



NAPASAI

SPA MENU

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WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practising yoga on a beach or enjoying a moment's peace in a tranquil hideaway, do take this special opportunity to refresh both your body and your soul.

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01 NAPASAI SPA

We invite you to unwind in the healing energy of The Spa. Immerse yourself in the spellbinding spirit of this tropical Thai island and explore its capacity to surprise, delight and rejuvenate.

In an exotic sanctuary encircled with lush foliage, be transformed by massages rooted in Thai medicine, scrubs and wraps enriched with plant extracts, and beauty therapies that polish your inner glow. Tired after your journey? Enjoy a ritual in the privacy of your villa or discover a world of blissful indulgence with a therapy in our two single and one couple's treatment rooms or in our garden treatment space.

Try Ancient Royal Treat combining a sacred jasmine rice body scrub with Napasai Signature massage so you emerge with mind and body optimally balanced. Experience a guided yoga session, stretching the body, improving circulation and breathing and focusing the brain on fresh perspectives. Or explore the Chinese art of tai chi, ideal for developing strength, suppleness, internal healing and stamina.

Please enjoy complimentary use of all our delightful spaces during your visit. Treatments are suitable for both men and women, unless otherwise stated.

Opening times: **10.00-20.00 daily**

Last booking: **18.30**

Access: **Located in the tropical garden next to the infinity swimming pool**

Reservations: **Dial 2059**

02 SPA PACKAGE

NATURE'S COMBINATION (AFTER SUN)

90 MINUTES

After Sun Body Wrap

45 Minutes

After Sun Facial Treatment

45 Minutes

A hydrating body wrap with aloe vera and fresh cucumber, followed by an indulgent facial treatment with Thai white clay mask to leave your skin with a gorgeous glow. A wonderfully nourishing experience. Recommended for after sunbath.

ANCIENT ROYAL TREAT

90 MINUTES

Jasmine Rice Body Scrub

30 Minutes

Napasai Signature Massage

60 Minutes

A perfect combination of the two most popular and ancient treatments enjoyed by Thai royalty. First your body is beautified and purified with a gentle sacred Jasmine rice scrub, known for its healing powers, then followed with a Napasai signature massage to work along the body's energy channels, relaxing you and releasing tension.

REJUVENATING RETREAT

120 MINUTES

Aromatic Milk Bath

30 Minutes

Salt Body Scrub

30 Minutes

Sensitive Facial Treatment (Yo-Thai)

60 Minutes

Soak in a candlelit bath imbued with an aromatic blend of Thai herbs to stimulate all the senses. Then relax with a salt body scrub as any dryness is smoothed away, followed by a sensitive facial treatment to achieve an all-over rejuvenating effect.

KRA-CHAP (SLIMMING BODY RITUAL)

120 MINUTES

Coffee Body Scrub

30 Minutes

Detoxifying Body Wrap

30 Minutes

Anti-Cellulite Massage

60 Minutes

This special treatment is ideal for re-contouring your silhouette by improving skin tone and smoothing cellulite. A course of treatments is recommended to gain maximum results.

PURE BLISS RELAXATION

150 MINUTES

Aromatic Milk Bath

30 Minutes

Aromatherapy Massage

60 Minutes

Hydrating Facial Treatment (Chum-Choun)

60 Minutes

Your body is treated to a romantic candlelit bath filled with flowers and essential oils as a prelude to a soothing, relaxing massage, dissolving any tightness in the muscles. A hydrating facial with an exotic synergy of white orchid extract and jasmine essential oil provides the final touch to this unforgettable spa indulgence.

NAPASAI SENSATION PACKAGE

210 MINUTES

Aromatic Milky Bath

30 Minutes

Coconut Body Scrub

30 Minutes

Rejuvenating Body Wrap

30 Minutes

Aromatherapy Massage

60 Minutes

Sensitive Facial Treatment (Yo-Thai)

60 Minutes

This luxury package combines the best of Asian tradition and Western pampering. Begin with soaking yourself with the aromatic milk bath following with the coconut body scrub and the rejuvenating body wrap that will leave your skin soft and youthful. Then relax your muscles with our Aromatherapy massage and finished with the facial treatment. You will enjoy our quality treatments and highly trained therapist. This treatment will leave you fully relaxed.

