

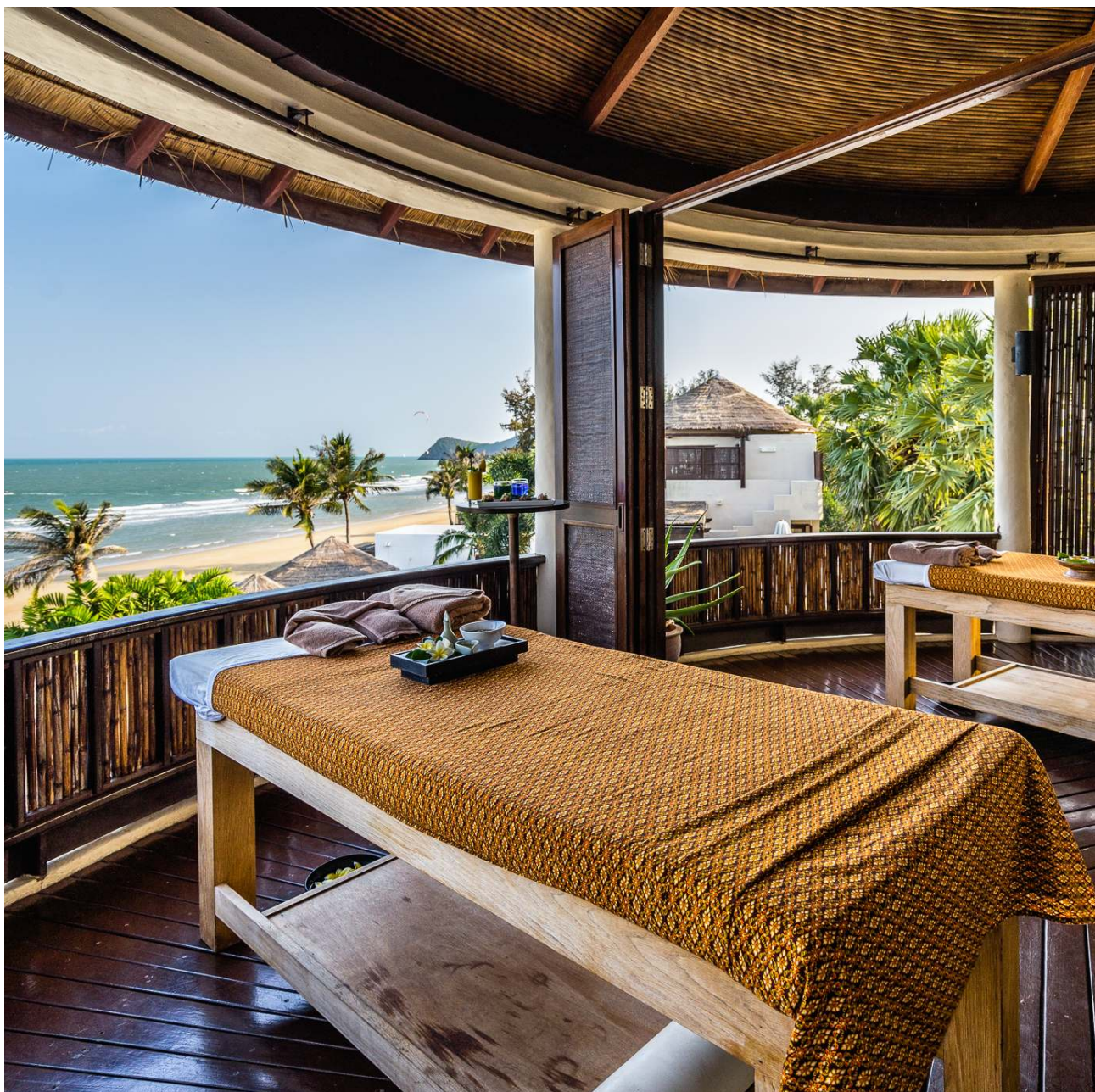


ALEENTA
HUA HIN · PRANBURI

SPA & WELLNESS MENU



SPA & WELLNESS MENU



AYURAH IS A SANSKRIT WORD WHICH MEANS LONGEVITY AND HEALTHY LIFE

Indulge your senses and experience AYURAH, the 'Epicurean Spa' of "Eat Well, Live Well, Be Well, Look Well" in-forms the treatments and services offered. Guests are pampered to Eat Well by providing healthy cuisine that goes along with an active lifestyle; Live Well with therapeutic spa treatment including massage therapy; Be well with body programs through state-of-the-art gym and exercise programs; Look Well with comprehensive facial treatments and body treatment, amongst others. All of our treatments have been created using our exclusive range of specially blended aromatic oils, organic, pure, natural, locally-grown fruit, vegetables, herbs and spices from our own ALEENTA's organic 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 product.

