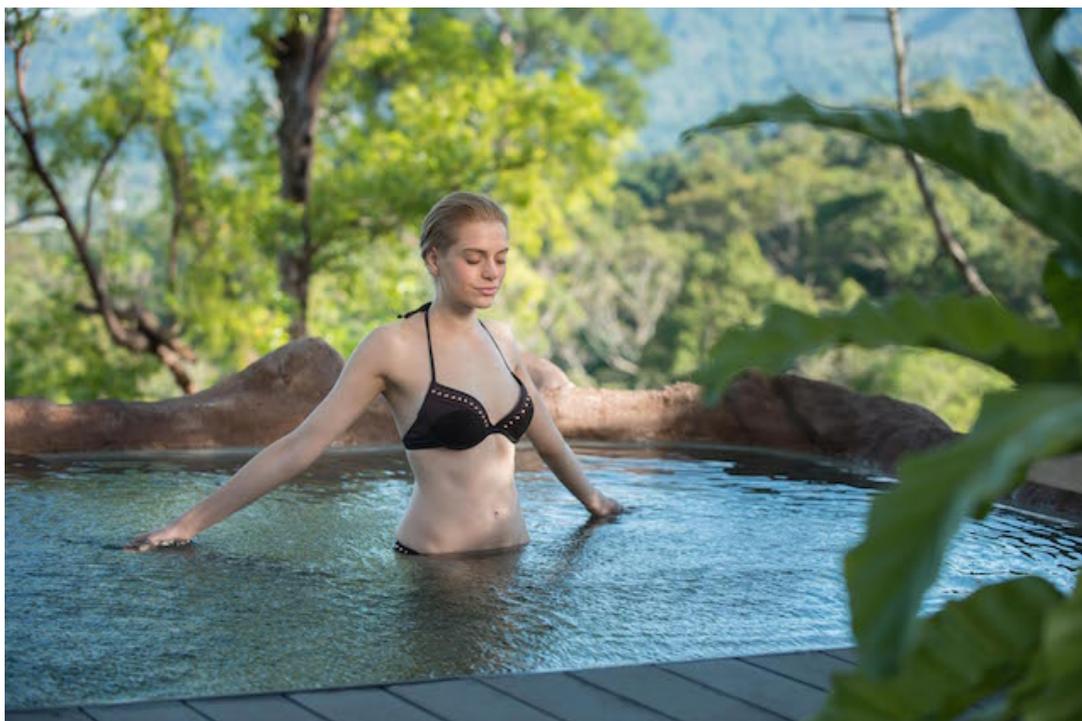


BEYOND BLISS



HOLISTIC SPA MENU

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SPA PHILOSOPHY

We believe guests come to Keemala to pause and unwind from the stresses of modern day life. Keemala Spa embraces traditional healing techniques and fuses with modern pampering and beautifying regimes.

Some people may be seeking inner alignment and some may be requiring a program to rejuvenate a sluggish digestive system or just a renewing skin treatment may do the trick. Whatever it is that you're looking for, Keemala Spa will make an impression and is the perfect place to spend time on working on mind, body and soul.



MALA SPA

Upon entering the sanctuary of Mala spa each guest will embark on a sacred healing journey. Each spa treatment has been carefully curated to incorporate elements of traditional healing rituals from Thailand, Tibet, and American Indian as well as our own unique Keemala rituals designed by our spa team and inspired by the stories of the Keemala clans and their distinctive way of living.

Mara Spa offers eight comfortable treatment rooms and is the place to enjoy a truly sensory experience amongst an evergreen and tranquil environment. Our treatment rooms are designed for an individual or couple's wellbeing experience.

Our Wellbeing Experience offers sauna, steam, aromatherapy bath, and rain showers with exotic fragrances, pool and fitness centre. Beauty products, including VOYA, Siam Botanicals and SpaRitual are chosen to be in line with the Keemala ethos and are paraben and cruelty free to allow you to fully unwind with a clear conscience.

MASSAGE THERAPIES

NUAD PHAEN BORAN (TRADITIONAL THAI MASSAGE)

90/120 Minutes

THB 2,900/ THB3,500

Experience one of Thailand's finest traditions with an authentic Thai massage, giving your bones and muscles wonderful relief from tension and fatigue with improved blood circulation leaving you completely refreshed.

