AYURAH WELLNESS SANCTUARY

Spa *Menu*

SUSTAINABLE PATHS TO HAPPINESS

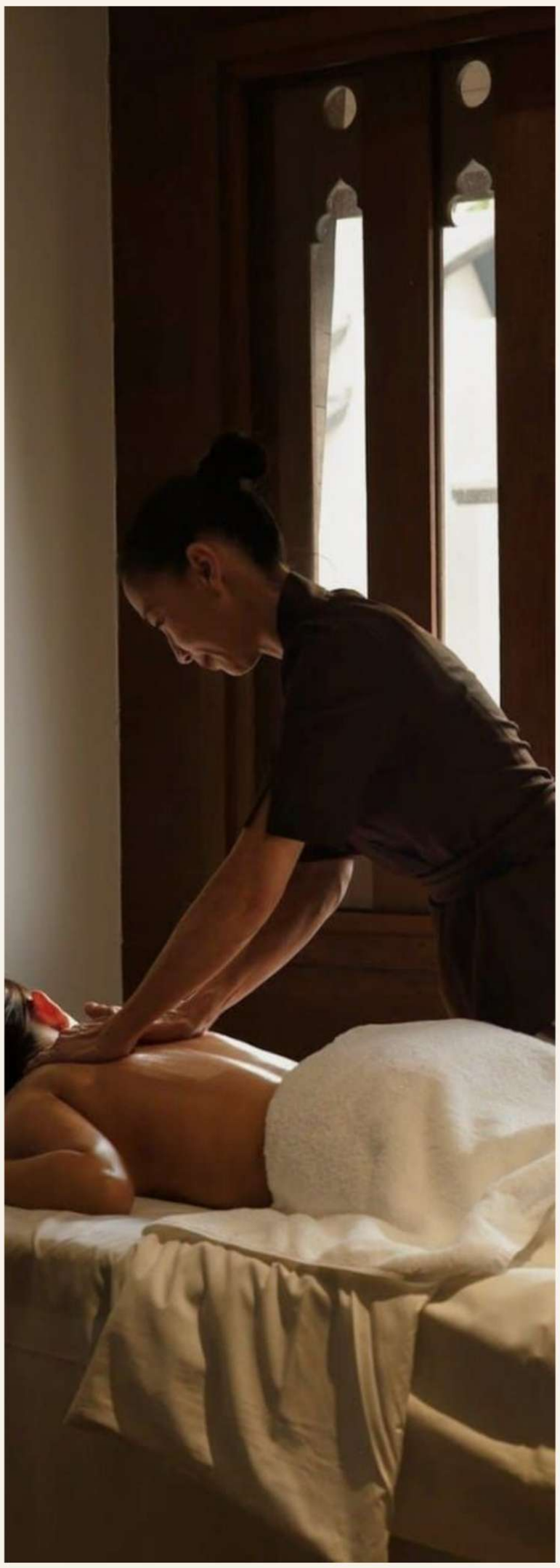
A refined collection of distinctive treatments — each with its own character, method, and effect on the whole being, drawn together along the Middle Path of body, soul, and mind.

AYURAH wellness

THE AYURAH APPROACH

A refined *collection.*

Rooted in the AYURAH concept, the spa brings together rest, movement, cleansing, enrichment, and natural beauty – following the Middle Path through the balanced connection of body, soul, and mind.



Composed *journeys.*

AYURAH Packages are prolonged spa journeys, mindfully composed from selected treatments into harmonious sequences.

Each one follows a clear health-promoting path – giving the guest more time to experience the world of AYURAH Spa.

For full-day journeys, AYURAH wellness cuisine completes the experience – supporting the body after treatment and remaining in resonance with the rhythm of the spa.