All treatment services are included special seasoning signature herbal tea from ALEENTA's organic farm

SPA & WELLNESS MENU



Exploring these relaxing soothing and deeply healing signature massage therapies to promote a sense of well-being by encouraging blood circulation and lymphatic flow improving muscle tone and skin texture.

AYURAH CROWN CHAKRA

30 MINUTES 1,200 THB

The head is the most important part of the body because the sense organs, like the eyes, nose, ear, tongue, and skin are located there. Consequently, a head massage provides nourishment to all these senses and promotes their natural function. Traditionally, Indian woman practiced head massage to the head, neck and shoulders. It has been found to promote sleep and improves tension headache and to boost the powers of concentration because the massage improves the delivery of oxygen and nutrients.

TENSION RELEASE MASSAGE

45 MINUTES 1,500 THB

This is a relaxing massage therapy concentrating on the back, neck and shoulder muscles. The treatment is designed to relax and ease tension in the areas of the body where muscle problems most often occur.

FOOT REFLEXOLOGY MASSAGE

60 MINUTES 1,500 THB

A number of 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 stimulated and begin to heal itself. Reflexology is recommended to improved general health to relieve tension and to aid blood circulation.

AYURAH AROMATIC MASSAGE

60 MINUTES / 90 MINUTES 2,000/2,400 THB

Main methods of Aromatherapy to relief physical nuisance and emotional stress. The techniques in combination with the beneficial properties of pure natural essential oils make aromatherapy massage ideal for pain relief and relaxation of tired and stressed muscles.

SWEDISH MASSAGE

60 MINUTES / 90 MINUTES 2,000/2,400 THB

This well-known treatment caters to your specific needs to help relieve the build-up of tension that causes stiff muscles and poor circulation. Friction, kneading and hacking techniques are utilized along with aromatherapy massage oil to help stimulate blood circulation and improve muscle oxygenation.

SPA & WELLNESS MENU



NUAD THAI

60 MINUTES / 90 MINUTES 1,800/2,200 THB

The art and ancient traditional Thai-style massage, combining force on pressure point, muscle and ligaments and stretching. It is offered fully clothed and without oil to reawaken the body's energy flow.

THAI HERBAL COMPRESS

90 MINUTES / 120 MINUTES 2,500/3,000 THB

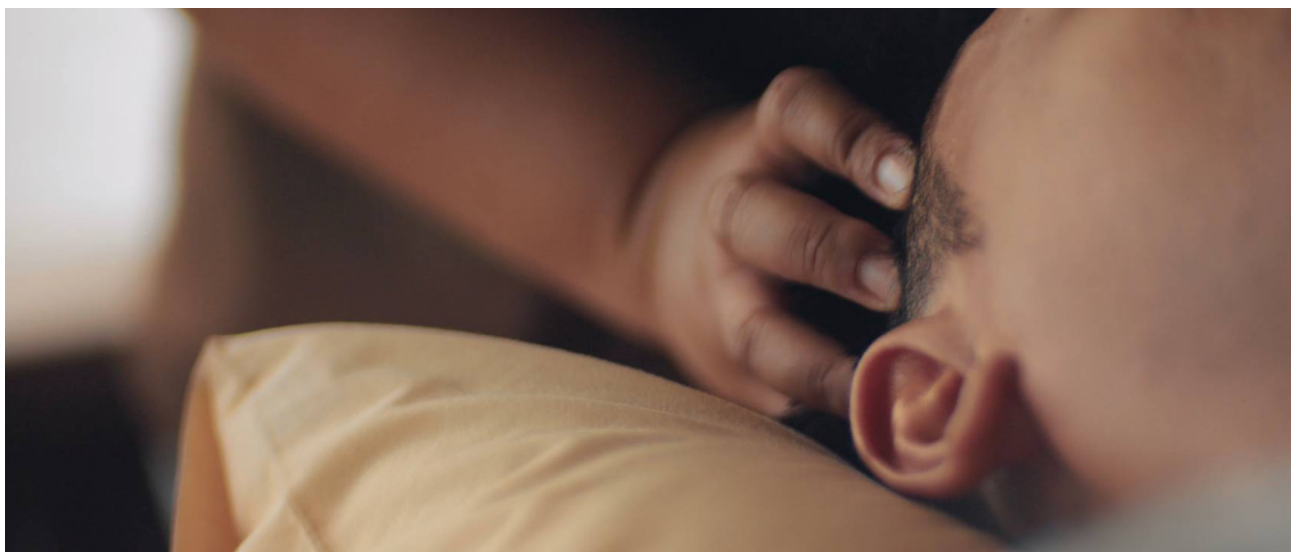
An ancient healing form of restorative therapy which helps to soothe, relax and detoxify. A warm compress of natural Thai herbs is applied to the body to open pores and eliminate toxins whilst saturating the skin and followed by a relaxing deep tissue massage to ease all muscular tension.