LUK PRA KOB (THAI HERBAL HOT COMPRESS)

90 Minutes

THB 4,500

Traditional herbal therapy to relieve pain and inflammation using a blend of therapeutic herbs such as ginger, turmeric and lemongrass wrapped in a muslin compress, which is steamed and applied to the body in gentle pressing, circular and rolling movements. Deeply relaxing and revitalizing, the hot herbal compress has been used in Thailand for centuries to ease alignments by improving circulation throughout the body.

SYNERGY MASSAGE

90 Minutes

THB 4,900

Enjoy an extra-long session of pure pleasure with a unique combination of massage techniques, performed by two therapists, who will take you to a blissful place with a unique combination of Traditional Thai Massage, Swedish Massage and penetrating Sport Massage to balance the mind, body and soul.

SOWATHARA MASSAGE

60/90 Minutes

THB 3,500 / THB 4,500

Enjoy relief from the physical and emotional demands of pregnancy. This gentle, non-invasive approach to massage will ease your discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist use a lighter touch, concentrating on those areas most vulnerable to changes in your body.

YOUNGSTER'S MASSAGE

60 Minutes

THB 2,900

A customised relaxing massage that helps to promote balance and well being in young adults. The session begins with a detoxing back scrub, followed by a therapeutic massage using Tamanu oil to soften tight muscles and balance acne-prone skin.

HARMONISING MASSAGE

60/90 Minutes

THB 2,900 / THB 3,500

A truly one of a kind rejuvenating experience, enjoy the benefits and a healing power of our Balance Massage. This unique and customised treatment helps to relax, balance and harmonise your body and calm your mind. Choose from our Keemala signature blends:

We-Ha	Rosemary, Lavender & Bergamot (calming and quietens the mind)
Khon-Jorn	Peppermint, Eucalyptus & Tea Tree (uplifting and strengthening)
Pa-Ta-Pea	Lemongrass, Ginger & Plai (soothes tired muscles and skin)
Rung-Nok	Jasmine, Ylang Ylang & Bergamot (sensual and rejuvenating)

DEEP TISSUE MASSAGE

60/90 Minutes

THB 2,900 / THB 3,500

A deep tissue massage incorporates specific lymphatic drainage stroke to stimulate and aid the drainage of toxins. The technique utilises a specific organic blend of aromatherapy oils. All of those oils are well known for their detoxifying effects on the body. Choose from our signature blends:

Sai-Naam	Moringa oil, juniper berry and grapefruit (cleanses polluted skin)
Pha-Sutha	Tamanu oil, geranium and bergamot (anti-aging and healing)

VOYA SEAWEED HOT STONE MASSAGE

90 Minutes

THB 4,600

A different type of massage, ideal for deep tissue treatment. Firstly, we combine aromatic organic essential oils with leaves of seaweed and then place heated stones onto these leaves all over the body. The heat of these stones soothes the muscles while releasing the precious extracts below.

VOYA ORGANIC MUSLIN BAG MASSAGE

90 Minutes

THB 4,600

Soaked warm bags containing a combination of the finest herbs and seaweed are gently massaged into the body. This process reconditions and rejuvenates your skin by gently exfoliating the outer layers, and nourishing deep within. Choose between calming chamomile, detoxifying peppermint or stimulating fennel.

SPECIALISED HOLISTIC THERAPIES

RAINDROP HEALING

90 Minutes

THB 3,800

Raindrop Healing combines the healing power of medicinal plants together with the subtle energy of our body to produce remarkable health results. This therapy enables a deeply relaxed, light, and centred state even long after the session is completed. It also addresses many health symptoms including relief of inflammation and pain, soothing of the nervous system, harmonising the body's energy systems, and unwinding tight and sore muscles.

INTEGRATIVE THAI BODYWORK

90 Minutes

THB 5,300 /9,500 *

120 Minutes

THB 5,900

In this deeply healing, yet energising session, guests will work closely with an experienced Thai holistic therapist and trainer in an individualised and unique therapeutic approach that incorporate such modalities as traditional massage, Tok Sen, and hot herbal compress. Additionally, Integrative Thai Bodywork can also apply such healing techniques as Chi Nei Tsang, Kar Sai Nei Tsang, Tansu, Pranic Healing, and Crystal Healing.

