



SPA IV

CONNECT TO SPA IV

SPA IV connects you to nature through four great sources of power in the universe.

Moon: The moon cycle influences gravity on earth and the flow of liquid in our body. Our treatments fluctuate as the moon cycle changes.

Sun: Inspired by the golden sunrays, we designed luxurious treatments with highly effective ingredients to protect you or sooth you in the sun light.

Sea: The largest area on earth is full of nutrients and many living orgasms. We use the power of sea weed, salts and sea ingredients from the best sources on earth with our treatments.

Earth: The mother of nature; all natural and herbal ingredients, stones and crystals release their energy to balance our body and to get us closer to our origins.

Spa Information

Spa hours are 9:00 h – 21:00 h daily. Last treatment finishes at 21:00 h

Reservations: Advance bookings are recommended to guarantee your preferred date and time of treatment.

What to wear: We provide showers, towels, bathrobes and hygienic disposable underwear for your comfort.

Arrival time: We recommended that you arrive at the spa 10 minutes prior to your scheduled treatment time to complete the consultation form, enjoy refreshment and relax in the idyllic surroundings.

Late Arrivals: We regret that a late arrival will result in a shortened treatment to accommodate other guests fairly.

Valuables: We recommend that you leave all jewelry in your guest room safe before coming to the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

What if I am pregnant? Please contact our supervisor or spa receptionist for advice on treatments that are safe to enjoy during pregnancy. You may wish to avoid booking treatments that involve the use of essential oils. Massage or stimulating treatments are not recommended during the first three months of pregnancy.

Smoking and alcohol: Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of heavy meals prior to, or after any spa treatment.

Payment: All treatments will be charged to your room and will appear on your account at the time of check out.

Cancellation: A 24 hours cancellation notice is required to help us reschedule your appointment, subject to space availability. A 100% no show fee will apply if no advance cancellation notice is given.

Mobile phone: The use of mobile phones is not permitted in the spa.

For any queries, please call the spa at extension '2'.

All prices are subject to 10% service charge and 7% VAT.



SPA IV

Designed Wellness Experiences

Wellness is a journey; an evolving process of the current condition of the mind, body and spirit. Becoming aware of and making informed positive choices regarding your health allow you the opportunity to enhance wellbeing and improve the quality of your life. You are in control of your actions and empowered to make choices that allow you to realize your fullest potential. SPA IV looks forward to supporting you in your quest for optimal health and wellness.



Moon Experience

Moon Memory

180 minutes 7,900 Baht

The gravitational flow of the moon motivates not only the earth's oceans and rivers, but also our own bodily fluids. When the moon changes its phases, there is a 24-hour period for the magnetic field of the earth to change. This activity may influence your body to let go of excess fluids. The four moon cycle treatments 'Tapping into the Rhythm' have been designed to reflect the varying energies of the lunar cycle. Each treatment is dedicated to a particular phase of the moon: New, Full, Waxing and Waning; and will only be offered when the treatment corresponds to the moon's particular stage to ensure the most profound experience for the guests physically and emotionally. Understand and gain control of your emotions and feelings regarding relationships with yourself and others with the moon memory wellness program. Realize the full potential of your relationships for a happier more fulfilling life.

To begin with the sensual moon bath rich in sense of rose for your memorial moment and connect your whole body with organic Inca omega oils and the moon cycle blended essential oils to awaken your spirits. The body and mind are then thoroughly revitalized with an organic Inca omega scrub or followed by a choice of your memory moment together and special design tea tonics.

Welcome Foot Ritual – Organic Omega Moon Scrub – Organic Moon Bath – Organic Moon Cycle Massage – SPA IV Tea Tonic



SPA IV



Sun Experience

Golden Sun Ceremony

180 minutes

7,900 Baht

Experience the luxurious golden sun experience, pamper yourself with a series of treatments that will cool down and relieve your burnt skin, allow your skin to restore its natural moisture balance. You will emerge feeling calm, refreshed and renewed.

For the post solar facial, this Treatment helps to repair damage from exposure to UV sunlight as it helps to cool sunburn and reduce discomfort.

