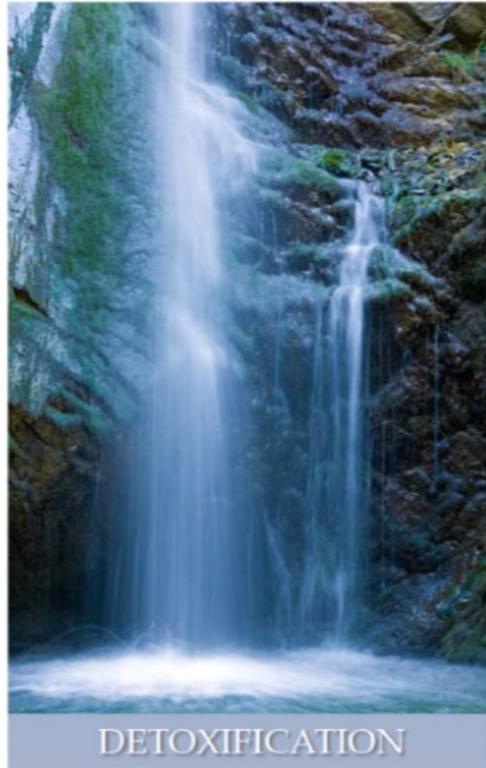




AYURAH
SPA



MIND BALANCE



DETOXIFICATION



ANTI-AGING



WEIGHT OPTIMIZATION

AYURAH - SANSKRIT TERM FOR 'LONGEVITY & A HEALTHY LIFE'.

Holistic therapies. Massage curatives. Personalized experiences. Ayurah Spa is the soul of our resort and offers guests a sanctuary where they can slow down, breathe and be at ease. All of our Ayurah treatments and retail products are curated from ingredients sourced from ethical and sustainable organic farm, are GMO-free and made without any parabens or petrochemicals. Ayurah's anatomy-trained team of bodyworkers perform treatments slowly to ease you into an authentic state of deep healing.

Our intention is to heal, nurture and cure. To provide you with a memorable spa experience. Do let us know in advance if you are pregnant or have any health concerns or specific issues you would like us to address.

WELLBEING

HEALING MASSAGE THERAPY

Ayurah's team of bodyworkers train year-round with certified massage experts, health practitioners, yoga masters, reflexologists and healers to deliver deeply therapeutic experiences. Our range of massage therapies offer deep healing and a sense of wellbeing by encouraging blood circulation and lymphatic flow, improving both muscle tone and skin texture.

AYURAH CROWN CHAKRA (30 minutes)

Clear your mind and relieve nervous tension with our stress leaving massage, using relaxing strokes and thumb pressure on various outpoints on the head, neck and shoulders to stimulate and improve energy flow and blood circulation.

BACK RELIEF (45 minutes)

Specially created to relieve muscle tension and sooth away stiffness in the back. Using palm strokes to loosen knotted muscles, while thumb pressure is applied to the meridian lines on the back, from the base of the skull down to the lower back to relieve tension.

FOOT REFLEXOLOGY (60 minutes)

Reflex zones on the feet correspond to parts of the body and by applying pressure to tight or "gritty" areas the corresponding body part will be stimulated and begin to heal itself. Reflexology is recommended to improved general health, to relieve tension and to aid in blood circulation.

FUSION (60 minutes / 90 minutes)

Fusion massage therapy is a deep tissue massage that combines Aromatherapy oil with traditional Thai massage techniques using long palm and elbow strokes that seamlessly flow from one to another, releasing tension in the body and mind whilst creating a deep sense of relaxation and the rebalancing of your elements.

SENSE OF AYURAH (60 minutes / 90 minutes)

Exclusive to Ayurah Wellness Centre, our signature massage is deeply relaxing. Using slow, warm palm and thumb strokes, pressure is applied to key body pressure points to relieve tension and aid blood circulation, leaving you feeling content and rejuvenated.

THAI HEALING TREATMENT

NUAD THAI (60 minutes / 90 minutes)

This traditional Thai massage energizes the body and mind. Using thumb and palm pressure to release muscular tension, and apply pressure to specific trigger points in the body. The technique involves some stretching to relieve stiff muscles and joints. A two-piece outfit is worn and no oil is used.

THAI HERBAL COMPRESS MASSAGE (60 minutes / 90 minutes)

Steamed herbal pouches from Thailand (called lookprakop) are pressed along the meridian points of the body providing comfort, relief, and encouraging absorption of energy through the herbs. Using traditional Thai massage techniques, the hot compresses increase circulation and energy flow for a truly.

BODY POLISH

Achieve clarity of mind and self-confidence with our unique Ayurah body treatments using only ingredients from our sustainable farm and are hand blended by our team for rejuvenation, balancing and harmonization that syncs body and mind.

AROMATIC SALT GLOW (45 minutes)

Radiant skin with this refined Himalayan salt scrub, packed with minerals that deeply exfoliate and improve circulation.

AYURAH ORGANIC (45 minutes)

Natural plant based oils promote deep cleansing & firming, restoring the skin's natural glow. Plus benefit from its anti-inflammatory and analgesic properties. This scrub is ideal for enhancing circulation and warming stressed out muscles after exercise or fatigue.

ANCIENT THAI (45 minutes)

Treat your skin to this thoroughly natural Thai treatment, using Thai white mud to cleanse and balance the skin, revitalizing skin, correcting blemishes, and tightening the pores. Suitable for normal to oily skin.

