



TALAY

SPA





Talay Spa celebrates the Southern Thai culture. Comprising of a handful of contemporary suites, the melody of the waves and the gentle breath of our frangipani garden soothes all who come to Talay Spa. Spa treatments use natural products made with ingredients from well known Thai herbs, plants and flowers.

Rooted in the timeless healing traditions of Thailand, Talay Spa is designed to restore balance and harmony to your body and mind. Relax in an oasis of beauty, grace and tranquility. Intoxicating aromas of the world's most exotic elixirs and oils are used in treatments designed to deliver radiance, healing and a quiet sense of inner and outer well-being.

Choose to have treatments in our air-conditioned individual spa villas.

Please contact our Spa Team at 44 to make a reservation or have a consultation.

## *Flower & Herb Scented Massage Oils*

Champa Massage Oil

*Michelia alba flower oil (used to relaxing, de-stress)*

Jasmine Massage Oil

*Jasmine flower extract (used to calming, anti-septic, de-stress)*

Lemongrass Massage Oil

*Lemongrass oil (used to balancing, anti-septic, skin toning)*

Ylang Ylang Massage Oil

*Ylang Ylang oil (used to calming, de-stress)*

*Applicable government and 10% service charge are excluded from the prices listed above*

## Feel relax with our signature therapies

### ALLURE OF THE COCO

120 min

THB 3,200

Experience a signature treatment of Talay Spa totally finest ingredient from nature with a combining of scrub and massage using a creamy coconut scrub to gently remove dead skin cells and help to promote your skin. A luxurious blend of therapeutic healing techniques East meet West experience will balance energy flow and enhance relaxation throughout the entire body. A truly invigorating experience which will leave you relaxed and free of tension.

## Gentle Touches – Feel divine

### AROMATIC OIL MASSAGES

#### Lunar Massage

60 min

THB 2,000

Stimulate blood circulation with a light to medium pressure massage using a choice of four pure exotic essential massage oils that highlight the lymphatic lines.

90 min

THB 2,800

#### Thai Aromatic Massage

90 min

THB 3,000

Natural fragrant oils applied with acupressure techniques to penetrate and nourish. Hot Thai herbal compress is applied to relieve aching muscles. This treatment combines Oriental and Western styles and is known for its pure pampering pleasure.

#### Swedish Massage

60 min

THB 2,000

A medium pressure, well-being treatment using massage techniques of Effleurage, vibration, tapotement and Petrissage movements combined with aromatic oils to ease tension, increase the level of oxygen in the blood and improve circulation.

90 min

THB 2,800

#### Deep Tissues

60 min

THB 2,000

A firm, deep therapeutic massage that relieves aches and eases and pampers tired muscles.

90 min

THB 2,800

#### Back Stress Release

30 min

THB 1,200

Ease that troubling backache with a Swedish and deep tissues massage that focuses on meridian energy lines. The use of five elements body oil will calm tired muscles. Specifically targeting back, neck and shoulder areas where you need it most.

60 min

THB 2,000

#### Ancient Himalayan Stone Therapy

90 min

THB 3,200

Gui Shi, more commonly known as hot stones are tenderly applied to your meridian points to ensure the smooth flow of Chi throughout your body. Restore inner well-being and spiritual harmony with the aid of warm river stones, which have been individually carved and blessed by Nepalese monks demonstrating the 8 symbols of fortune.

#### Indian Head Massage

60 min

THB 2,000

Travel back in time to find your inner balance. An invigorating pressure point scalp massage using energizing hot oils to open up the pores and refresh you.

# Gentle Touches – Feel divine

## SENSE OF THAI THERAPIES

### Thai Massage

Relax in comfy cotton pyjamas as the combination of a meridian point massage and gentle stretching of ancient Thai techniques help release body tension and blocked energy.

60 min	THB 1,500
90 min	THB 1,900
120 min	THB 2,500

### Thai Herbal Compress

Organically grown indigenous herbs and spices bound within a heated compress are applied lightly over the body to stimulate blood circulation and revive tired aching muscles after an invigorating Thai massage.

120 min	THB 2,800
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### Aqua Foot Massage

Experience energy re-balancing and enhance your immunity with a pressure point massage with a black sapphire stone stick. Your soles will feel stimulated with positive glowing energy.

60 min	THB 1,500
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### Therapeutic Focus Massage

*Pick and Choose*

- Relaxing Head massage
- Express Hands & Feet Massage

30 min	THB 1,000
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## Scrub your cares away....