Welcome Foot Ritual – Aloe Vera Sun Soother – Golden Sun Massage – Post Solar Facial – Spa IV Tea Tonic

Sea Experience

Deep Sea Design

195 minutes

7,500 Baht

Design your own top to toe package to start rejuvenating with your choice of scrub where your skin will be cleaned & smoothened calm and balance your mind with deep-sea salt bath, then replenish your body with your preferred massage leaving you completely relaxed and rebalanced followed by the essential facial, which suit with your skin type.

A Choice of 30 Minutes Body Scrubs – Deep Sea Salt Bath – A Choice of 60 Minutes Massage – A Choice of Essential Facial – Spa IV Tea Tonic



SPA IV



Earth Experience

Earth Herbal Detoxification

180 minutes

7,500 Baht

Enhance your senses with this powerful but relaxing sauna or steam facility. Eliminate your dead skin cells with coffee scrub, followed by a wrap rich with minerals from sea and rare Thai herbs to detoxify the skin and under-layer cells. Finished with Luk Prakob herbal massage to relax tense muscles and release your tension.

Welcome Foot Ritual – Sauna or Steam Experience – Coffee Detox Scrub – Luk Prakob Herbal Massage or Body Detox Massage – Spa IV Tea Tonic



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LIFESTYLE PACKAGES

Spa IV Discovery 180 minutes 5,900 Baht

An absolute must for all travelers, this truly Thai experience is designed especially for Spa IV. Invigorate your entire body with traditional herbal scrub, followed by an aromatic herbal & spice bath, then the classic Spa IV signature Thai massage. Complete the package with traditional Thai facial to help you to feel renewed inside and out.

Earth Herbal & Spice Bath - Earth Herbal Body Scrub - Traditional Thai Massage – Thai Natural Facial

Men's Essential 135 minutes 6,500 Baht

Achieve the ultimate goal for complete skin, body and lifestyle management.

Select either the multi-vitamin power or the men's skin purifying power-packed facial and combine it with the dynamic and immediate relief of the deep tissue muscle massage.

Ritual of Aleenta 135 minutes 6,500 Baht

Choose from one of the Spa IV facial elixirs and combine it with the powerful effects of your choice of massage. For dramatic results instantly!

The Foot Works 90 minutes 2,700 Baht

What better to take the pain, tiredness and stress away. The foot works is designed to help you walk with a new holiday spirit.

Warm Herbal Foot Bath - Dead Sea Salt Foot Scrub - Foot Reflexology



SPA IV

MASSAGES

Organic Moon Cycle Massage

90 minutes

4,500 Baht

These moon cycle massages 'Tapping into the Rhythm' have been designed to reflect the varying energies of the lunar cycle. Each massage technique is dedicated to a particular phase of the moon: New, Full, Waxing and Waning; and will only be offered when the massage corresponds to the moon's particular stage to ensure the most profound experience for the guests physically and emotionally together with the organic ingredients of Inca Omega.

New Moon: The Beginning

The new moon is the time for renewal and introspection. Meditate on who you are and would like to become and to establish strategies to reach your higher potential.

Your body will feel harmonized with Ylang Ylang, rose & lavender together with the rocking and rhythmic movements of this soothing aromatic massage will revitalize and invigorate your body and spirit.

Waxing Moon: The Awakening

The waxing moon is the time to refocus your energy, to nourish yourself, and to reach your goals and higher potential. Embrace and embody your visions.

Jasmine and spearmint, whose white blossoms embody the creative spirit, will be the main medium for this spa treatment. You will feel grounded and full of creative energy after this nurturing treatment.

A deep and stimulating full body muscle massage that will nurture and nourish your creative energies and well-being.

Full Moon: The Height Restore Energy

The full moon is the time to realize your full potential. Live life to its fullest.

Neroli is the oil best known for balancing. It lifts when one is down and calms during times of stress. Patchouli helps ground and integrate energy and help to keep us in touch with our physical selves. Jasmine is most helpful for dilemmas and put us back in a harmonized path. This health treatment will bring harmony to all systems. With gentle hands, your therapist will address your energy bodies through balancing massage techniques. This experience will bring harmony and heighten your sense of being.

Waning Moon: Cleansing

The waning moon is the perfect time to cleanse. Cleansing treatments undertaken during this phase are more effective and will act on deeper levels. Allow the forces of nature to assist you as you allow yourself to let go and renew.

