



ZANA SPA

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Indulge in a serene and tranquil escape at ZANA Spa, a sanctuary where you can experience pure bliss. Immerse yourself in a sensory journey of rejuvenation with our therapeutic massages, Thai herbal compress Nuad Pra Kob treatments, and calming body rituals. Our personalized therapies are based on the ancient art of Thai massage and rooted in authentic Thai culture, ensuring that you will renew and recharge.

Our expert therapists will help you restore the balance between your body and mind. You can spend the day at our luxurious spa and enjoy everything our wellness center has to offer to keep you healthy and fit. Work out with cardio equipment and free weights or take a refreshing swim in our outdoor pool with stunning sea views. After a workout, unwind by the pool or soothe your muscles in our steam room.

ZANA Spa by Wyndham Grand Phuket Kalim Bay is open from 10 am to 8 pm, and you can book an appointment by contacting us at 076-562000 ext. 300 or email us at spa.m@wyndhamgrandphuket.com. Escape to our sanctuary and experience the ultimate relaxation.



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ZANA SIGNATURE PACKAGES

Price: THB 9,900 net per person
THB 17,900 net per couple

(210 minutes)

Relax and rejuvenate with our romantic hydrotherapy packages, designed to soothe your senses and melt away stress. Perfect for couples or individuals seeking the ultimate spa experience.

For Ladies:

- 30 min Vichy Shower Therapy
- 30 min Himalayan Salt Scrub
- 30 min Dead Sea Mud
- 60 min Body Massage
- 60 min Facial Treatment

For Gentlemen:

- 30 min Vichy Shower Therapy
- 30 min Himalayan Salt Peeling
- 30 min Indian Head Massage
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Express Facial Treatment



SPA PACKAGE

Customize your own spa experience by choosing the desired duration and combining it with the body treatment of your choice.

STRESS RELIEF PACKAGE (120 minutes)

Price: THB 4,900 net per person

Find the perfect balance of body and soul with our ultimate stress relief package, designed to relieve tension from head to toe.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage or Neck-Shoulder-Head Massage

HYDRO TRANQUILITY PACKAGE (150 minutes)

Price: THB 7,900 net per person

Refresh your spirit in the tranquility of our rainforest environment. This package gives you the time and space to leave your daily routine behind and recharge your batteries. Nourish your body with our wonderful treatments, including a relaxing hydrotherapy spa.

Hydrotherapy

- 30 min Body Scrub
- 30 min Body Treatment
- 30 min Body Massage
- 60 min Body Massage



SPA PACKAGE

ENERGIZING PACKAGE

(150 minutes)

Price: THB 7,900 net per person

Experience our Energizing Package, a celebration of life that leaves you feeling refreshed, renewed, and rejuvenated. Achieve complete harmony of body, mind, and spirit with this invigorating package.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Indian Head Massage

BLISSFUL PACKAGE

(180 minutes)

Price: THB 8,900 net per person

Indulge in your very own mini vacation with our Blissful Package, designed to address all the relaxing sensitivities of your body and mind.

- 30 min Body Scrub
- 60 min Body Massage
- 30 min Foot Massage
- 30 min Indian Head Massage
- 60 min Facial Treatment





FULL BODY MASSAGE

A luxurious and relaxing experience that will leave you feeling rejuvenated and refreshed. Our skilled therapists will use a variety of techniques to relieve tension and soothe sore muscles, leaving you feeling deeply relaxed and at ease. This treatment is perfect for anyone looking to unwind and restore balance to their mind and body.

NUAD PRA KOB PACKAGE

(120 minutes)

Price: THB 4,900 net per person

This package offers the ancient healing technique of Nuad Pra Kob, which can be done with or without oil. This unique treatment uses a selection of medicinal herbs wrapped in a muslin compress, steamed and placed on the body with gentle pressing, circling, and rolling movements. It provides deep relaxation while relieving pain and stress. The pressure level can be moderate to deep.

THAI BORAN PACKAGE

(60 or 90 minutes)

Price: THB 1,900 net per person (60 min)

THB 2,900 net per person (90 min)

This package offers the ancient healing massage of Thai Boran, which combines acupressure, Indian Ayurvedic principles, and supported yoga postures. It includes rhythmic pressing and stretching of the entire body. No oil is used in this massage.

FULL BODY MASSAGE

ANGEL TOUCH PACKAGE

(60 or 90 minutes)

Price: THB 1,900 net per person (60 min)
THB 2,900 net per person (90 min)

This package offers a relaxing massage with a special warm aromatic oil of your choice. The scent of natural aromas rebalances your body and mind, putting you in a state of tranquility. The pressure level is light.

SWEDISH PACKAGE

(60 or 90 minutes)

Price: THB 1,900 net per person (60 min)
THB 2,900 net per person (90 min)

This package offers the classic massage of Swedish, which was developed in the 1700s by Swedish physician Pehr Henrik Ling. This massage promotes strengthening and relaxation and stimulates the muscles. It is an excellent method to relieve the body from tension and creates a feeling of general well-being. The pressure level is moderate.

DEEP TENSION RELIEF PACKAGE

(60 or 90 minutes)

Price: THB 1,900 net per person (60 min)
THB 2,900 net per person (90 min)

This package offers a deep pressure massage that focuses on realigning deeper layers of muscle and connective tissue. It is especially helpful in releasing tension and relieving stress by applying deep pressure. Slow and long firm strokes are used. The pressure level is deep.





MASSAGE FOCUS

ANTI-STRESS HEAD AND SHOULDER MASSAGE

(30 minutes)

Price: THB 1,900 net per person

Relax and unwind with our Anti-Stress Head and Shoulder Massage. This 30-minute massage targets the tension in your head and neck, helping to ease stress and leave you feeling refreshed.