SIGNATURE JOURNEYS · I

AYURAH *Beauty* Immersion

TWO HOURS

120 MIN — 5,000++
Skin Enrich (60 min) + Pure Facial (60 min)

HALF DAY

3 HOURS — 6,500++
Floatation Experience* (30 min) + Senses of AYURAH Massage (90 min) + Pure Facial (60 min)

*: *For two guests: Jacuzzi Experience with magnesium-enriched water*

FULL DAY

5+ HOURS — 12,500++ / 24,000++ PER COUPLE
Sound Healing Session (30 min) + Skin Enrich (60 min) + Floatation Experience* (30 min) + Bamboo Massage (90 min) + Pure Facial (60 min)

*: *For two guests: Jacuzzi Experience with magnesium-enriched water. Full-day packages include wellness cuisine.*

SIGNATURE JOURNEYS · II

AYURAH Spa *Experience*

HALF DAY

3 HOURS — 5,800++ / 10,000++ PER COUPLE

Floatation Experience* (30 min) + Thai Oil Massage (90 min) + AYURAH Crown Massage (60 min)

*: For two guests: Jacuzzi Experience with magnesium-enriched water

FULL DAY

5+ HOURS — 12,000++

Yoga Session (60 min) + Vichy Shower Treatment (60 min) + Thai Herbal Compress Massage with Oil (120 min) + Pure Facial (60 min)

Full-day packages include wellness cuisine.

SINGLE-FOCUS PACKAGES

For a clear *intention.*

Two- to two-and-a-half-hour sequences, composed around one purpose. Available individually or as add-ons to any signature journey.

The AYURAH *Deep Detox*

CLEANSING · 2 HR 15 MIN — 5,500++ / 10,000++ PER COUPLE

Skin Detox (60 min) + Lymphatic Massage (60 min) + Oxygen Therapy (15 min)

The AYURAH *Vitalizing*

ENERGY · 2 HR 15 MIN — 5,500++ / 10,000++ PER COUPLE

Oxygen Therapy (15 min) + Foot and Legs Massage (60 min) + Invigorating Massage (60 min)

The AYURAH *Emotional Relief*

RELEASE · 2 HOURS — 5,500++ / 10,000++ PER COUPLE

Chi Nei Tsang Massage (60 min) + Pure Facial (60 min)

The AYURAH *Grounding*

ANCHOR · 2 HR 10 MIN — 5,000++ / 9,000++ PER COUPLE

Magnesium Foot Bath (10 min) + Foot and Legs Massage (60 min) + Back Relief Massage (60 min)

The AYURAH *Rest & Relaxation*

STILLNESS · 2 HOURS — 4,500++

Floatation Experience (30 min) + Thai Herbal Compress Massage (90 min)

The AYURAH *Couple*

TOGETHER · 2 HR 30 MIN — 12,000++ PER COUPLE

Skin Enrich – Scrub (30 min) + Jacuzzi Experience (30 min) + Senses of AYURAH Massage (90 min)

The AYURAH *Active Circulation · Hot*

HEAT & COLD · 2 HOURS — 5,000++

Hot Stone Massage (90 min) + Ice Bath Experience

The AYURAH *Active Circulation · Warm*

CONTRAST & CALM · 2 HOURS — 5,500++

Cold Stone Massage (60 min) + Senses of AYURAH Massage – with warm oil (60 min)

INCLUDED IN SELECTED PACKAGES

Quiet supports *along the way.*

Magnesium Foot Bath

A 10-minute warm magnesium-enriched foot bath for the feet and lower limbs. The soothing combination of warmth and magnesium supports relaxation and may help ease muscular tension.

Oxygen Therapy

A supportive oxygen treatment in which enriched oxygen is applied through a nasal application while resting comfortably. It may help promote a fresher, clearer, and more energized feeling.

Felt *experiences.*

The single treatments are the core of AYURAH Spa, described as felt experiences for body, mind, and soul. They are grouped according to their main healing effect on the organism: Rest, Move, Detox, and Enrich.

Guests may choose the direction that feels most suitable for them, or be guided by the spa team. The Beauty section forms its own realm, with refined treatments for the face and the skin as a whole – supporting natural beauty and vitality.

