

# Spa Menu



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TOUCH OF ELEGANCE





## **TOUCH OF ELEGANCE @ SPA**

Panviman Spa a destination where you could embrace your experience in a location that you can learn the true meaning of “Human Touch” is a touch of elegance, wellness and service mind. You will discover the various cultures inspired treatments using the natural spa products under the brand of PUVIMAN that carefully selected to ensure they are the best.



# PANVIMAN SPA KOH PHANGAN ETIQUETTE

## OPENING HOURS

Monday – Sunday 10.00 am – 07.00 pm

## WHAT TO WEAR

There is no need to bring or wear any special clothing, as provided in your treatment suite. Thai Pyjamas for Thai massage. Comfortable underwear for all other body treatments

## BOOKING & CANCELLATION POLICY

For your first visit to the spa, a 15 minute consultation will be added to your treatment time to analyse your suitability for all treatments. Please let your spa therapist aware of any medical conditions. All personal information will be kept secure and confidential. If you have high blood pressure, heart conditions, are pregnant or have other medical complications, may we advise you to consult your doctor before signing up for any spa services.

## TREATMENT TIME

Please check in at the Spa Reception at least 15 minutes prior to your scheduled appointment to allow time to change and relax. And avoid reduced treatment times.

## WHAT DO I DO WITH MY JEWELRY AND VALUABLES?

Please leave your personal items in safety box at spa treatment room.

There is no need to bring or wear any special clothing, as provided in your treatment suite. Thai Pyjamas for

## WHAT IF I AM LATE FOR MY APPOINTMENT?

Arriving late will limit your treatment time, lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.





## MASSAGE THERAPY

### **THAI MASSAGE**                      **60/90/120 MIN**                      **BAHT 900/1,200/1,500**

A traditional Thai Massage was over 500 years ago that providing a unique technique with medium to strong pressures to relief your tension with a simple style by well-trained therapist.

### **THAI YOGA MASSAGE**                      **90/120 MIN**                      **BAHT 1,400/1,700**

A combination of Thai Traditional massage and Yoga stretching for better flexibility, releases meridian energy and promotes blood and lymphatic flow.

### **STRESS RELEASE MASSAGE**                      **60/90 MIN**                      **BAHT 1,100/1,300**

Concentrating on your neck, shoulders and back to relief tensions with application of acupressure techniques.

### **AROMA WELL-BEING MASSAGE**                      **60/90 MIN**                      **BAHT 1,200/1,500**

Aroma Well being Massage help release the stress and balance emotional condition as well as to ease body tension and stimulate body system.

### **SWEDISH MASSAGE**                      **60/90 MIN**                      **BAHT 1,300/1,600**

Using a stimulating effleurage with long, strong strokes to release muscle tension, promote flexibility and improve circulation.

### **PHANGAN HERBAL HEALER**                      **60/90 MIN**                      **BAHT 1,300/1,600**

An east meet west technique is created to relief pains and soothe sore muscles. This treatment perfectly incorporates a warm Thai herbs bag containing with the beneficial hot and spices Thai herbs, and the gently massage using the aromatic oil to release the tight muscles, stimulates blood circulation by focusing on tensed area such as neck, shoulder, waist, back and lower part area of the body.

### **TIBETAN STONE MASSAGE**                      **90 /120 MIN**                      **BAHT 1,600/1,800**

A massage technique inspired by the Tibetan healing rituals. Using heated stones with oil combining together to melt your stress away. After massage, warmth stones are placed on each energy points of the body, as was practiced in ancient Tibet.

*Prices subject to 10% Service charge & 7% Vat*



### **HOT OIL MASSAGE**

**60/90 MIN**

**BAHT 1,500/1,700**

Massage to relax muscles. And improves the balance of the blood. Heated by hot oil massage before. The surface of the sun for a long time.

### **PHANGAN ALOE VERA MASSAGE**

**60/90 MIN**

**BAHT 1,300/1,600**

During your Aloe Vera massage, Aloe Vera is absorbed through; hydrates and nourishes your skin, massaging with Aloe Vera tends to gently draw out impurities from all layers of your skin as well as from your lymphatic system and other organs. The cleansing and hydration that your skin receives from your Aloe Vera massage results in your being comfortable in any climate, winter or summer. Your skin feels more supple and alive to the subtle textures of the air.

## **PANVIMAN BODY RITUAL**

### **BELLA TUSCANY**

**60 MIN**

**BAHT 1,300**

A combination of natural blended herbs and seeds have been selected to gently exfoliate and revitalize the skin, creating a natural glow and moisten the skin

### **ESSENCE OF ROSE EXFOLIATE**

**60 MIN.**

**BAHT 1,400**

This gentle body scrub is delicately scented with rose essential oil and luxuriously moisturizes your skin With lasting softness and sensual mood

### **AROMATIC MILKY RICE SCRUB**

**60 MIN**

**BAHT 1,400**

A rich natural vitamins and omega – An organic compound composed of vitamin E and helps anti-oxidants. This creamy scrub firms the skin and balancing the skin complexion.

