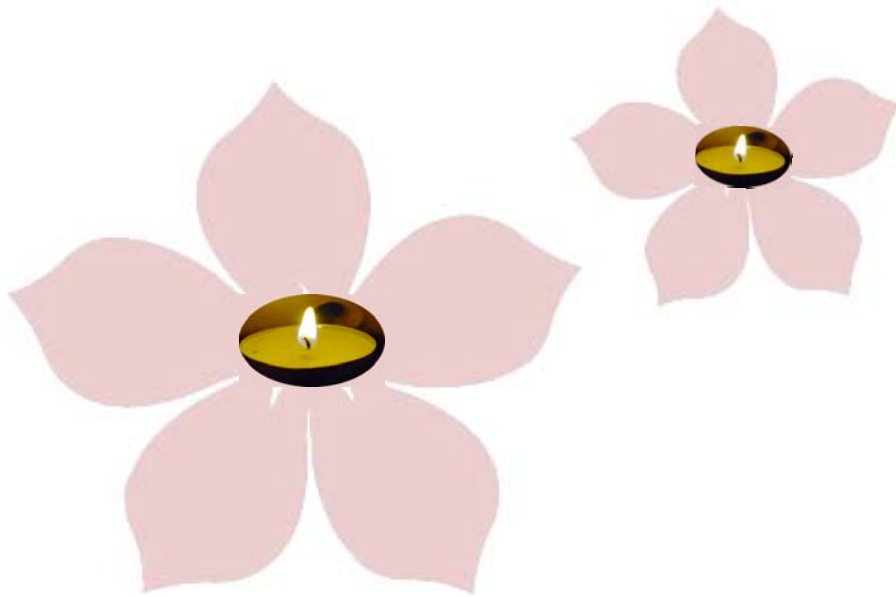


Bo Phut Spa

Menu



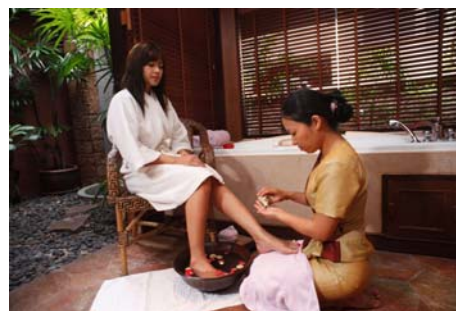
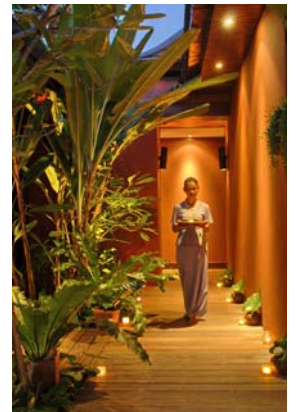
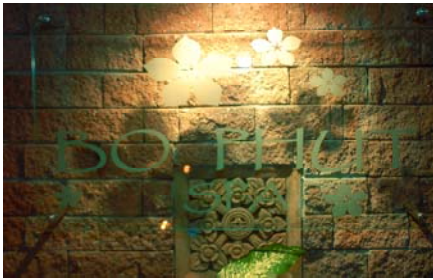
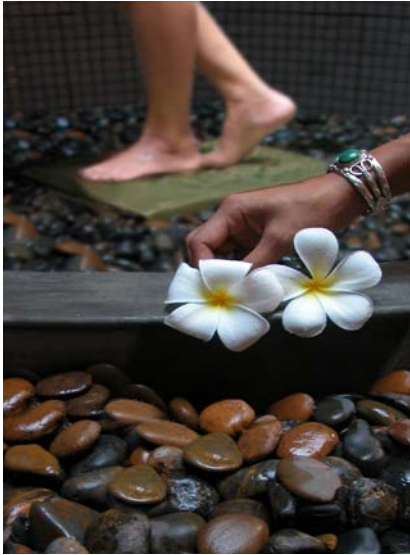
Spa Hours are: 09:00 am ~ 09:00 pm daily

Bo Phut Spa 12/12 Moo 1, Tambol Bo Phut, Amphur Koh Samui,
Surat Thani 84320, Thailand

Tel: + 66 (0) 7724 5777 Fax: + 66 (0) 7724 5 776 # Extension 3210

Email: spa@bophutresort.com

Website: www.bophutresort.com





Spa Basics



Should I reserve my treatments?