REST

Senses of AYURAH

60 / 90 / 120 MIN — 3,500++ / 4,000++ / 4,500++

A flowing full-body oil massage that gradually leads the body into deeper relaxation. With adjustable pressure, from gentle to strong, it is designed to calm the nervous system and create a lasting sense of ease during and after the treatment.

Thai Herbal Compress Massage

90 / 120 MIN — 3,800++ / 4,200++

An oil-free full-body treatment that combines traditional Thai massage techniques with warm herbal compresses. The treatment helps ease physical tension, encourages deep relaxation, and leaves the body and mind feeling calm, softened, and restored.

Chi Nei Tsang

60 MIN — 3,000++

This abdominal treatment begins with gentle work on the lower limbs to prepare the body, followed by focused massage of the abdominal area using oil-based techniques and warm herbal compresses. It is designed to release tension in the digestive region and is often experienced as both physical relief and emotional settling.

REST · CONTINUED

Back Relief Massage

60 MIN — 3,000++

This oil massage focuses on the spine and includes the head and chest region. Using gentle and precise work with palms and thumbs along the spine, it supports mental rest and can bring a grounded feeling that extends through the body into the feet.

Bamboo Massage

90 MIN — 4,500++

In this full-body oil massage, bamboo is used in place of the hands. Through precise pressure and rolling techniques, the treatment encourages deep physical rest during and after the session. It is especially suitable after intensive or prolonged physical activity.

Floatation Experience

30 / 45 / 60 MIN — 1,500++ / 2,000++ / 2,500++

Taking place in a quiet and secure flotation chamber, this experience allows the guest to float weightlessly in warm magnesium-enriched water. In this setting, the nervous system can settle into deep rest, often bringing a sense of lightness, spaciousness, and fluidity. Especially suited to guests who feel mentally, emotionally, or physically heavy.

MOVE

Foot & Legs Massage

60 MIN — 2,800++

A refreshing treatment, especially suitable for tired feet and legs, including after long flights or extended travel. Performed in a comfortable supine position, it uses specific pressure-point techniques to stimulate and activate the body, often leaving the guest with a sense of lightness and renewed vitality.

Invigorating Massage

60 / 90 MIN — 3,500++ / 4,000++

A Swedish-style full-body oil massage using tissue-activating manual techniques, with pressure adjustable from light to strong. The treatment is designed to stimulate circulation, support oxygenation, and leave the body feeling refreshed, often with a quiet sense of inner calm.

Thai Oil Massage

60 / 90 / 120 MIN — 3,500++ / 4,000++ / 4,500++

This full-body treatment combines different traditional techniques, moving from oil-free techniques into a more fluid oil massage. Using fingers, hands, and elbows to work deeply through the tissues, it allows the body to gradually release tension and enter a state of deep relaxation.

DETOX

Lymphatic Massage

60 MIN — 3,500++

A gentle, light, and almost sensual treatment that follows the delicate lymphatic pathways in a flowing rhythm. This soft full-body oil massage especially supports lymphatic and venous circulation, while encouraging the body's natural elimination processes.

Deep Tissue Massage

60 / 90 / 120 MIN — 3,500++ / 4,000++ / 4,500++

This full-body oil massage begins gently and gradually works deeper as muscular tension starts to release. Especially suitable after extended or intensive physical activity, it is designed to ease deeper layers of tension and leave the body feeling lighter, freer, and more restored.

Skin Detox

60 MIN — 2,800++

This treatment begins with a body scrub, refining and polishing the skin. The guest may choose between different exfoliating blends, followed by a body wrap and the application of a nourishing lotion. After the treatment, the body can feel lighter, the skin softer, and a pleasant sense of relaxed tiredness may arise.

DETOX · CONTINUED

Thai Herbal Compress Massage with Oil

90 / 120 MIN — 4,500++ / 5,000++

This treatment begins with a full-body Thai oil massage and is followed by the application of herbal compresses, from warm to hot and from gentle to medium intensity. The combination of flowing oil work and concentrated herbal heat can support a deep inner release and often leaves the guest with a soft, relaxed, and quietly cleansed inner feeling.

