therapy

Himalayan Essential Mineral Bath **30 minutes**

THB 1200

Restore body Qi or vital energy with high-mineral-content Himalayan Salt Crystal. Frankincense, sandalwood and clary sage oils furthermore help to calm the mind.

Green Tea Milk Bath **30 minutes**

THB 1200

Renowned for being rich in antioxidants and helping to relieve redness. This special blend of natural ingredients will soothe your body and relax your mind.

Specials Add On

Solid Back Release	30 minutes / THB 1200
Foot Massage	30 minutes / THB 1000
Head Massage	30 minutes / THB 1100
Mini Facial	30 minutes / THB 1500
Body Exfoliating	30 minutes / THB 1000
Herbal Steam	30 minutes / THB 1000
Facial Gua Sha	20 minutes / THB 1000



PLEASE TAKE A MOMENT TO READ THIS

Etiquette

The spa is a retreat for your body and mind. For the consideration of others, we request to keep noise to a minimum. We ask that you respect other guests' privacy by speaking softly. Children are not allowed at the spa unless they are having a treatment, accompanied by an adult. Turn off your mobile phone and other electronic devices within the spa treatment room.

Spa Operation hours

10 am. to 8 pm. We request that last bookings are made by 7.00 pm.

Reservations

Advance booking prior to your arrival is recommended to secure your preferred date and time of treatment.

Check-in

Please arrive at least 15 minutes prior to your scheduled treatment. So, please be aware that if you arrive late, your service will unfortunately have to be shortened to ensure the service preparation for other guests.

Health considerations

If you have high blood pressure, heart conditions, allergies, pregnancy or any other medical complications, we advise that you consult your doctor before signing up for any spa services. Please inform us in advance of any existing medical conditions that may affect your treatments or activities at the spa.

Smoking and Alcohol

Smoking and the consumption of alcohol within the spa are prohibited.

Valuables

We recommend that no jewelry be worn at the spa. No responsibility for the loss of money or valuables of any kind brought into the spa premises.

Cancellation Policy

4-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee. Full charges will be imposed for a "no-show".

Payment

Cash payments are appreciated. We also accept credit card (except American Express). Prices are subjected to change without prior notice.