The detoxifying properties of lemongrass revive and energize, useful for treating symptoms of jet lag and clears the head. Geranium is well known as a hormonal regulator and balancer while lavender is calming and excellent skin healer. This treatment will leave you feeling fully cleansed and renewed.

A soft yet stimulating full body massages. Lymphatic flow of the body will increase and toxins will be eliminated, leaving you feeling fully cleansed and renewed.



Golden Sun Massage

90 minutes

4,500 Baht

Gold renews and revitalizes. Its healing powers have been known since ancient times. The golden shimmer protects against damage from the environment – the skin's immune system is strengthened and its resistance increased.

The small and soft molecules of leaf gold are easily absorbed by the body with the blend of sun massage oil which is one of energy, transformation, expression and single-mindedness. Lavender soothes the over anxious while neroli balance and encourage adaptability at times of extreme.

It produces a noticeable feeling of well-being and inner balance with the technique of whole body aromatherapy massage.

Luk Prakob Hot Herb Massage

90 minutes

3,600 Baht

An ancient healer through a combination of heated herbal ingredients wrapped in pure yarn cotton with the warm crystal stone, compressed and applied to revitalize, encourage circulation and relief muscles tension. The special ingredients of aroma, temperature and special technique bring deeper calming resolution and relaxing.

De-stress Massage

60 minutes

2,700 Baht

Designed to help you to relax and de-stress! The emphasis is on your scalp, shoulders, neck and back. The main three problem areas of life in the fast lane! The massage uses SPA IV Kaffir lime & Lemongrass massage oil. This treatment will ease headaches, stress and tension and induce calmness and total relaxation.

Traditional Thai Massage

90 minutes

3,600 Baht

Thai massage has been perfected through an age long tradition of pressure point, stretching and bending techniques to reduce stress and relieve muscle soreness, release blockage energy whilst harmonize and invigorate the mind and body. This massage is experience fully clothed.

Aromatherapy Massage

90 minutes

3,600 Baht

A holistic treatment based on external, it's a mind & body medicine. This gentle and deeply relaxing massage is a great way to ease away stress that is held within your body. Choices of 100% natural essential oil especially blended for SPA IV.

Deep Tissue Sport Massage

90 minutes

3,600 Baht

A deep intense massage is perfect for sore muscles after a full day of activities. A unique blend of three different massage styles, Aromatherapy, Swedish and Thai massage to release your tension.

Using Kaffir lime & Lemongrass massage oil



Body Detox Massage

90 minutes 3,600 Baht

Based on manual lymphatic drainage techniques developed in the 1930's, this treatment is a delicate form of massage that stimulates the body's lymphatic system, improving metabolism, helping the body to eliminate waste, toxins and providing a boost to the immune system. Unlike other forms of massage, lymphatic drainage uses very light pressure combined with soft pumping movements in the direction of the lymph nodes on both the face and body.

Swedish Massage

90 minutes 3,600 Baht

This classic massage shortens recovery time for muscular strain by flushing out the lactic acid, uric acid and other metabolic waste in the body. Manipulation of individual muscles using percussive, tapping movements is designed to stimulate the nervous system to reduce stress and promote emotional and physical well being. Using SPA IV Secret massage oil

Foot Reflexology

60 minutes 2,200 Baht

Pamper your feet and legs with a relaxing pressure point massage applied to various zones on the feet to stimulate body's own healing and balancing process. Helps to relieve pain, reduce stress and improve circulation.



SPA IV

BODY TREATMENTS

Natural ingredients delicate oils, aromatic herbs, spices, sea salt and fragrances are the base of SPA IV body treatments.

Body Scrubs

Organic Omega Moon Scrub 60 minutes 2,900 Baht

A signature blend of organic ingredients of Inca Omega oil rich with cucumber extract, vitamin E with a choice of blended moon essential oil:

New Moon : Ylang Ylang, Rose, Lavender

Waxing Moon : Jasmine, Spearmint

Full Moon : Neroli, Patchouli, Jasmine

Waning Moon : Lemongrass, Geranium

Earth Herbal Body Scrub 60 minutes 2,400 Baht

A body exfoliating treatment created exclusively for SPA IV. Using a mixture of 7 different types of traditional Thai herbs with pure honey and yoghurt, gently rubbed over your body helps to cleanse the pores, sweeps away dry, rough skin & promotes a youthful, hydrated complexion.