Vichy Shower Treatment

60 MIN — 3,000++

A hydrotherapy treatment performed with the guest lying comfortably beneath warm multi-jet water streams. During the water application, the therapist performs a cleansing body scrub. This is followed by a final application of lotion. The treatment focuses on skin cleansing and often leaves the body feeling light and refreshed.

ENRICH

Traditional Thai Massage

60 / 90 / 120 MIN — 2,500++ / 3,000++ / 3,500++

This full-body massage, traditionally performed without oil, works through pressure with the purpose of releasing muscular tension. As progressive muscular relaxation takes place, a sense of rest and inner happiness can arise. During the treatment, the therapist uses different parts of the body, such as hands and elbows.

AYURAH Crown Massage

60 MIN — 2,800++

Focused on the upper body — head, neck, shoulders, and upper chest — this treatment uses warm to hot coconut oil. It is especially suited to guests carrying a high load in daily life, and often brings emotional relief, mental freshness, and deep physical relaxation. Coconut oil is applied to the hair unless otherwise preferred.

Hot Stone Massage

90 MIN — 4,500++

Beginning with warm hands and warm oil, and followed by the application of hot stones, this treatment gradually fills the body with warmth, allowing it to enter deeply into the tissues. It is especially suited to those who lack vital warmth, often felt as cold hands or feet, or to those who respond well to warm to hot applications. The treatment often brings a clear and restful mind together with deep physical relaxation.

BEAUTY

The art of *natural beauty.*

Our AYURAH beauty treatments support the skin through refined treatments and formulations based on botanical extracts, essential oils, and natural active ingredients.

Pure Facial

60 MIN — 3,000^{++}

The essence of this facial treatment is purification, refreshment, and revitalization of the skin, often leaving a light and fresh sensation after the treatment. Although acting primarily on the face, the experience can extend beyond it, toward a broader sense of emotional and systemic rest.

Within the Pure Facial, the treatment can be oriented in five different directions:

Blissful	A calming facial treatment for dull, tired, or stressed skin. With Snow Lotus Extract and a soothing aromatic blend, it supports moisture, comfort, and radiance while encouraging relaxation and the release of tension.
Brightening	A facial treatment for uneven tone, dullness, or skin discoloration. With Turmeric Extract and Sake Lees Extract, it supports clarity, brightness, and a more luminous complexion while nourishing and soothing the skin.
Rejuvenating	A revitalizing facial treatment for skin in need of firmness and renewal. With Brown Algae Extract and Phytoplankton, it supports smoothness, tone, and radiance, leaving the skin refreshed and supple.
Detoxifying	A purifying facial treatment for skin affected by congestion, heaviness, or dullness. With Oat Extract and Oxygen Complex, it supports freshness, hydration, and a clearer, more vital appearance.
Natural	Inspired by Thai beauty traditions, this facial uses natural herbs and plant-based ingredients to refresh the complexion and revive tired skin.

BEAUTY · CONTINUED

Skin Enrich

SYSTEMIC SKIN TREATMENT · 60 MIN — 2,800^{++}

This full-body skin treatment is characterized by gentle yet precise scrub and wrap manual techniques. By refining the skin's surface and supporting skin renewal, it tends toward improved skin and tissue quality. The treatment is finalized with warm covering and a full-body lotion application. The face is not included.

SCRUB OPTIONS

Phlai Body Polish

With Phlai as its main active ingredient, this body polish tends toward deep cleansing, improved circulation, and the natural glow of the skin. It is especially suitable after exercise or fatigue.

Himalayan Salt Glow

With Himalayan Salt as its main active ingredient, this mineral-rich body polish exfoliates the skin and tends toward a smoother, more radiant appearance.

Fleur de Fleur

With Lotus, Hibiscus, and Frangipani as its floral basis, this scrub tends toward gentle exfoliation, softness, firmness, and deep moisture.

WRAP OPTIONS

Asian White Mud

With White Mud as its central element, supported by Phlai and plant oils, this wrap tends toward purification, brightness, and moisture.