Yes, either phone or visit the spa to book a reservation at your earliest convenience so we may accommodate your schedule.

When should I arrive?



Please arrive 15 minutes before the scheduled time to check-in and change. If you wish to use the Hydrotherapy facilities prior to your treatment, please allow additional time.

What if I have special health considerations?



Please notify our Spa Receptionist before booking your treatment if you have high blood pressure, allergies, other physical ailments or disabilities. If you have any concern at all, let us know.

What if I am pregnant?

Please contact our Spa Receptionist for advice on treatments that are safe to enjoy during pregnancy.

What if I wear contact lenses?

You may want to consider removing your contact lenses as we do not take responsibility for damage or loss.

What do I wear during my treatment?

We provide hygienic disposable brief or boxer shorts for both men and women, or you may choose to wear your own swimwear or briefs.

Choose what is most comfortable for you. Our therapist will always use draping techniques to respect your privacy.

What about my valuables?

Please leave them in your room safe, we recommend that no jewelry to be worn at the spa. The management accepts no responsibility for the loss of money or valuables of any kind brought into the spa.

What if I am late for my appointment?



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

What if I need to cancel a spa reservation?



The treatments you select are reserved especially for you. Guest will be charged 50% for treatments cancelled on the day of treatment.

What about payment for spa services?

We accept cash and all major credit cards (Visa, Amex, MasterCard, JCB, Dinners). Hotel guests may charge to the room account.

Spa Etiquette: The spa environment is one of tranquility and relaxing. Please understand and respect the privacy of other spa guests by keeping your voice low and turning off your cell phone, if you are carrying one.

Thank you





Body Massages

Bo Phut Signature Massage

Using palm strokes and thumb pressure, our skilled therapist works on your bodies key pressure points to strengthen inner. This signature massage was created exclusively for Bo Phut Spa and uses the especially warm touch with therapist hands and formulated Relaxing Oil to enhance the experience.

90 mins Baht 2,650 ++

120 mins Baht 3,350 ++

Aroma Massage

A deeply relaxing and restorative massage using long, slow movement and strokes. Choose your own favorite oil to suit your mood.

60 mins Baht 1,750 ++

90 mins Baht 2,550 ++

Royal Thai Massage

Adapted from Traditional Thai Massage technique, palm and thumbs are applied to pressure to pressure points to relieve tired muscles and improve blood circulation. Recommended for those who prefer a firm massage.

60 mins Baht 1,650 ++

90 mins Baht 2,250 ++

120 mins Baht 2,750 ++

Royal Thai Massage with Luk Pra Kob

A Traditional Thai Massage complimented by herbal hot pack compresses to sooth sore muscles and relaxes.

90 mins Baht 1,850 ++

Hot Stone Massage

HOT STONE THERAPY, carried with the heat source of **HOT STONE** work in harmony with pure essential oils and special manual massage to reach a real wellness state. Through the transfer of heat and positive energy to the body, it increases the metabolic circulation.

90 mins Baht 2,800 ++

60 mins Baht 1,850 ++

90 mins Baht 2,650 ++

Remedial Massage

A strong massage uses a combination of Thai, Swedish and Deep Tissue techniques to relieve aches and pains.



Body Massages



Balinese Massage

Adapted from traditional Balinese technique, these tissues massage aids bloods circulation and relive tension. Invigorating effects are enhanced by the warming properties.

60 mins Baht 1,800 ++

90 mins Baht 2,600 ++

Aroma Thai Massage

Back to ancient days with the age-old Thai massage that has been adapted to compliment the properties of Aromatic Oil. This massage encompasses the use of palm strokes, stretching techniques and the revitalizing aroma of the oil to help improve blood circulation and mobility as well as relive tens



60 mins Baht 1,800 ++

90 mins Baht 2,600 ++

Aloe Creamy Massage

This calming full body massage employs a blend of aloe rich in vitamins and minerals. Soft and gentle strokes are ideal mature sensitive or sun-baked skin. The combinations of technique and aloe cream help to reduce irritation and dryness of skin.