YOU & ME (For couples)

90 MINUTES

Back & Shoulders Massage

45 Minutes

Choice of Facial or Foot Reflexology

45 Minutes

A romantic spa treatment is one of the best ways to pamper yourself and your loved one. Make your getaway an unforgettable one with a sensational time together.

03 MASSAGE

NAPASAI SIGNATURE MASSAGE

60 / 90 / 120 MINUTES

The combination of Traditional Thai massage and Aromatherapy. This massage focuses on areas of the body that need particular attention. The therapist works on the deepest layers of muscle tissue with warm essential oil, applying pressure with fingers and elbows to increase blood flow and break down tension blockages and knots.

TRADITIONAL ROYAL THAI MASSAGE

60 / 90 / 120 MINUTES

During the massage, the therapist uses hands, thumbs and fingers to apply pressure on sen (or energy) points. All these movements aim to create a smooth energy flow within the body, which is believed to help loosen joints, stretch muscles and tone internal organs. The result is deep relaxation.

AROMATHERAPY MASSAGE

60 / 90 / 120 MINUTES

Experience the healing effects of Asian aromatherapy full body massage in this relaxing and restorative treatment. Individually chosen to suit your personal requirements, the essential oils rebalance your vital energies and restore harmony and calm to your body and mind.

HOT HERBAL COMPRESS MASSAGE

90 / 120 MINUTES

This is the traditional Thai medication treat, by using the combination of hot Thai herbs wrapped together in a ball. This massage is beneficial to balancing poultice, opens the pores and brings a deep medicinal heat to the muscles to soothe your body and revitalise your mind.

HOT STONE THERAPY MASSAGE

90 / 120 MINUTES

Combining hot stone protocols with a full body massage provides a very healing and effective experience. The hot stones also expand blood vessels, which encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

SWEDISH MASSAGE

60 / 90 MINUTES

Long, smooth strokes and gentle kneading, combined with therapeutic friction and tapping to provide constant vibration, are the techniques used in this treatment to relax muscles and increase blood circulation. The process helps to improve the immune system and will leave you soothed and relaxed.

JET LAG RELEASE MASSAGE**45 MINUTES**

This relaxing massage therapy is for the half body which concentrates on the back, neck and shoulder to relax and relieve stress build-up for anyone with tension in the upper back and neck, where muscle problems are most likely to occur.

FOOT REFLEXOLOGY MASSAGE**30 / 60 MINUTES**

This foot treatment involves the therapist's hands, fingers, thumbs, knuckles and a rounded wooden stick with oil and balm. It is a holistic healing technique that provides relaxation, healthy blood circulation and balance in the body's various systems. Reflexology helps the body regain and maintain its overall health and balance and promotes serenity of the mind.

HEAD MASSAGE**30 / 60 MINUTES**

A healing and rejuvenating massage applied to vital energy points on the head and neck. Promotes a clear head, good sleep and relaxation. This massage also helps to release your headache from the migraine.

ANTI-CELLULITE MASSAGE**60 / 90 MINUTES**

Mainly stimulates the tissues around the cellulite formations by its direct action on superficial layers of the skin. This type of massage stimulates the suppleness and elasticity of the skin and subcutaneous tissues and activates blood circulation.

PREGNANCY MASSAGE**60 / 90 MINUTES**

This massage is provided by our qualified therapist who specialises in the field of pregnancy massage. It effectively has been proven to reduce stress hormones within a pregnant woman's body. It also increases the levels of hormones which tend to be low in women who are depressed.

04 BODY RITUALS

COFFEE BODY SCRUB

60 MINUTES

According to Organic Authority, rubbing the grounds on your skin will remove dead skin cells and leave you with smoother skin. Coffee is best known as detoxing, reducing redness and inflammation.