* Depending on areas that need healing, one of two therapists, each with their own areas of expertise, may be requested or recommended. Prices depend on therapist. Please refer to profiles for Cholatee Intachak (Nok) and Tunrat Akkhalamanirot (Tim) for more details.

HOLISTIC SLIMMING MASSAGE

90 Minutes

THB 5,300

120 Minutes

THB 5,900

Holistic Slimming Massage uses a special blend of detox-inducing plant essences and anti-cellulite massage techniques to shed away the inches. This relaxing massage eliminates negative emotions and tension, while simultaneously facilitating healthy metabolism. The massage also helps to promote the body's ability to remove toxins and waste in a natural detoxification process.

REIKI
60 Minutes

THB 4,700

A beautiful and effective method of energy healing, Reiki helps to reconnect and rejuvenate the body, mind and soul. This treatment helps to experience bliss and relaxation that leads to stress and tension relief. As the body, mind and soul relax, the inner energy is realigned for a greater balance and harmony, facilitating a stronger connection to the self and the world around you.

SOUL CONNECTION
60 Minutes

THB 5,900

This alternative therapy hones in on the body's subtle energies in order to facilitate healing on the emotional, energetic and spiritual levels. Upon receiving symbolic guidance from the body's energetic centres, Soul Connection therapy then channels that source of energy toward areas of imbalance and negativity, thereby enabling a healing and re-balancing process.

WELLNESS CONSULTATION
45 Minutes

THB 4,700

Every body is unique. Our wellness consultation draws upon the time-tested and holistic philosophies and techniques of Ayurveda, Chinese medicines and energy medicines to analyze guest's personal constitution and wellness needs. The consultation encompasses individual nutritional, herbal and holistic lifestyle advice. Moreover, discussion between guest and practitioner will delve into the root causes that underlie any current imbalances so that a practical, natural and holistic solution can be devised and applied.

FACIAL TREATMENTS

VOYA ORGANIC ANTI AGING FACIAL
90 Minutes

THB 4,600

Suitable for all skin types, though of particular benefit for mature, dry or dehydrated skin types. A skin rejuvenating facial designed using VOYA's organic ingredients that have a combination of anti-oxidant algae complexes, pro collagen organic extracts and a restorative blend of organic ingredients to fight the signs of visible ageing. Reduce the appearance of fine lines and wrinkles, hydrate and plump the skin texture. The result is instantly firmed and tightened skin with a natural radiance glow, perfect after a long flight.

VOYA DELUXE FACIAL EXPERIENCE

90 Minutes

THB 4,600

This revolutionary seaweed facial is a truly indulgent treatment. It begins with a back body brushing and back massage, followed by a relaxing light neck and shoulder massage. Then for the organic facial, we use finely ground wet organic seaweed to gently exfoliate and then place freshly harvested organic seaweed leaves to your face. Finally, we combine the mask with a light head massage. This is the 'crème de la crème' of all facials - it will deeply renew, revive and soften dry and dehydrated skin, alleviating fine lines and wrinkles.

VOYA ORGANIC ENVIRONMENTAL DEFENCE FACIAL

90 Minutes

THB 4,600

This back, face and scalp facial is suitable for all skin types, though is of particular benefit for city skins, oily, congested and problematic skin types, A therapy that commences with deep cleansing back treatment to leave the skin feeling purified, smooth and re-hydrated. A double action technique will work to eliminate toxins, re-balance the facial skin, with a double action hot and cold cleanse, facial massage, lymphatic drainage and a marine mask with hand harvested seaweed leaf strips. Results are calm, cleansed, balanced with a visibly clearer complexion.

SIAM BOTANICALS DEEP CLEANSING FACIAL

60 Minutes

THB 3,500

A deeply cleansing and gentle facial treatment using the remarkable anti-microbial and skin healing properties of coconut sugar and pure honey. The treatment finishes with a deep firming facial massage using Siam Botanicals Anti Ageing Replenish Serum containing Argan and Moringa Oils.

