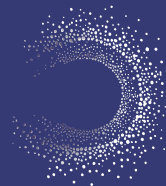


# SPA MENU & PRICE LIST

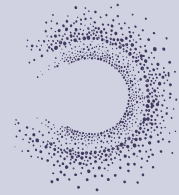


**180°** | Wellness

FIRST STEPS TO MIND & BODY VITALITY



# WELCOME



**180°** | Wellness

FIRST STEPS TO MIND & BODY VITALITY

180 Wellness Spa offers an extensive variety of spa treatments to holistically renew the vitality and balance of your body, mind and soul.

Our ultimate goal is to help you achieve and maintain optimal health and well-being through integrated treatments that deliver a state of optimal well-being in body, mind and spirit.

We define “wellness” as a state of positive thoughts, attitude, beliefs, emotions, and behaviours.

To support your wellbeing, we offer additional activities and services, including; morning Yoga, meditation, and four different wellness programs.



## SIGNATURE TREATMENTS

	<b>60 mins</b>	<b>90 mins</b>
<b>180 Wellness Massage</b>	1,500 Baht	2,000 Baht
<p>Your massage is taken on a warm Jade Stone mattress help to boost circulation, improve memory, increase metabolism and relax the body and mind for sleep. Using palm strokes and thumb pressure, our skilled therapist works on your body's key pressure points to strengthen inner qi. This signature massage was created exclusively for 180 Wellness Spa.</p>		

## THAI MESSAGES

	<b>60 mins</b>	<b>90 mins</b>	<b>120 mins</b>
<b>Royal Thai Massage</b>	1,200 Baht	1,600 Baht	1,900 Baht
<p>Adapted from the Traditional Thai Massage technique. Palm and thumbs are applied to pressure points to relieve tired muscles and improve blood circulation. Recommended for those who prefer a firm massage.</p>			

<b>Thai Folk Massage</b>	1,200 Baht	1,600 Baht	1,900 Baht
<p>Unfold in the infinite beauty of the healing world of Thai. Cultivated in monasteries and handed down through generations of Buddhist monks, the philosophy of this massage is based on freeing life force which runs throughout energy lines called SEN to achieve total wellness. This very respectful way of applying pressure with thumbs and palms once exclusively applied to Royal families, helps the body to relax, detoxify, balance, heal and energise, giving a new sense of wholesome well-being.</p>			

<b>Thai Herbal Compress (Luk Pra Kob)</b>	1,800 Baht	2,300 Baht
<p>Relish this ancient practice of compressed heated herbal ingredients wrapped in pure yam cotton applied to the body to encourage circulation and relieve muscle tension</p>		



## MASSAGES

	<b>60 mins</b>	<b>90 mins</b>
<b>Deep Tissue Massage</b>	1,400 Baht	1,900 Baht

A strong massage performed on the entire body, in particular on the back, neck, shoulders and thighs, which are more exposed to stress and tension. This massage relaxes and eases tense and painful muscles after physical exercise.

<b>Relaxing Massage</b>	1,400 Baht	1,900 Baht
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A deeply relaxing and restorative massage using long, slow movement and strokes. Choose your favourite oil from our selection of organic local oils.

<b>Swedish Massage</b>	1,400 Baht	1,900 Baht
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The most popular form of massage in the west. This total body massage consists of gentle and more intensive effleurage, petrissage, friction, atonement, compressing and vibration techniques. It provides both physical and psychological effects, because it improves lymphatic and blood circulation, relieves pain in muscles and joints and exerts a beneficial effect on the nervous system.

<b>Lymphatic Drainage Massage</b>	1,400 Baht	1,900 Baht
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Cleanse your lymphatic system with special technique light movement massage to remove toxins and lymphatic system stimulates body detoxification, and improves blood circulation. It is extremely effective against cellulite.

<b>Aromatic Herbal Hot Compress Massage</b>	1,500 Baht	2,000 Baht
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Organically grown indigenous herbs and spices enclosed within a heated compress are dabbed lightly to the body to stimulate blood circulation and revive tired aching muscles to sooth sore muscles and increase relaxation.

# MASSAGES

60 mins

90 mins

## **Thai-Aromatic Massage**

1,400 Baht

1,900 Baht

Natural fragrant oils applied using acupressure techniques to penetrate and nourish the skin. A massage combines strong pressures of Thai and Aromatherapy massage techniques. Lets their heating effect to relieve aches and pains as well as stimulates the balance of body and spirit.

## **Anti-Stress Back and Shoulder Massage**

1,400 Baht

Special massage technique. Pressure, focused on the back and shoulders, relieves pain and tension. Aimed at relaxing, it relieves stress, as well as stimulates blood circulation and the nervous system in order to restore vital strength.