JET LAG RELIEF

90 MINUTES / 120 MINUTES 2,500/3,200 THB

The ancient healing powers of traditional herbs and local organic herbs blend so well with AYURAH SPA aromatherapy massage is the perfect way to increase lymphatic drainage. Helps the body feel rejuvenated. Relieve pain from exercising or working for a long time.

SPA & WELLNESS MENU



Achieve clarity of mind and self-confidence with the unique AYURAH body treatments use only their ingredients from our sustainable farm and a hand blended by our team to rejuvenation balancing and harmonization that syncs body and mind.

BODY POLISH

REFRESHING SALT SCRUB

45 MINUTES THB 1,800

Brighten your skin with a salt scrub. Enriched with minerals extracted from tea leaves and lavender oil that deeply exfoliates the skin against free radicals. Relieve inflammation, swelling, redness, treat acne, rashes, inflamed skin, sooth the skin to be soft ang gentle.

AYURAH ORGANIC

45 MINUTES THB 1,800

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.

COCONUT SCRUB & WRAP

60 MINUTES THB 2200

Treat your skin to this thoroughly natural Thai treatment. Using coconut cause enjoy the body scrub rich in beneficial vitamins and fatty acids. Helps nourish the skin to be soft and refreshed. Scrub beads made from coconut shells. Helps shed damaged skin to fall off. Reduce wrinkles, dark spots stimulate new skin that is smooth and youthful, healthy.

BODY NOURISHMENT

DETOXIFYING PHYTO BODY MASK

45 MINUTES THB 2,000

Wrap your body in this blend of grapefruit, fennel and black pepper. With high Vitamin C, making the skin white and contains herbs that are hot. It reduces blood sugar levels and excess fluid in the body, nourishes the skin, neutralizes free radicals. Remove dead skin cells and dirt on the skin. Make the skin clean, fresh, light and comfortable.