SIAM BOTANICALS REJUVENATING FACIAL

60 Minutes

THB 3,500

This organic facial is rejuvenating & lifting. The treatment cleanses, exfoliates, detoxifies and nourishes and treatment finishes with a facial massage using Siam Botanicals Rejuvenating Repair Serum, a remarkable blend of the three organic "Miracle Oils" Moringa, Argan and Tamanu.

BODY SCRUBS & WRAPS

VOYA FUSCIUS LUSCIOUS ORGANIC SALT GLOW FOR DETOXIFYING

50 Minutes

THB 3,000

An excellent skin rejuvenator, this detoxifying salt-exfoliating treatment is designed to remove dull skin and refine the skin texture, leaving you velvety and soft. VOYA Luscious Salt is infused with Dead Sea salts and Fucus Serratus Seaweed oil, a combination which hydrates the skins texture, stimulates blood and lymph flow while firming skin tone and increasing luster.

VOYA BLADDER WRACK BODY BUFF FOR NOURISHING

50 Minutes

THB 3,000

Our certified organic Bladder Wrack body buff is the ultimate treat for tired and dull skin. The anti-oxidants of our mineral-rich Bladder Wrack seaweed combines with massage oils to offer a powerful organic way to better skin. The all over body scrub is immediately followed by a light cleansing shower and a short relaxing massage with VOYA's Softly Does It.

VOYA ORGANIC SEAWEED LEAF BODY WRAP FOR DETOXIFYING

90 Minutes

THB 4,200

A truly amazing body therapy from VOYA. The body is cocooned in organically treated muslin and then wrapped in a thermal blanket. This treatment detoxifies, firms and softens the skin and is excellent for weight loss programmes. You will also receive a relaxing head massage during this ultimate spa experience. Only the finest seaweed, harvested by hand from the ocean, is used to ensure that the highest content of bio-actives is preserved.

SIAM BOTANICALS BODY POLISH

50 Minutes

THB 2,900

This all natural full body treatment hydrates and exfoliates, removing dry skin cells and polishing skin for a clean and glowing finish. Choose from:

We-Ha	Plai, Rosemary & Rice Bran Powder (balancing and calming)
Khon-Jorn	Mung Bean Body Polish (brightens and tones tired skin)
Pa-Ta-Pea	Kaffir Lime, Wild Mint & Tamarind (promotes skin repair and circulation)
Rung-Nok	Ylang Ylang, Turmeric & Lavender (rejuvenates and softens the skin)

SIAM BOTANICALS AFTER SUN TREATMENT

60 Minutes

THB 3,500

This treatment uses the power of nature to soothe and heal sunburned skin. A lavender infused ice compress is followed by a gentle application of 100% Pure Aloe Vera to affected areas.

MALA TREATS

TENSION RELIEF BACK MASSAGE

45 Minutes

THB 2,000

Penetrating massage to relieve the stress of a hectic lifestyle tension from those problems areas we stress manifests as stiff and tense muscles.

BACK HERBAL HOT COMPRESS

45 Minutes

THB 2,300

A heated blend of Thai herbs with healing properties in a cloth compress applied to the back to completely relieve aches and pains.

VOYA HAND RETREAT

45 Minutes

THB 2,300

A luxurious hand retreat for extra dry or chapped hands. Hands are immersed in a soothing warm aroma salts soak, delicately scrubbed, massaged and wrapped to allow the nourishing rich coral to work its magic.

VOYA FOOT RETREAT

45 Minutes

THB 2,300

To re-charge circulation of the lower limbs and refine your skin you will first enjoy a sea salt exfoliation from the knees to the feet. You will then experience a deeply relaxing massage of the lower legs to finish.

REFLEXOLOGY FOOT MASSAGE

45 Minutes

THB 2,000

Restore good circulation throughout your body with a reflexology (foot massage) session. Acupressure points on the feet related to different parts of the body are massaged to restore balance and vitality.

THAI HERBAL STEAM

30 Minutes

THB 1,200

Our steam is set at a temperature ranging between 35-40 degrees Celsius, and with circulating organic Thai herbs, the steam will help to improve circulation; rid the body of toxins, clear respiratory passages and aid digestion. It also soothes aching muscles while cleansing and revitalising the skin.