Deep Sea Salt Scrub 60 minutes 2,400 Baht

Using SPA IV refined deep sea salt full in minerals and abundance of trace element to exfoliate the skin, removing all dead skin cells, improved circulation, rejuvenate and leaving a new radiance to the skin.

Coffee Detox Body Scrub 60 minutes 2,400 Baht

A body scrub treatment of Thai coffee powder, honey & yoghurt emphasizing on the body's circulation system, eliminate toxin substances, removes dead skin cells and refines skin texture. Regularly applied for a tanned skin

Body Wraps

Mineral Herbal Wrap 60 minutes 2,700 Baht

Mineral mud wrap, rich in calcium, magnesium and potassium specially formulated for detoxification. This treatment encouraging the elimination of toxin and excess fluid, invigorates over your entire body, the body is re-mineralized and detoxified which promotes cell regeneration and skin toning.

Sunburn Soother 60 minutes 2,700 Baht

The healing powers of Aloe Vera, cucumber and lavender essential oil are used to cool, soothe, calm, refresh and hydrate the skin after prolonged exposure under the sun. This treatment helps to tone and replenish the moisture content of the skin and ease damage due to the dryness.



SPA IV

Facial Elixirs

Skin Specific Facial 60 minutes 3,900 Baht

Hydrating Skin

This is a great treatment for Ultra -dry skin. Unique of Intensive moisture masque that helps restore skin softness and revitalize, providing a more radiant appearance, helping alleviate fine lines and visible dryness.

Purifying Skin

This is a deep-cleans and purifies follicles treatment that reduces congestion and controls shine, soothing botanicals help calm inflamed irritated skin.

Sensitizing Skin

This unique anhydrous (waterless) moisturizer that melts gently into sensitized skin to soothe and helps repair damage from environmental assression. Soothes sensitive, delicate skin, while reducing irritation.

Pre-Solar Defense Facial 75 minutes 4,900 Baht

Ideal for pre-sunbed

This treatment is advanced formula allows you to add sun protection, highly-active botanical extracts and vitamins help scavenge free radicals, helping to combat premature aging.

Post-Solar Recovery Facial 60 minutes 3,900 Baht

Ideal for post sun exposure

This Treatment helps to repair damage from exposure to UV sunlight as it helps to cool sunburn and reduce discomfort.

Power Regeneration 75 minutes 4,900 Baht

Ideal for pre maturely aging skin, fine lines & wrinkles

For the latest in vitamin repair and hydroxyl acid exfoliation, designed to treat prematurely aging skin conditions combining a non-irritating vitamin power-exfoliation and a super-concentrated antioxidant vitamin and botanical masque to help promote collagen and elastin production for both increased suppleness and recovery from previous free radical damage.

Environmental Control 75 minutes 4,900 Baht

Ideal for red and inflamed skin

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you. The super-soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly clam redness and reduce inflammation.



Revitalizing Eye Rescue

45 minutes 2,900 Baht

Firm, tone and revitalize your tired eyes with the unique blend of vitamin therapies and firming botanicals. The gentle exfoliation will remove dulling debris, while a super soothing masque will help reduce irritation.

Thai Natural Facial

60 minutes 2,700 Baht

For all skin types

Discover the secret of Thailand's ancient beauty rituals with this traditional Thai facial. An ancient recipe incorporating a blend of nourishing plant extracts and other elements of nature's abundant goodness is gently applied to the face to nourish and hydrate the skin bringing your inner glow to the surface.

Discover the secret to looking younger and more radiant with any of these delicately fragranced, purifying and irresistibly indulgent facials.

Men's Essential Facials

Multi-Vitamin Power

75 minutes 4,900 Baht

Ideal for pre maturely aging, dry or sun damaged skin

A vigorous, intensive prematurely-aging facial treatment that produces noticeable benefits in skin tone, clarity, texture and firmness using an unique multivitamin power recovery® masque of concentrated vitamins A, C, E and F to help skin recover from damage that leads to skin aging. Enhances barrier properties and promotes healthy tissue regeneration.