Contouring

With Lotus Leaf as its main active ingredient, supported by White Clay, Oat, and Brown Algae, this wrap tends toward firmer and more toned skin.

Dead Sea Minerals

With Dead Sea Minerals as its central element, this wrap tends toward mineral nourishment, freshness, and a feeling of lightness.

Sun Soothing

With Aloe Vera as its main active ingredient, this wrap tends toward calm, cooling, and comfort for skin affected by sun exposure.

Hands and feet, *tended.*

Considered care for the extremities — from essential grooming to color, finished with quiet attention to detail.

Basic Care

HAND OR FOOT · 30 MIN — 500++ / HAND & FOOT · 60 MIN — 900++

Nail cutting · nail filing

Essential Foot Care

45 MIN — 1,600++

Foot soak · heel care · nail cutting · nail filing

Gel Color

MANICURE OR PEDICURE · 60 MIN — 1,500++ / BOTH · 120 MIN — 2,500++

Nail cutting · nail filing · gel color

Regular Color

MANICURE OR PEDICURE · 60 MIN — 1,200++ / BOTH · 120 MIN — 2,000++

Nail cutting · nail filing · regular color

Gel Remover

30 MIN — 800++

Regular Color Remover

30 MIN — 200++

AYURAH wellness

THERAPEUTIC MASSAGE OILS

Blended *by element.*

Our massage oils combine plants traditionally used in Thai and Asian herbal traditions. Each blend is associated with specific physiological systems of the body while creating a distinct sensory experience during the treatment.

Oriental Spirit

Rosemary · Peppermint · Frankincense

Associated with the respiratory system and circulation.

Earth Oil

Phlai · Rosemary · Ylang Ylang

Associated with the muscular system and circulation.

Water Oil

Chamomile · Orange · Lemon

Related to the nervous system and relaxation.

Wind Oil

Basil · Lemongrass · Ylang Ylang

Associated with the digestive and metabolic system.

Fire Oil

Ylang Ylang · Rose · Jasmine · Spearmint

Oriented toward the heart and nervous system.

Before you *arrive.*

Spa Reservation

For spa reservations, please contact the Spa Reception or Front Office. Advance booking is highly recommended to secure your preferred treatment time.

Opening Hours

AYURAH Spa is open daily from 9.00 am to 7.00 pm. The last 60-minute treatment may commence at 6.00 pm.

Arrival

Please arrive 15 minutes prior to your scheduled treatment time to complete the health assessment form and prepare comfortably for your treatment. In the event of late arrival, treatment time may need to be shortened or rescheduled.

Etiquette

Our spa environment is one of tranquility and relaxation. We kindly ask guests to respect the privacy and serenity of others. Please keep mobile phones and other electronic devices silent. The spa is a non-smoking facility.

Attire

Robes, undergarments, sandals, and other necessary amenities will be provided for your comfort.

Valuables

For your comfort and security, we recommend that jewelry and spectacles are not worn during treatments. A secure jewelry box will be provided in your treatment room.

Special Considerations

If you have a medical condition, are pregnant, or have any health concern relevant to your treatment, please inform the spa team in advance and notify your therapist before the treatment begins. Certain treatments may need to be adapted, postponed, or declined where comfort or safety is not fully assured.

Minors

Guests under 18 years of age require parent or guardian consent.

Cancellation

A minimum of 6 hours' notice is required for cancellation of spa treatments. Cancellations made with less than 6 hours' notice may incur a 50% charge.

Payment

All prices are quoted in Thai Baht and are subject to a 10% service charge and applicable 7% government tax. We accept cash and all major credit cards.

AYURAH wellness

"Each location expresses this path differently —
shaped by its natural setting and pace."

THE LEADING HOTELS OF THE WORLD®

ALEENTA

AYURAH WELLNESS SANCTUARY

PHUKET · PHANG NGA · CHIANG MAI · PRANBURI · HUA HIN

ALEENTA.COM · AYURAH.COM

ALL PRICES IN THAI BAHT. ++ DENOTES SERVICE CHARGE & APPLICABLE TAXES.