INFRARED SAUNA

30 Minutes

THB 1,200

The very essence of the Infrared sauna treatment is the heating of tissues and the detoxification of the body. The deeper the infra red penetration in the skin is, the more powerful and efficient the effects are. This special experience is used in the following areas: muscle tension, skin problems, aches and pains, arthritis, rheumatism, cellulite, asthma, allergies, arthritis, sports injuries, high-low blood pressure, insomnia, blood circulation disorders.

ORGANIC BATH RITUAL

30 Minutes (Hand-picked Thai Herb Bath)

THB 1,200

30 Minutes (VOYA Organic Seaweed Bath)

THB 1,900

Enjoy this therapeutic bath designed to balance and purify the body using organic seaweed and Thai herbs. You may choose from two signature rituals: Voya organic seaweed bath that is anti-ageing and detoxifying or a Thai herbal bath intended to revitalise the mind, relax and cleanse entire body.

ORGANIC RITUALS

Leave the world outside and take time to focus on yourself with these pampering and specialist treatments using only organic ingredients to ensure your skin as radiant on the outside as you are from within.

SEAWEED LEAF RITUAL

5 Hours

THB 16,000

This treatment uses rich seaweed ingredients that work to nourish the skin. The ritual begins with a pore opening and muscle relaxing steam or sauna in preparation for a bladder wrack body buff. After your skin has been polished the seaweed leaf wrap will cocoon your body and deeply nourish and moisturise. Seaweed hot stone massage is then performed followed by a relaxing seaweed bath. Delicious spa cuisine will be offered during this lengthy treatment.

SIAM BEAUTY RITUAL

5 Hours

THB 14,000

The perfect treatment to focus not just on the mind but also beauty. Using traditional techniques from Thailand and Siam Botanicals products that are locally sourced, this ritual starts with a relaxing steam or sauna followed by a brightening body polish. A 'Balance Massage' is then performed to calm the mind before a rejuvenating facial is done to refresh and uplift the facial skin. To complete the blissful ritual an aromatic and moisturising bath is prepared before a manicure and pedicure to complete the session. Delicious spa cuisine will be offered during this lengthy treatment.

THAI SPICE RITUAL

4 Hours

THB 9,900

A revitalizing bath and body scrub is performed using local spices with purifying properties. The ritual is followed by a traditional Thai herbal compress massage, and concludes with a scalp and hair treatment using pure botanical oils to deeply nourish your hair whilst stroking the scalp tension completely away.

ANTI-AGEING SENSORY EXPERIENCE

4 Hours

THB 12,500

This is the ultimate beautifying treatment that deeply nourishes and helps to penetrate the skin and reverse the signs of ageing. The luxurious ritual begins with a mineralising seaweed wrap to refresh, moisturise and relax you, followed by a massage performed using a muslin bag to ease any knots and stresses completely away. The treatment is complete with a full facial designed to target wrinkles, lines, complexion and will leave your skin feeling tighter and younger.

DE-STRESS

3 Hours

THB 7,400

Immerse your body and mind in a relaxing herbal bath followed by organic seaweed hot stone massage and foot reflexology completes this fantastic treatment leaving you deeply relaxed and moisturised.

WOMEN'S VITALITY RITUAL

2 Hours

THB 5,400

Take some time to relax in a Thai-style herbal steam bath followed by a Thai herbal hot compress "Luk Pra Kob".

ENERGIZER

2 Hours

THB 5,200

Sure to bring the spring back into your step. This treatment is designed to offer an energising boost to your skin and body this treatment uses zesty ingredients and begins with an organic 'Energiser' body polish and is completed by a 'Energiser' massage,

RESTORATIVE JET LAG RITUAL

2 Hours

THB 5,200

You don't have to put up with feeling tired whilst on your holidays, enjoy this special treatment to help reset your body clock and relax the body. Begin with a tension relief back, neck and shoulder massage followed by a soothing organic seaweed foot retreat and a full body relaxing seaweed bath.