## **Hand and Feet Massage**

1,400 Baht

By pressing specific points on the hands and feet, this massage helps to stimulate the natural healing process and relieve tension. Simultaneously, it provides body balance, reduces stress and improves the blood circulation

## **Foot Reflexology**

1,400 Baht

Therapeutic, stimulating foot massage for the feet. Using pressure points to systematically stimulate all nerve reflexes in the feet to improve complete body functioning.



## ADD-ON TREATMENT

30 mins

### **Anti-Stress Neck and Shoulder Massage**

800 Baht

Special massage technique. Pressure, focused on the neck and shoulders, relieves pain and tension. Aimed at relaxing, it relieves stress, as well as stimulates blood circulation and the nervous system in order to restore vital strength.

### **Back Massage**

800 Baht

Using a deep therapeutic massage technique that relieves aches on the back, this treatment will also ease and pamper tired muscles.

### **Indian Head and Scalp Massage**

800 Baht

An invigorating pressure point scalp massage using a Coconut oil helps to enhance the fullness of your hair and diminish stiffness in the neck.

### **Hand and Feet Massage**

800 Baht

By pressing specific points on the hands and feet, this massage helps to stimulate the natural healing process and relieve tension. Simultaneously, it provides body balance, reduces stress and improves the blood circulation

### **Foot Reflexology**

800 Baht

Therapeutic, stimulating foot massage for the feet. Using pressure points to systematically stimulate all nerve reflexes in the feet to improve complete body functioning.

### **Mini Cleansing Facial**

800 Baht

The perfect addition to a body treatment. Cleanse away unwanted cellular debris, and indulge in a face and scalp massage.



## FACIALS

**60 mins**

### **Aromatic Cleansing Facial**

1,600 Baht

A deeply cleansing facial tailored to remove impurities from the skin. Pure organic products are used which help to exfoliate and hydrate the skin, and restore the natural balance.

### **Anti-Oxidant Rejuvenating Facial**

1,600 Baht

An intensive therapeutic treatment rich in natural anti-oxidants designed to nourish nutrient-deprived skin due to sun damage, pollutants, stress and time. Excellent for mature, sensitive and allergic skin types.

### **Men's Vitality Facial**

1,600 Baht

Specifically designed to cleanse and refresh facial for a man's skin. Specific men's products are combined with our unique cleansing regime to relax, re-hydrate and bring back nature's radiance to the skin.



## BODY EXFOLIATIONS

**50 mins**

### **Coconut Body Glow**

1,200 Baht

A lusciously tropical experience. This mild and nutrient-rich scrub is perfect for sensitive skin. The coconut works to gently exfoliate, nourish and moisturize your skin.

### **Firming Coffee Body Scrub**

1,200 Baht

Detox your skin with our coffee scrub. This removes dry surface skin cells, whilst the caffeine in the scrub typically increases blood flow, redistributes fat cells and decreases the formation of cellulite.

### **Healing Tamarind Body Scrub**

1,200 Baht

Tamarind is rich in Vitamin C. It naturally lightens skin, exfoliates and removes dull skin cells, producing healthier looking skin

## BODY WRAPS

**50 mins**

### **Aloe Cooling Wrap**

1,200 Baht

Step out of the sun and spoil yourself with a cold compress followed by refreshing Aloe Vera and cucumber scrub to treat sun burn and begin dermal rejuvenation.

### **Moor Mud Wrap**

1,200 Baht

Dead Sea Mineral Mud is rich in natural vitamins and minerals best for skin recondition. It helps relax and tighten skin cells for healthier skin. The Mud's ability to help eliminate toxins and excess fluid also stimulate the lymphatic system.



## BEAUTY / NAILS

<b>Manicure</b>	800 Baht
<b>Pedicure</b>	900 Baht
<b>French Manicure / Pedicure Additional</b>	100 Baht
<b>Nail Polish Change</b>	400 Baht