Men's Skin Purifying

75 minutes 4,900 Baht

Ideal for deep cleansing and restoring vitality

This deep cleansing facial is designed for the specific needs of the urban man's skin and to counter the skin damage from daily stress, polluting environments and harsh weather. A doubly potent masque, rich in anti-oxidant vitamin A & C and algae relieving environmental stress and damage whilst leaving your skin hydrated and supple.



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SPA HEALERS

The following baths can be prepared at the spa or in your guest room.

Spa IV Organic Moon Bath 30 minutes 1,500 Baht

A beautifully romantic, sensual bathing experience that drenches the body in rich, fragrant warmth of rose and organic Inca Omega while you relax in our jacuzzi bath overlooking the moon.

Aleenta Milky Bath 30 minutes 1,200 Baht

Immerse yourself in a sweetness milky bath filled with fresh rose petals and lavender essential oil. Increases skin suppleness, smoothness and radiance.

Herbal & Spice Bath 30 minutes 1,200 Baht

Calm & sooth the mental racing mind and tired physical body in a relaxing respite, bathing in this warm fragrance filled of natural Thai herbs to relief stress and rejuvenate the spirit.

Aromatic Floral Bath 30 minutes 1,200 Baht

Enjoy in a luxurious exotic floral bath, smelling wonderfully aromatic pure bliss to intrigue your senses, balance your mind, body and spirit.

Complimentary use of the sauna or steam facility in combination with a SPA IV treatment, please allow 30 minutes preparation time.

Steam 30 minutes 500 Baht

Therapeutic effects of steam with Thai traditional herbs have been well known for centuries to have a greatly beneficial health enhancing effect, will improve your circulation and respiratory function while relaxing your muscles and general stress.

Sauna 30 minutes 500 Baht

Many benefits of heating the body in sauna include relaxing the muscles and expanding the blood vessels, improve lymph flow, and assist in the reduction of swelling and inflammation, reduce muscle spasms.

Listen to your body – if you begin to feel lightheaded, dizzy or nauseous, discontinue use immediately and inform any of the spa team.

Do not use the sauna or steam when under the influence of alcohol. It is not recommended to use the sauna if you are diagnosed with medical condition such as hyper- or hypo- tension, diabetes, epilepsy, asthma, skin sensitivities, narcolepsy etc.

To enhance the effects of the sauna or steam traditional herbal blends are used. Please inform the spa receptionist of any allergies.



SPA IV

BEAUTY CARE TREATMENTS

Manicure & Pedicure by OPI

Spa Manicure	1,200
Spa Pedicure	1,400
Spa Manicure & Pedicure	2,400
Spa French Manicure	1,400
Spa French Pedicure	1,600
Spa French Manicure & Pedicure	2,700
File and Paint (Hands or Feet)	500

Waxing

Lips	450
Under Arm	950
Full Arm	1,000
Half Leg	1,700
Full Leg	2,200
Back	2,700
Bikini	1,200
Brazilian	2,200



SPA IV

ADDITIONAL SERVICES

In-Room Massages

(Available 10:00 h. – 20:00 h)

SPA IV Moment (Single or Couple) 3,900 Baht per person
7,000 Baht per couple

60-minutes massage and a bath of your choice

Embrace serenity together in the gentle whisper of this truly aromatic experience. Spa delights that will melt away tensions, loosen your muscles and tendons, will leave you both feeling cocooned in relaxation and reminded of how sacred it truly is to have quiet time together.

Aleenta Thai Massage 90 minutes 3,600 Baht

Foot Reflexology 60 minutes 2,200 Baht

Sleeping Aromatic Floral Bath 30 minutes 1,200 Baht

Relax your body to relieve the jet lag and prepare yourselves for bedtime. Immerse yourself in a sweetness milky bath filled with fresh rose petals and lavender essential oil. Follow by the chamomile tea that helps you for a deeper sleep.

Earth Herb and Spice Bath 30 minutes 1,200 Baht

Calm & sooth the mental racing mind and tired physical body in a relaxing respite, bathing in this warm fragrance filled of natural Thai herbs to relief stress and rejuvenate the spirit.

Spa IV Organic Moon Bath 30 minutes 3,000 Baht

A beautifully romantic, sensual bathing experience that drenches the body in rich, fragrant warmth of rose and organic Inca Omega while you relax in our jacuzzi bath overlooking the moon together.

Please allow for 30 minutes preparation time to create the ambient bathing experience in your room.