BODY NOURISHMENT

ANCIENT THAI HERBAL & WHITE MUD (60 minutes)

Phlai and white mud are all natural ingredients with excellent skin purifying properties that make this product ideal for brightening and balances the skin giving a brightening and moisturizing effect.

BE CLEAN, BE FRESH (60 minutes)

Feel the skin cleansed and refreshed with the natural beautifying and purifying properties of Galanga, Peppermint and Ginger, blended with other natural ingredients, make this a gentle detoxifier to lighten blemishes, moisturize and freshen the skin.

SUN EXPLORERS RECOVERY (60 minutes)

This special sunburn treatment immediately soothes, calms and provides intense repair to your overheated skin after long exposure to the sun with a cooling and moisturizing gentle massage with fresh Aloe Vera gel to relieve sun burnt skin and promote new cell growth.

FACIAL ELIXER

AYURAH NATURAL FACIAL (60 minutes)

Discover the secret of Aleenta 's ancient beauty rituals that achieve younger-looking skin; natural herbs and vegetables enhance the complexion and re-energize tired skin suitable to both men and women.

BEAUTY ELEGANCE

WAXING

Lips, Under Arm, Full Arm, Eyebrow, Half Leg, Full Leg, Bikini, Brazilian

HANDS & FEET

Spa Manicure, Spa Pedicure, Spa Manicure & Pedicure French Manicure, French Pedicure, French Manicure & Pedicure Nail File and Color Change.

AYURAH SIGNATURE BATH PACKAGES

Benefits of a healing bath include: dramatically increasing the elimination of waste, thus assisting detoxification, loosening tense and tight muscles, encouraging relaxation; increases metabolic rate and digestion activity; hydration of cells, thus improving skin and muscle tone; immune system boosting allowing it to function more efficiently; and improving the function of the internal organs by stimulating their blood supply.

DETOX (120 minutes)

Ancient Thai herbal and white mud fusion massage with detoxifying healing bath.

RELEASE (120 minutes)

Ancient Thai body polish and fusion massage with releasing healing bath.

RECHARGE (120 minutes)

Ayurah organic body polish coupled with a Sense of Ayurah massage and recharging healing bath.

REMEMBER (120 minutes)

Aromatic salt glow body polish coupled with Sense of Ayurah massage and remembering healing bath.

PLEASE TAKE A MOMENT TO READ

All of our treatments have been created using our exclusive range of specially blended aromatic oils and organic ingredients from our own Aleenta farm. We don't use any chemicals in our products so our treatments provide a rare indulgence, offering all the gentle yet effective benefits of natural organic products.

AYURAH SPA TREATMENTS AVAILABLE DAILY FROM 9AM - 7PM

RESERVATIONS

Advanced bookings recommended to secure your preferred date and time of treatment. Credit card is required at the time of booking to confirm your appointment.

CHECK-IN

Please check in at Ayurah Spa reception at least 15 minutes prior to your scheduled appoint to avoid reduced treatment time.

ETIQUETTE

Please keep noise to a minimum. Mobile phones and electronic devices should be switched to silent or vibrate mode. Smoking and consumption of alcohol during treatments is prohibited.

SPECIAL CONSIDERATIONS

Guests who are pregnant or suffering with high blood pressure, heart conditions, allergies or any other medical conditions, are advised to consult their physician before any Ayurah Spa service. Please highlight your medical condition to the Spa Receptionist.

VALUABLES

We advise you not to carry any valuables with you during your spa visit. Ayurah Spa accepts no responsibility for loss of valuables of any kind.

CANCELLATION & REFUND POLICY

12-hours notice is required to re-schedule your appointment. Any cancellation less than 12 hours notice will incur 50% cancellation fee. Full fee will be imposed for no-show. Treatment packages and/or courses are non-refundable, non-transferable, and non-exchangeable.

SERVICE CHARGE & VAT

All prices are listed in THB and subject to 7% government tax & 10% service charge.

AYURAH SPA PRICE LIST

WELLBEING HEALING MASSAGE THERAPY

AYURAH CROWN CHAKRA	30 min	1,000
BACK RELIEF	45 min	1,500
FOOT REFLEXOLOGY	60 min	1,200
FUSION	60 min 1,800	90 min 2,400
SENSE OF AYURAH	60 min 1,800	90 min 2,400

THAI HEALING TREATMENT

NUAD THAI	60 min 1,200	90 min 1,600
THAI HERBAL COMPRESS	60 min 1,800	90 min 2,400

BODY POLISH

AROMATIC SALT GLOW	45 min	1,800
AYURAH ORGANIC	45 min	1,800
ANCIENT THAI	45 min	1,800

BODY NOURISHMENT

ANCIENT THAI HERBAL & WHITE MUD	60 min	2,000
BE CLEAN BE FRESH	60 min	2,000
SUN EXPLORERS RECOVERY	60 min	2,000

FACIAL ELIXER

AYURAH NATURAL FACIAL	60 min	1,500
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BEAUTY ELEGANCE

WAXING

Lips 300	Under Arm 450	Full Arm 750	Eyebrow 800
Half Leg 750	Full Leg 1,200	Bikini 700	Brazilian 1,500

HAND AND FEET

Spa Manicure 500	Spa Pedicure 700
Spa Manicure & Pedicure 1,000	
French Manicure 700	French Pedicure 800
French Manicure & Pedicure 1,200	Nail File and Color change 300

AYURAH SIGNATURE BATH PACKAGE

DETOX	120 min	2,200	RELEASE	120 min	2,200
RECHARGE	120 min	2,200	REMEMBER	120 min	2,200

All Prices listed in THB and subject to 7% government & 10% service charge For more information please dial 1900