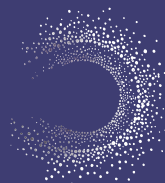


SPA MENU



180° | Wellness

FIRST STEPS TO MIND & BODY VITALITY



WELCOME



180° | Wellness

FIRST STEPS TO MIND & BODY VITALITY

At 180° Wellness Spa, we are dedicated to providing an exceptional range of spa treatments that go beyond relaxation to truly rejuvenate your body, soothe your mind, and uplift your spirit. Our expertly crafted therapies are designed to help you unwind, recharge, and rediscover a sense of harmony within yourself.

From calming massages that ease tension to invigorating body scrubs and wraps that rejuvenate your skin, every experience at 180° Wellness Spa is tailored to provide you with the utmost care and attention. Our skilled therapists use only the finest natural ingredients and time-honored techniques to ensure each treatment is as effective as it is indulgent.

Whether you're seeking a moment of tranquility, a way to recharge your energy, or an escape from the stresses of daily life, 180° Wellness Spa is your sanctuary. Step into a serene environment where relaxation begins the moment you arrive, and let us guide you on a journey to complete well-being.

Rediscover the beauty of balance and let yourself be cared for in the most luxurious and nurturing way.



SIGNATURE TREATMENTS

180° Wellness Massage

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.

60 mins

90 mins

THAI MASSAGES

Royal Thai Massage

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.

60 mins

90 mins

120 mins

Thai Folk Massage

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.

60 mins

90 mins

120 mins

Thai Herbal Compress (Luk Pra Kob)

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.

90 mins

120 mins



MASSAGES

Deep Tissue Massage

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.

60 mins

90 mins

Relaxing Massage

A deeply relaxing and restorative massage using long, slow movement and strokes. Choose your favourite oil from our selection of organic local oils.

60 mins

90 mins

Swedish Massage

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.

60 mins

90 mins

Lymphatic Drainage Massage

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.

60 mins

90 mins

Aromatic Herbal Hot Compress Massage

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.

90 mins

120 mins

MASSAGES

Thai-Aromatic Massage

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.

60 mins

90 mins

Anti-Stress Back and Shoulder Massage

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.

60 mins

Hand and Feet Massage

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.

60 mins

Foot Reflexology

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

60 mins

ADD-ON TREATMENT

Anti-Stress Neck and Shoulder Massage

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.

30 mins

Back Massage

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

30 mins

Indian Head and Scalp Massage

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

30 mins

Hand and Feet Massage

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

30 mins

Foot Reflexology

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

30 mins

Mini Cleansing Facial

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

30 mins



FACIALS

Aromatic Cleansing Facial

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.

60 mins

Anti-Oxidant Rejuvenating Facial

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.

60 mins

Men's Vitality Facial

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.

60 mins



BODY EXFOLIATIONS

Coconut Body Glow

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

50 mins

Firming Coffee Body Scrub

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.

50 mins

Healing Tamarind Body Scrub

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

50 mins

BODY WRAPS

Aloe Cooling Wrap

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.

50 mins

Green Tea Body Wrap

Designed to deeply purify and rejuvenate your skin. It helps draw out impurities and excess oil, unclog pores, and remove dirt and dead skin cells, leaving you with a smoother, more radiant complexion. Infused with brightening and moisturising properties, it hydrates and nourishes your skin, leaving it irresistibly soft and refreshed.

50 mins



BEAUTY / NAILS

Manicure

Pedicure

Nail Polish Change

GEL NAIL SERVICE

Manicure with Gel Polish

Pedicure with Gel Polish

Removal of Manicure/Pedicure Gel Polish

Ion Pedicure Detox

Ionic Detoxification removes excess toxins and enhances body function.

90 mins

This is followed by intense cleansing and moisturising using refreshing foot scrub to make the feet feel softer and smoother. Finished by nail polishing.

Manicure Detox

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

90 mins



SPA PACKAGES

Thai Tranquility (LIMITED AVAILABILITY)

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.

120 mins

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

Life in the Sea

A perfect combination of revitalising 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.

150 mins

- Coconut Body Glow
- Relaxing Massage
- Aromatic Cleansing Facial

Serenity

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.

150 mins

- 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 for more information or reservations

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



www.180Wellness.asia

 180wellnessthailand

 180wellnessthailand