BRIGHTENING WHITE BODY MASK

45 MINUTES THB 2,000

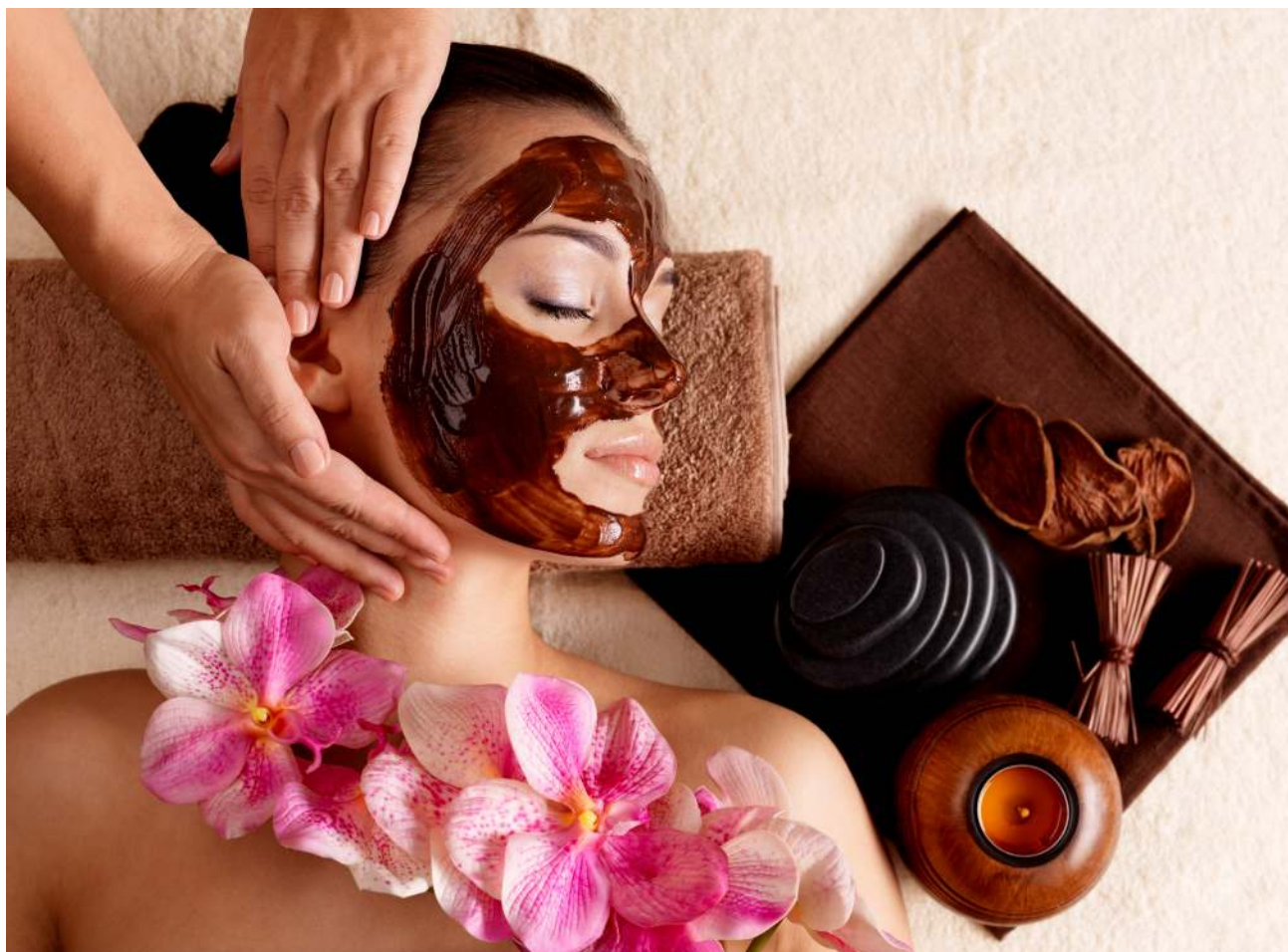
Enriched with extracts of lavender, petitgrain, chamomile and frankincense. It is gentle on the skin and relieve irritation, kill bacteria. Which the causes of acne problems, oily skin, adjust the tone to study smoothly. Add water to nourish the dehydrated skin to be full of water, soft. Fluffy, moisturize, brighten.

AFTER SUN RELIEF

45 MINUTES THB 2,000

This treatment is perfect for revitalizing your skin after sunbathing. Soothe sunburnt skin including allergies by covering the skin with aloe vera gel and chamomile flowers. Which has properties to reduce burning sensation, irritation and nourish skin cells with burning symptoms reduce skin temperature eliminate the roughness of the skin. Return softness and comfort to the skin.

SPA & WELLNESS MENU



Facial skin needs to be taken care of to keep it looking fresh, healthy and free from problems. The method of action for excellent results in a short period of time to have facial treatments. At AYURAH Spa, Utilizes the comprising of the basic care of skin rituals as well as the precious care of skin organic to respond the individual needs of skin through botanical extracts and aromatherapeutic oils. The authentic experience is offered for the beauty through the art of naturalism as absolute. We have 3 types of facial treatments that cover each type of skin problem as follows:

ABSOLUTE BRIGHTENING

60 MINUTES 2,900 THB

Skin Light: Anti-Blemish & Dullness, Skin Brightening, Prolong even skin tone

Reduce pigmentation caused by sun damage for an even more vibrant complexion. This special whitening treatment prepares the skin by cleansing, exfoliating and toning prior to the application of a whitening peel-off mask to correct sun damage and hyper pigmentation.

DETOXIFYING FACIAL

60 MINUTES 2,900 THB

Skin Pure: Enhance Oxygenation, Skin Detoxifying, Active Pollution Defense

Treatment for detoxification residue from the skin, deep cleansing of the face. Strengthen new skin cells. Add more oxygen, collagen and elastin to the skin, helping to lift, tighten, moisturize, glow and brighten to start the day happily.

REJUVENATING FACIAL

60 MINUTES 2,900 THB

Skin Lift: Absolute Skin Uplifting, Skin Revitalizing, Ultra Rich Skin Recovery

This exceptional anti-wrinkle facial has been independently tested, with phenomenal results. Specialized lifting massage techniques are combined with professional-strength anti-aging formulations for maximum treatment efficacy, leaving a firming, uplifted, more youthful looking appearance.