## GEL NAIL SERVICE

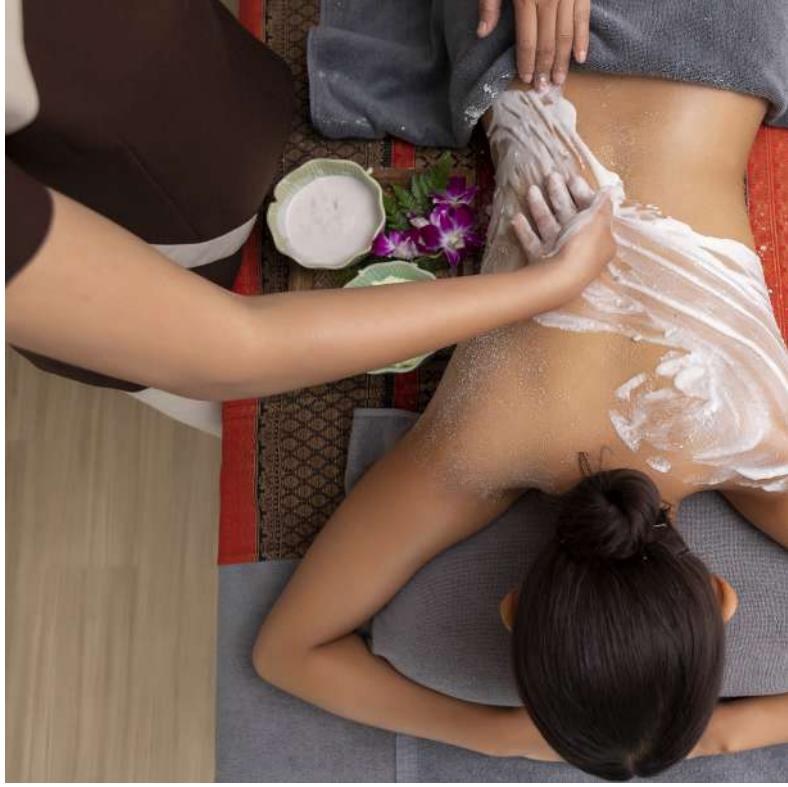
<b>Manicure with Gel Polish</b>	1,200 Baht
<b>Pedicure with Gel Polish</b>	1,200 Baht
<b>Removal of Manicure/Pedicure Gel Polish</b>	400 Baht

**Ion Pedicure Detox** 90 minutes for 1,800 Baht

Ionic Detoxification removes excess toxins and enhances body function. This is followed by intense cleansing and moisturizing using refreshing foot scrub to make the feet feel softer and smoother. Finished by nail polishing.

**Manicure Detox** 90 minutes for 1,500 Baht

Cleanse, scrub and moisturize the hands. A scrub and wrap to make your hand feel smooth as silk. Finished with nail polishing.





## SPA PACKAGES

### **Thai Tranquility (LIMITED AVAILABILITY)**

120 minutes for 2,400 Baht

The best of the mystical East is included in this exotic package. An invigorating “Nuad Phan Thai” Royal Thai massage, followed by a deeply relaxing “Thai Herbal Mud Wrap”, and finished with a relaxing “Thai Herbal Bath” that is guaranteed to leave you feeling fully relaxed and at peace.

- Royal Thai massage
- Thai Herbal Body Wrap
- Thai Herbal Bath

### **Life in the Sea**

150 minutes for 2,800 Baht

A perfect combination of revitalizing treatments. Starting with a Coconut Body scrub to remove dead skin, followed by a Relaxing Massage for physical stress release, and finishing with an Aromatic Cleansing facial to exfoliate and hydrate the face.

- Coconut Body Glow
- Relaxing Massage
- Aromatic Cleansing Facial

### **Serenity**

150 minutes for 2,800 Baht

Let your senses experience a wonderful tropical treat while you are gently guided through a deep cleansing process. Beginning with removing dead skin cells with a Tamarind Body Scrub, then a mind de-stress by Deep Tissue massage using a unique blend of essential oils. Finishing with a Mini Cleansing facial tailored to remove impurities from the skin.

- Healing Tamarind Body Scrub
- Deep Tissue Massage
- Mini Cleaning Facial



# HOW TO SPA

## **Spa Opening Hours 10:00 – 19:00**

### **Spa Reservations**

It is recommended that you reserve your spa well-being experience in advance to avoid disappointment.

Please contact us at the 180 Wellness Spa by dialling 1020 or visit us in person. Our Spa Reservationists will request your accommodation identity number at time of booking, to secure your reservation.

### **Cancellation Policy**

We kindly request that if you need to cancel your appointment that you contact us 24 hours before your treatment time.

For cancellations made less than 24 hours before the treatment, a cancellation fee of 50% will apply.

For cancellations made less than 6 hours before the treatment, a cancellation fee of 100% will apply.

### **Arrival**

Please arrive 15 minutes prior to your scheduled treatment time.

If you have booked a facial, please have your face free of cosmetics and gentlemen, please shave prior to your treatment.

Arriving late for your appointment decreases your treatment time.

### **Valuables**

We suggest keeping your valuables in the safety deposit box located in your accommodation.

### **Tranquil Time**

Out of consideration to other spa guests, we request that all noise is kept to a minimum.

Children are not allowed at the spa unless they are receiving treatment or are accompanied by an adult.

Smoking and the consumption of alcohol within the spa are prohibited.

Mobile phones and electronic devices are discouraged.

Please inform the spa receptionists of any health conditions and medical complications so that we can recommend a suitable treatment for you.

To encourage a serene ambiance at Spa, please switch off your mobile phone and other electrical devices.

Contact us: Dial 1020 or e-mail [spa@180Wellness.asia](mailto:spa@180Wellness.asia) for more information or reservations

CONTACT US: DIAL 1020  
OR E-MAIL: SPA@180WELLNESS.ASIA  
FOR MORE INFORMATION OR RESERVATIONS



[www.180Wellness.asia](http://www.180Wellness.asia)

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