### **TAMARIND BODY POLISH**

**60 MIN**

**BAHT 1,400**

Is special created form the natural extracts of Tamarind which help to eliminates all traces of dirty dead skin cell and unwanted oil lighten and refresh new skin cells

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## PANVIMAN SKIN SOLUTIONS FACIALS

### RE-BALANCING (OILY SKIN)

60 MIN

BAHT 1,500

This facial treatment gives natural glow and radiance to skin. Special blend of natural plant oils and extracts helps in purifying, tone up and nurture the skin tissues. Rich aromatic facial massage makes this a favorite for beauty lovers.

### SOOTHING FACIAL FOR MATURE SKIN

60 MIN

BAHT 1,500

A special gentle facial for sensitive and fragile skin which is prone to redness and irritation. This natural plant extracts give more nourishment and energy to the skin tissues. Suitable for sensitive and fragile skin.

### FACIAL FOR DULL OR DARK COMPLEXION SKIN

60 MIN

BAHT 1,500

This organic facial for normal to dry skin uses extract of nature plant to heal dull, congested complexions and to hydrate the skin.

### MEN'S ESCAPE

60 MIN

BAHT 1,500

This facial treatment is highly beneficial in restoring the skin. It is a must for stressed and environmentally damaged skin. Pure natural extracts are used in this facial treatment for brightening the skin.

## HAND & FOOT TREATMENT

### HAND MASSAGE

45 MIN

BAHT 800

This massage is not simple as it sounds because you will get flexible and relaxed hands help to bring harmonizing energy

### FOOT MASSAGE

60/90 MIN

BAHT 800/1,000

Not just a foot massage, We provide clean your feet before doing a deep relaxing massage for your feet and legs using an herbal cream. Release blockage and increase energy flow

*Prices subject to 10% Service charge & 7% Vat*





## REFLEXOLOGY

60/90 MIN

BAHT 900/1,100

An ancient Chinese discovery, a massage which effects in stimulating functions of internal organs where the sensory nerves spread throughout the body are mainly gathered around the soles.

Helps prevent and cure many symptoms such as headache, stress.

<b>Manicure</b>	<b>45 min</b>	<b>Baht 500</b>
<b>Pedicure</b>	<b>45 min</b>	<b>Baht 500</b>
<b>Set Manicure &amp; Pedicure</b>	<b>90 min</b>	<b>Baht 900</b>
<b>Express Manicure</b>	<b>20 min</b>	<b>Baht 300</b>
<b>Express Pedicure</b>	<b>20 min</b>	<b>Baht 300</b>
<b>Foot Scrub &amp; Pedicure</b>	<b>90 min</b>	<b>Baht 900</b>

## AYURVEDA

**AYURVEDA** is an ancient Indian healing system using herbs, oils, manipulation and diet. Literally it means 'the knowledge of life'. Perhaps this system is the oldest 'healing method' as known to mankind, dated back before 320 B.C.

### SHIRODHARA

45 MIN

BAHT 1,600

A traditional AYURVEDA treatment that involves the use of warm oil, dripping slowly and continuously onto the third-eye point located on the forehead. This special treatment helps relive and calm emotions, eases tension and stress.

### SHIROBYANGA

60 MIN

BAHT 1,500

An Indian Head Massage which combines ancient beliefs and techniques. This specific treatment which strengthens and stretches the neck and shoulder muscles, relieves tension release and unblock negatives energies through meridian channels within the body.

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## PANVIMAN SPA CEREMONIES

### DE STRESS PACKAGE

- Body Scrub 50 min
- Aroma Well being Massage 60 min

**1.5 HRS.**

**BAHT 2,200**

### PAMPERING CEREMONY

- Aroma Well being Massage 60 min
- Hands Massage 30 min
- Oriental Foot Massage 50 min

**2.20 HRS.**

**BAHT 2,500**

### SUN SECRETS CEREMONY

- Jacuzzi 20 min
- Aloe Vera Body Wrap 40 min
- Aloe Vera Massage 90 min

**2.30 HRS.**

**BAHT 2,700**

### LOVE FOREVER CEREMONY (FOR COUPLE)

- Herbal Stream Infusion & Jacuzzi 50 min
- Rose Body Scrub 50 min
- Hot Oil Massage 90 min

**3.1HRS.**

**BAHT 4,900**

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[www.panviman.com](http://www.panviman.com)