JASMINE RICE BODY SCRUB

60 MINUTES

Jasmine Rice body scrub is an effective substitute for the skin-irritant lanolin, which is used as a skin ointment and can help reduce inflammation and itching. Jasmine Rice is an excellent source of Vitamin E, which helps to protect dry, scaling and chapping of skin.

SAMUI COCONUT BODY SCRUB

60 MINUTES

Use 100% natural Coconut from Samui Island to treat your skin, the benefit of the Coconut body scrub is to remove the dead skins, moisturising, leave your skins soft and healthy. Highly recommended for dry and sensitive skin.

SEA SALT GLOW BODY SCRUB

60 MINUTES

This exceptional skin-softening body exfoliation combines sea salts from China. The Sea Salt scrub contains minerals that can help to enhance the skin and also reduce inflammation.

AFTER SUN BODY WRAP

60 MINUTES

Combat the effects of the sun with a cooling Thai white clay mixture followed by a freshly crushed blend of cucumber and mint to nurture and hydrate. The application of an aloe vera gel complements the treatment to leave your skin flawless and replenished.

DETOXIFYING BODY WRAP

60 MINUTES

Prepare your skin for a body wrap containing 100% natural papaya and aloe vera extracts. While your body is covered with banana leaves, enjoy the active effect of the fresh ingredients as they encourage perspiration in order to eliminate toxins and aid decongestion.

REJUVENATING BODY WRAP

60 MINUTES

A Rejuvenating body wrap is a natural extract of pineapple and tamarind that acts in synergy to rebalance and plump up your skins and restore your vital energies. This treatment gives you a wonderful healing experience.

05 FACIAL TREATMENTS

ENERGISING FACIAL

60 MINUTES

This advanced treatment incorporates a vital energy point massage through the application of a herbal poultice over the back, neck, shoulders and head, which eases away stress and tensions. A rich, quenching facial mask is applied to rehydrate the epidermis. Finally, health and vitality are restored to the face with a floral elixir and a hydrating gel.

PURIFYING FACIAL

60 MINUTES

Balancing organic facial for normal to oily skin with an exotic synergy of white orchid extract and jasmine essential oil to purify and decongest oily skin.

HYDRATING FACIAL

60 MINUTES

Quenching organic facial for normal to dry skin with an intriguing blend of green tea and bamboo shoot extract to heal dull and congested complexions and hydrate thirsty skin.

SENSITIVE FACIAL

60 MINUTES

Regenerative organic facial for sensitive and aging skin with a stimulating blend of Pandan leaf and pink lotus extract to alleviate fine lines and assist with cell renewal and oxygenation.

AFTER SUN FACIAL TREATMENT

45 MINUTES

Revive your skin after a day in the sun with our natural products that are made from Cucumber, Aloe Vera and honey. This facial treatment is recommended for after sun to refresh your sunburn skins and leave your skin youthful.

CALM & SOOTHE (FOR MEN)

60 MINUTES

Soothe irritation and calm sensitive skin with our deeply hydrating face care. Discover the healing hydration best suited to your skin's potential. Our product is suitable for all skin types including sensitive types.

06 FOR YOUNGER GUESTS

ANGEL BLISS MASSAGE

45 MINUTES

Introduce your child (between 4 and 11 years old) to the world of well-being under the caring touch of our Thai therapists. A gentle and relaxing body massage with extra-virgin coconut oil is designed to improve a little one's quality of sleep, soothe the nervous system and strengthen the immune system.

07 SPA STYLE

We're delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival.

For reservations please contact:

Telephone number: +66 7742 9200

Extension: 2059

Email: spa.nap@belmond.com

ARRIVAL

We invite you to arrive at least 10 minutes before your appointment to allow adequate time to change and discuss treatment options. For your comfort we provide a robe, towels and slippers. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

WELLBEING

For your comfort and safety, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

CANCELLATIONS

We kindly ask that you notify Spa Reservations should you need to cancel the appointment. 100% cost of full treatment price will be charged for cancellations made with less than 2 hours notice, or no-shows.