### BODY SCRUBS

#### Mineral Sea Salt Scrub

Cleanses with embracing sweet almond body oil and mineral sea salts that help renew your skin. The invigorating scrub is followed by a calming body lotion, which is applied using gentle hand movements. *Ideal for oily skin.*

60 min	THB 1,800
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#### Detox Coffee Body Scrub

Detox your skin with our coffee scrub to remove dry surface skin cells, whilst the caffeine found in the coffee scrub typically increases blood flow, redistributes the fat cells and decreases the formation of cellulite, the honey and yogurt smoothens your skin. *Ideal for firm skin.*

60 min	THB 1,800
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#### Coco Pine Scrub

Deep cleanse your body with the essence of Phuket pineapples, weathered coconuts and mineral sea salts and remove surface impurities. The after - scrub body lotion produces silky skin free of oxidants. *Ideal for glowing skin.*

60 min	THB 1,800
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#### Coconut Creamy Scrub

Healthy blended from nature, the recipe for coconut creamy scrub which is good for dry and sensitive skin. The exfoliating effects help to make your skin look fairer, smoother and softer and also good for pre-sun and after sun it helps to keep your tan skin. *Ideal for dry and sensitive skin.*

60 min	THB 1,800
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## Wraps – feel great

### BODY WRAPS

#### Marine Clay Wrap

Apple green clay detoxifying seaweed mask that absorbs toxins, purifies your skin, reduces pigmentations and gives you a glowing skin.

90 min

THB 2,800

#### Moor Mud Wrap

Use nature's miracle from mineral sediments gathered from the fresh water lakes blended in Lavender and Chamomile oils absorb impurities and detoxify.

90 min

THB 2,800

#### Chocolate Tender Wrap

Let your body absorb a chocolate and cinnamon treat that purifies the oxidant properties and tighten skin's elasticity and enhance collagen.

90 min

THB 2,800

#### Emerald Sea Wrap

Step out of the sun and spoil yourself with a cold compress followed by refreshing Aloe Vera and cucumber gel to treat sun burn and begin rejuvenation.

60 min

THB 2,200

## Bathe into pure bliss...

### LUXURY BATHS

#### Rock Salt Bath

Explore ancient bathing rites by dipping into an oversized tub with relaxing ice blue crystal bath salts or energizing Himalayan bath salts to relax your body, mind and soul.

30 min

THB 900

#### The Milky Wave

Live true to yourself and slip into a fragrant rose milk bath or an anti-stress aromatic milk bath and linger in pure bliss and solitude.

30 min

THB 900

# *It is all about the face...*

## **Qi FACIAL TREATMENTS BY SHISEIDO PROFESSIONAL**

### *BASIC FACIAL CARE*

#### **Qi Extra Moisturizing Treatment** *(Normal to Dry skin)*

Helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.

**60 min**

**THB 2,300**

#### **Qi Balancing Combination Treatment** *(Combination skin)*

Helping normalize cell turnover with the mask balancing and enhancing physiological functions of skin. Producing a bright, supple and resilient skin.

**60 min**

**THB 2,300**

#### **Qi Sensitive Skin Treatment** *(Sensitive skin)*

Helping improve and balance the PH level of skin with the lotion mask. Protecting skin against oxidation without any allergy, alleviating the fatigue of skin.

**60 min**

**THB 2,300**

### *BASIC FACIAL CARE*

#### **Qi Rejuvenating Treatment** *(For all Skin type)*

Protecting against dark marks, freckles and dull areas on skin with a special cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.

**90 min**

**THB 3,000**

### *OPTIONAL CARE*

#### **Qi Eye Beauty Treatment**

Specially massaging to provide eyes luxuriously moist and bright. By using special eye serum and eye gel mask to make the resilience and youthful of eyes.

**60 min**

**THB 1,900**



## Tips and Toes...

### NAILS SERVICE

<b>Pedicure Enhancer</b> A refreshing foot cleanse is followed with an exfoliating scrub and tea blend moisturizer. Nail polish, a color of your choice will be applied.	<b>60 min</b>	<b>THB 950</b>
<b>Manicure Enhancer</b> A refreshing hand cleanse is followed with an exfoliating scrub and tea blend moisturizer. Nail polish, a color of your choice will then be applied.	<b>60 min</b>	<b>THB 950</b>
<b>Pedicure Detox</b> An intense cleansing and moisturizing detox using refreshing tea blend products is followed with a soothing paraffin anti-septic wax to make the feet feel softer and smoother. Finished with application of nail polish.	<b>90 min</b>	<b>THB 1,400</b>
<b>Manicure Detox</b> An intense cleansing and moisturizing detox using refreshing tea blend products is followed with a soothing paraffin anti-septic wax to make the hands feel softer and smoother. Finished with application of nail polish.	<b>90 min</b>	<b>THB 1,400</b>
<b>Nail Color Change</b>	<b>30 min</b>	<b>THB 500</b>
<b>French Manicure or French Pedicure</b>	<b>60 min</b>	<b>THB 1,050</b>

## Hair Waxing Service

Waxing is considered to be the most effect method for removing unwanted hairs from practically any part of the body. Waxing is the epilation method which ensures complete removal of hair shafts from underneath surface of the skin. Waxing is also one of the long lasting temporary hair removal methods.