BACK ENERGY MASSAGE

(30 minutes)

Price: THB 1,900 net per person

Revitalize your back with our Back Energy Massage. This 30-minute massage uses specialized techniques to release tension and improve circulation, leaving you feeling renewed and energized.

SIAM FOOT MASSAGE

(30 minutes)

Price: THB 1,590 net per person

Pamper your feet with our Siam Foot Massage. This 30-minute massage uses traditional Thai techniques to soothe and revitalize tired feet, leaving you feeling relaxed and rejuvenated.

BODY SCRUB

RICE FOR LIFE BODY SCRUB

(30 minutes)

Price: THB 1,900 net per person

Indulge in our Rice for Life Body Scrub, a luxurious 30-minute treatment that uses a cocktail of authentic organic essential oils and bentonite and white clay to increase skin resilience, reverse damage, and eliminate dark spots, leaving your skin glowing and revitalized.

TROPICAL FRUIT BODY SCRUB

(30 minutes)

Price: THB 1,900 net per person

Treat your skin to our Tropical Fruit Body Scrub, a refreshing 30-minute treatment that uses a unique blend of fruit extracts to brighten your skin without harsh chemicals, while the aroma blend oils complement the richness of the fruit extracts.

SOYBEAN COCONUT BODY SCRUB

(30 minutes)

Price: THB 1,900 net per person

Experience the nourishing benefits of soybean oil and coconut with our Soybean Coconut Body Scrub. This 30-minute treatment provides silky smooth skin and maintains an emotional connection with your body.





BODY TREATMENT

RICE FOR LIFE BODY TREATMENT

(30 minutes)

Price: THB 1,900 net per person

Transform your skin with our Rice for Life Body Treatment, a 30-minute treatment that uses authentic organic essential oils and bentonite and white clay to increase skin resilience, reverse damage, and eliminate dark spots, leaving your skin glowing and revitalized.

SUN KISS BODY TREATMENT

(30 minutes)

Price: THB 1,900 net per person

Soothe and rejuvenate sun-exposed skin with our Sun Kiss Body Treatment, a 30-minute treatment that uses aloe vera to promote skin rejuvenation and oxygenate cells, leaving your skin soft and supple.

DEAD SEA MUD BODY TREATMENT

(30 minutes)

Price: THB 1,900 net per person

Cleanse and detoxify your skin with our Dead Sea Mud Body Treatment, a 30-minute treatment that uses the detoxifying properties of Dead Sea mud and the nourishing benefits of vitamin E to leave your skin feeling soft and refreshed.

HYDRO THERAPY

VICHY SHOWER THERAPY

Price: THB 2,900 net per person

(30 minutes)

A session of gentle rain-like water jets that massage and soothe your body, leaving you feeling relaxed and rejuvenated.

HYDRO SWISS SHOWER

Price: THB 2,900 net per person

(30 minutes)

A session of alternating hot and cold water sprays that stimulate circulation and invigorate your senses.

ENERGISING FOAMING BATH

Price: THB 1,900 net per person

(30 minutes)

A session of bubbling water jets that release tension and refresh your body and mind.

REFRESHING FOAMING BATH

Price: THB 1,900 net per person

(30 minutes)

A session of calming bubbles that soothe your muscles and restore your energy levels.



FACIAL TREATMENT

ANTI-AGING SIGNATURE TREATMENT

(60 minutes)

Price: THB 3,000 net per person

This nourishing treatment is designed to address nutrient deficiencies, wrinkles, and other signs of aging in the skin. It utilizes potent ingredients such as retinol, DNA, replenishing spheres, collalift, ginkgo biloba extract, hydrocyte, and vitamin 56 to stimulate the formation of new skin cells, reduce wrinkles caused by free radicals, and deeply nourish the skin cells. It is suitable for individuals over 30 years of age.

MOISTURIZING SIGNATURE TREATMENT

(60 minutes)

Price: THB 3,000 net per person

This nourishing treatment is specially formulated to address dry and dehydrated skin. It uses hydro-captors, shea butter, trace elements, and phospholipids to release water to the deep skin cells, soften the skin, form a protective film on the skin, and reduce evaporation of water from the upper skin cells. Additionally, it stimulates and strengthens the skin cells while reducing skin irritation.

BALANCE SIGNATURE TREATMENT

(60 minutes)

Price: THB 3,000 net per person

This treatment is designed to nourish and condition oily and combination skin. It helps to reduce oiliness on the face and prevent acne with ingredients such as Seboregulator, Choloheidine digluconate, Zinc, Keratolite, and Enteline 2, which control the function of the sebaceous glands and prevent overproduction of sebum. It also inhibits and resists the appearance of



MANICURE & PEDICURE

MANICURE

Price: THB 1,200 net per person

Treat your hands and nails to a pampering sequence of soaking, filing, polishing, and gentle massage. This treatment will leave your hands feeling soft, smooth, and beautifully cared for, and will finish with a flawless polish.

PEDICURE

Price: THB 1,200 net per person

Relax and rejuvenate your feet with an aromatic foot bath, followed by perfectly trimmed, filed, and polished toes. A soothing massage will leave your feet feeling refreshed and revitalized, and your nails perfectly polished.

MANICURE & PEDICURE

Price: THB 1,600 net per person

Indulge in the ultimate hand and foot pampering experience with our luxurious combination of manicure and pedicure treatments. This package will leave your hands and feet feeling nourished, refreshed, and beautifully polished.

NAIL POLISH

Price: THB 400 net per person

Complete your manicure or pedicure with a perfect, long-lasting polish in your favorite shade. Our high-quality nail polish provides a flawless finish that will last for weeks.