PHONES

To maintain a tranquil and relaxing atmosphere, we require that mobile phones and electronic devices are turned to silent mode and used discreetly during your visit.

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your treatment when making a Spa reservation.

LOSS OR DAMAGE

Please do not bring valuables to the spa. We regret that we cannot be held responsible for any loss of, or damage to, personal belongings. Please keep all valuables locked in the safe box in your room. Before leaving the treatment, please check that you have not left any personal items behind in your locker or in the spa facilities.

NO SMOKING

We aim to offer a healthy, smoke-free environment for all our guests. Therefore we ask you to kindly refrain from smoking within the grounds of NAPASAI Spa.

PREGNANCY

We have treatments specially designed for expectant mothers. Please allow Napasai Spa's receptionist to guide you in selecting treatments that are most suitable for you during this special time.

GRATUITIES

Our treatment prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

08 PRICE LIST

Prices include 10% service charge and 7% government tax.
All prices are quoted in local currency.

SPA PACKAGES

NATURE'S COMBINATION (AFTER SUN)	(90 MIN)	3,900
ANCIENT ROYAL TREAT	(90 MIN)	3,900
REJUVENATION RETREAT	(90 MIN)	4,200
KRA-CHAP (SLIMMING BODY RITUAL)	(120 MIN)	4,400
PURE BLISS RELAXATION	(120 MIN)	5,200
NAPASAI SENSATION (FOR COUPLES)	(150 MIN)	12,000
NAPASAI SENSATION (FOR ONE PERSON)	(210 MIN)	6,900
YOU & ME (FOR COUPLES)	(90 MIN)	7,900

MASSAGES

NAPASAI SIGNATURE MASSAGE	(60 MIN)	2,600
	(90 MIN)	3,100
	(120 MIN)	3,500
TRADITIONAL ROYAL THAI MASSAGE	(60 MIN)	2,400
	(90 MIN)	2,990
	(120 MIN)	3,200
AROMATHERAPY MASSAGE	(60 MIN)	2,400
	(90 MIN)	2,990
	(120 MIN)	3,200
HOT HERBAL COMPRESS MASSAGE	(90 MIN)	3,200
	(120 MIN)	3,800
HOT STONE THERAPY MASSAGE	(90 MIN)	3,200
	(120 MIN)	3,800
SWEDISH MASSAGE	(60 MIN)	2,400
	(90 MIN)	2,990
JET LAG MASSAGE	(45 MIN)	2,200
FOOT REFLEXOLOGY MASSAGE	(30 MIN)	1,300
	(60 MIN)	2,400
HEAD MASSAGE	(30 MIN)	1,300
	(60 MIN)	2,400
ANTI-CELLULITE MASSAGE	(60 MIN)	2,700
	(90 MIN)	3,200
PREGNANCY MASSAGE	(60 MIN)	2,700
	(90 MIN)	3,200
ANGEL BLISS MASSAGE (between 3 - 11 years old)	(45 MIN)	1,500

08 PRICE LIST (CONTINUED)

Prices include 10% service charge and 7% government tax.
All prices are quoted in local currency.

BODY RITUALS

SAMUI COCONUT BODY SCRUB	(60 MIN)	2,100
JASMINE RICE BODY SCRUB	(60 MIN)	2,100
COFFEE BODY SCRUB	(60 MIN)	2,100
SEA SALT GLOW BODY SCRUB	(60 MIN)	2,100
DETOXIFYING BODY WRAP	(60 MIN)	2,350
REJUVENATING BODY WRAP	(60 MIN)	2,350
AFTER SUN BODY WRAP	(60 MIN)	2,350

FACIAL TREATMENT

ENERGISING FACIAL	(60 MIN)	3,200
PURIFYING FACIAL	(60 MIN)	2,990
HYDRATING FACIAL	(60 MIN)	2,990
SENSITIVE FACIAL	(60 MIN)	2,990
CALM & SOOTHING (FOR MEN)	(60 MIN)	2,990
AFTER SUN FACIAL TREATMENT	(60 MIN)	2,450