### WAXING SERVICE

<b>Full Legs Waxing</b>	<b>60 min</b>	<b>THB 1,600</b>
<b>Half Legs Waxing</b>	<b>30 min</b>	<b>THB 900</b>
<b>Full Arms Waxing</b>	<b>60 min</b>	<b>THB 1,200</b>
<b>Half Arms Waxing</b>	<b>30 min</b>	<b>THB 800</b>
<b>Full Back Waxing</b>	<b>60 min</b>	<b>THB 1,500</b>
<b>Chest Waxing</b>	<b>45 min</b>	<b>THB 1,200</b>
<b>Under Arms Waxing</b>	<b>30 min</b>	<b>THB 700</b>
<b>Bikini Line Waxing</b>	<b>45 min</b>	<b>THB 1,000</b>
<b>Brazilian Waxing</b>	<b>60 min</b>	<b>THB 1,500</b>
<b>Upper Lip / Chin / Eye Brow</b>	<b>50 min</b>	<b>THB 500</b>

# Stay longer – feel better...

## TALAY SPA PACKAGES

### Beyond of the Sea

2.5 hr THB 3,900/SINGLE

30 minutes of Rock Salt Bath

THB 7,500/COUPLE

30 minutes of Blue Sea Body Scrub

60 minutes of Lunar Massage

30 minutes of Indian Head Massage

Experiment the Exotic East!

The embracing mineral sea salts renews your skin and cleanses your body. The invigorating scrub is followed by a calming body lotion, which is applied using gentle hand movements. Five pure exotic essential massage oils will stimulate your body and blood circulation leaving you feeling utterly rested. Experience invigorating pressure point Indian head massage using energizing hot oil to open up pores and refresh you.

### Pure Detox

3.0 hr THB 4,500/SINGLE

30 minutes of Rock Salt Bath

THB 8,500/COUPLE

30 minutes of Coffee Detox Scrub

60 minutes of Swedish Massage

60 minutes of Qi Balancing Combination Treatment

Ideal for the Health Connoisseur!

Detox your skin with coffee scrub and remove dry surface skin cells and increase blood flow whilst redistributing fat cells and decreasing the formation of cellulite. Pair your detox scrub with cleansing your lymphatic system which removes toxins and smoothens your glowing skin. A continue by facial treatment will helping normalize cell turnover with the mask balancing and enhancing physiological functions of skin. Producing a bright, supple and resilient skin.

### Fountain of Youth

3.5 hr THB 5,500/SINGLE

30 minutes of Milky Bath

THB 10,000/COUPLE

30 minutes of Talay Body Scrub

90 minutes of Thai Aromatic Massage

60 minutes of Qi Extra Moisturizing Treatment

Combining of three treatments for your pampering pleasure! Our skilled masseuse will gently remove all skin impurities with a Mineral Sea Salt scrub that blends will give you an alabaster smooth skin. Natural oils are applied using acupressure techniques to penetrate and nourish the skin. The facial will helping enhance blood circulation. Alleviating excess skin-surface cells with the kind of mask providing skin with moisture. Provide dewy moisture to keep skin firm, supple and resilient.

### Life in the Andaman Sea

4.0 hr THB 5,900/SINGLE

30 minutes of Rock Salt Bath

THB 10,500/COUPLE

90 minutes of Moor Mud Wrap

60 minutes of Lunar Massage

60 minutes of Qi Rejuvenating Treatment

Spoil yourself today from "face to toe" and let nature's miracle from mineral sediments blended in Lavender and Chamomile oils absorb impurities and leave your skin glowing. Enhance and relax your glowing body with a lunar massage that will stimulate blood circulation and highlight the lymphatic lines. Continue the spoiling facial treatment protecting against dark marks, freckles and dull areas on skin with a special cool mask combined with sea plants extract, helping balance Melanin pigment. Producing a smooth and radiant skin.



# How to Spa

## OPENING HOURS

10:00 – 21:00

## RESERVATIONS

It is recommended that you reserve your Spa well-being experience in advance to avoid disappointment. Please contact us at the Talay Spa reception by dialing 44 or visit us in person to review our repertoire. Our Spa Connector will request your guest room number at time of booking to secure your reservation.

## CANCELLATION POLICY

We kindly request that if you need to cancel your appointment; please contact us at least four (3) hours prior to the treatment time. If the cancellation is made less than four hours before the treatment, a cancellation fee of 50% would be charged to your guest account. For bookings with less than two hours notice, a fee of 100% would be charged to your room.

## ARRIVAL

Please arrive 15 minutes prior to your scheduled treatment time. If you have booked a Facial experience, please have your face free of cosmetics and for men, please shave one hour prior to your treatment. Please note that arriving late for your appointment will decrease your actual treatment time.

## VALUABLES

We suggest you leave your valuables in the safety deposit box located in your room.

## TRANQUIL TIME

To ensure a serene experience at the Talay Spa, please switch off your mobile phone and other electronic devices.