ORGANIC BEAUTY

We use only organic SpaRitual products for our nail services. The lacquers and elixirs are free from toluene, formaldehyde, dibutyl phthalate and parabens normally found in nail treatment products and completely cruelty free.

SLOW BEAUTY CLASSIC MANICURE
45 Minutes THB 1,500

SLOW BEAUTY SIGNATURE MANICURE
75 Minutes THB 1,800

SLOW BEAUTY CLASSIC PEDICURE
60 Minutes THB 1,500

SLOW BEAUTY SIGNATURE PEDICURE
90 Minutes THB 1,800

MEN'S MANICURE
45 Minutes THB 1,200

MEN'S PEDICURE
75 Minutes THB 1,500

NAIL POLISH THB 800

HAIR & SCALP TREATMENT
60 Minutes THB 2,300

This relaxing treatment nourishes and moisturises hair and scalp combining a scalp massage with nutrient rich oil and a hair mask. You may choose from either the argan and lemon balm , designed to revitalise and conditions all hair types or the coconut and curry leaf that deeply nourishes dry and damaged hair.

SPA ETIQUETTE

SPA HOURS

Our spa is open from 9:00am to 9:00pm daily. Last treatment of the day ends at that time.

SPA RESERVATIONS

Advance bookings are highly recommended to secure your preferred date and time of treatment. Our spa host will request credit card details or a room number in order to secure your reservation.

SPECIAL CONSIDERATIONS

Guests with health conditions such as high blood pressure and heart ailments are advised to consult a doctor before signing up for any spa treatments. Please tell our spa host of any medical conditions you have.

We recommend that stimulating body treatments are not appropriate for women who are pregnant. We have prepared a special selection of treatments that are safe and comfortable. Full body treatments should be avoided in the first trimester.

PRE – ARRIVAL INFORMATION

We encourage you to arrive at least 15 minutes prior to your appointment time to allow us to complete the check-in and familiarise you with our spa ambience. Arriving late for your spa treatment will decrease your treatment time as all appointments will end on time and be charged in full regardless of time of arrival.

PREPARATION

For men – please shave at least 2 hours prior to all facial treatments to ensure that maximum results are achieved.

PERSONAL PREFERENCES

This is your time in the spa and you should delight in it as much as possible. Whether the room is too hot, the music is too loud, the lights too bright or the pressure of the massage uncomfortable...just let us know.

SPA ATTIRE

Please arrive at the Spa wearing light, loose-fitting clothing, or your bathrobe. Disposable undergarments are available and must be worn during spa treatments.

JEWELLERY AND VALUABLES

A safety box for valuables is provided in the treatment rooms, but we recommend that no jewellery be worn at the spa. The management and associates can accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

SPA ETIQUETTE

Please help maintain a relaxing environment for guests to enjoy the peaceful sanctuary of spa by keeping noise to a minimum. Children are not permitted in the spa unless they are over the age of 14 years. Cellular phones and electronic devices are strongly discouraged and will be expected to be set onto silent mode or turned off.

SPA PROTOCOL

For your comfort, we ask that you shower prior to any body service and before using any water amenities immediately following a massage. Please allow enough time to cool down after using the steam, sauna or bath.

SPA PRODUCTS

To extend your spa experience at home, a variety of spa products are available in our spa shop for continuing your care. Our spa host will advise you as to the products that suit you and your skin type as part of the treatment experience.

SMOKING AND ALCOHOL

Smoking and consumption of alcohol are not permitted in the spa.

AGE LIMITATION

Children under the age of 14 are not permitted in the spa. An adult must accompany youngsters between the ages of 14 to 17 years.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage and body treatment for at least six hours.

CANCELLATION POLICY

Please inform us of any cancellation at least 24-hours in advance so we can re-schedule your appointment (subject to availability). For cancellations with less than 4 hours notice will incur a 50% cancellation fee. The full fee is charged for missed appointments.

REFUND POLICY

Treatment packages are non-refundable. Unused portions of the packages are non-transferable and non-exchangeable.

PAYMENT

We accept cash and all major credit cards. Guests can charge treatments to their rooms. All prices are quoted in Thai baht and are subject to service charge and applicable government taxes. Prices are subject to change without prior notice.

For more information please email spa@keemala.com