SPA & WELLNESS MENU



OCEAN OF DREAM

150 MINUTES 5,000 THB

Experience the ultimate in pampering and total relaxation of mind, body and spirit with one of the finest combinations offered by AYURAH SPA. This ritual combines three of our most successful treatments to provide you with an ultimate memory. Begin with body polished or body nourishment to soothe the skin. Followed by a massage to revitalize the body that is exhausted from work and a facial Elixirs for a smooth and radiant complexion.

• BODY TREATMENT	Body Scrub/Body Mask	30 Minutes
• BODY MASSAGE	Foot Reflexology Sense Of Ayurah Swedish Nuad Thai	60 Minutes
• FACIAL TREATMENT	Absolute Brightening Detoxifying Facial Rejuvenating Facial	60 Minutes

My Private Spa: See our AYURAH SPA team for detailed information and to select your own experience.
Reservations are requested to be made with one day advance notice.

SPA & WELLNESS MENU



AYURAH HOLISTIC WELLNESS SUSTAINABLE PATH TO HAPPINESS

YOGA

Stretch your body and mind with our Specialized Yoga Masters. Enjoy a relaxing and rejuvenating Yoga session. Our instructors will lead you through a yoga class that is tailored to your own ability and needs. You will be guided through a series of breathing techniques, gentle stretching and bending postures, all performed slowly and consciously with a focus on your inner awareness.

HATHA YOGA

In a Hatha class, traditional asana and breathing exercises are practiced in a gentle flow. The emphasis is on working deeper into the asana at your own ability through the principals of alignment, awareness and breath. Poses are sequenced to open the body in a safe and progressive way.

AYURAH YOGA

Ayurah Yoga and Meditation are very powerful developed by our Yoga Master to help people gain and maintain higher levels of being and awareness, as well as healing their body mind and spirit. This Meditation combines breathing, movement, stretching, meditation and relaxation techniques in sequence, rhythm and sound to work on every aspect of your being.

TAI CHI

Tai Chi is a form of exercise that originated in China centuries ago (as a martial art)

PILATES

Exercise that focuses on the connection between mind, body, and spirit through the use of proper breathing to control the body muscles, improving strength and flexibility. Concentration and mental calmness can be increased by practicing controlled breathing, including the management of the spine. This helps in the development of personality, relieves pain, and reduces stress.

PERSONAL TRAINING

You'll learn techniques for staying motivated and inspired, and your personal trainer will work with you, cheering you on, keeping you up when you're feeling down and giving loads of advice on nutrition, diet and more.

CARDIO WORKOUT

Cardio is one of the most important things you can do for your body, whether you want to lose weight, burn fat or improve your health. Our fitness Center is quipped with state of the art Cardio and strength equipment.

MUAT THAI

Improve your health and become physically fit by joining Muay Thai training programs. This is the best way to build a stronger body and gain confidence with stronger and more defined arms, stomach and legs. It also helps to gain a sense of inner strength and emotional balance.

STRETCHING

Stretching exercises help to increase your flexibility and freedom of movement.

PLEASE TAKE A MOMENT TO READ THIS...

GIFT VOUCHER

A perfect gift for any occasion. Enjoy AYURAH SPA treatment from an hour to an entire day of pampering experience. For more information, please contact our AYURAH SPA.

ARRIVAL AT AYURAH SPA

We encourage you to arrive at AYURAH SPA 15 minutes before your scheduled treatment. You will be able to enjoy the relaxation afterwards. You will be supplied with a dressing gown, towels and slippers in a private changing area provided in your spa treatment room.

CANCELLATION POLICY

A 24-hours 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".

RESERVATION

Bookings made by hotel guests directly with AYURAH SPA are guaranteed by the signing of a reservation card or a credit card printout. Bookings made by external guests directly with AYURAH SPA are secured by a credit card printout or cash payment. Changes in relation to treatments and times are possible without penalties depending on availability.

AYURAH SPA ETHIC

To ensure the comfort of others, we would be grateful if you could refrain from smoking and using your mobile inside the AYURAH SPA.

We remind to our guests that services provided in our AYURAH SPA are strictly professional. Any unusual behavior towards our staff will automatically result in ending the treatment and be handled by the AYURAH SPA and Hotel Direction. Full payment of the treatment will automatically be due.

ALEENTA HUA HIN RESORT & SPA

183 Moo4, Pak Nam Pran, Pranburi, Hua Hin, 77220 Thailand

T: +66 32-618-333

E: spa.ahh@aleenta.com