60 mins Baht 1,700 ++

Back Bliss

This deep therapeutic massage will focus entirely on back, neck; head and shoulder to alleviate built up stress and blocked energy.

45 mins Baht 1,350 ++

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.

50 mins Baht 1,450 ++



Facial Treatments



Aromatic facial

60 mins Baht 1,650 ++

A deep cleanse and gentle exfoliation will help to soften the pores for any necessary extractions with a mineral-rich purifying mask. Accompanied by hand and arms massage.

Men's Facial

60 mins Baht 1,650 ++

Specifically designed to cleanse and refreshing facial incorporating all of the elements of the Ultimate Aromatic. Accompanied by hand and arms massage.

Rejuvenating Facial

60 mins Baht 1,750 ++

Formulate your face with many protective and anti-aging ingredients to saturate the deeper layers.

Honey Delight

60 mins Baht 1,650 ++

A nourishing blend of honey and cooling cucumber as a mask to encourage moisture and restore a natural balance. Accompanied by hand and arms massage.

Re-Nourish/Hair Treatments

Avocado Hair Treatment

45 mins Bath 1,200 ++

A deep conditioning treatment designed to moisturize hair and calm your mind. A conditioning wrap with rich coconut oil and fresh avocado. This treatment promotes thicker hair and includes Steam and relaxing scalp massage. A reflex hand and arms massage during the hair wrap.

Egg Yolk Hair Treatment

45 mins Bath 1,200 ++

Using a high quality organic hair all natural ingredients products, Egg yolk, honey, flour blossoms and pure olive oil to moisturize your hair and repair damaged hair, leaving your hair feeling as smooth as silk. Give it a deep conditioning treatment. This treatment includes Steam and relaxing scalp massage. . A reflex hand and arms massage during the hair wrap.

All prices are subject to change without notice and subject to 10 % service charge and 7 % prevailing government taxes.

Body Treatments

Ginger Caramel Scrub

50 mins Baht 1,500 ++

This wonder combination of ginger, oat powder, natural honey warming properties help detoxify and body balance, remove dead skin cell sooth and smoothen the skin, rich of vitamins and antibacterial suitable for dry and sensitive skin.

Romance Salt Scrub

50 mins Baht 1,500 ++

Ideal for oily skin, natural sea salt is combined with your choice of aromatic body oil to remove impurities improve circulation, leaving your skin smooth and radiant.

Coconut Butter Body Scrub

50 mins Baht 1,500 ++

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

50 mins Baht 1,500 ++

A deep cleansing with coffee to exfoliate, stimulate and refresh the entire body. Leaving your skin feeling velvety soft.

Healing Tamarind Body Scrub

50 mins Baht 1,500 ++

Use of the tamarind fruit as a whitening agent which exfoliates and removes dull skin cells. Producing healthier looking skin.

Honey & Sesame Body Scrub

50 mins Baht 1,500 ++

A mixture of traditional herb with honey and sesame seeds is used as a body scrub to cleanse and remove dead skin cells, moisturize and encourage new cell growth to produce healthier skin.

Relieving After Sun Care

50 mins Baht 1,500 ++

Specifically designed to relieve pain and damage, caused by over exposure to the sun. A cooling puree of cucumber blended with soothing lavender, tea tree and chamomile is applied to the entire body, concentrating on the effected areas. A cool shower is followed by a light application of Aloe Vera lotion to re-hydrate.

Dead Sea Thermal Mud Wrap

50 mins Baht 1,700 ++

With its healing and detoxifying properties, Dead Sea minerals will leave your skin soft, refreshed and is excellent for cases of water retention.

All prices are subject to change without notice and subject to 10 % service charge and 7 % prevailing government taxes.

Added Indulgence

Steam

30 mins Baht 700 ++

Thai herbs together with the steam help to lengthen the breath and detoxify the body.

Honey Milk Bath

30 mins Baht 1,000 ++

The healing properties of honey, milk and lavender essential oil combine water with relaxation for health, balance and renewal.

Moor Mud Bath

30 mins Baht 1,000 ++

With its healing and detoxifying properties, Dead Sea Mud will leave your skin soft and refreshed. Relaxing and balancing mind body and spirit.

Aromatic Bath

30 mins Baht 1,000 ++

A perfect place to enjoy the sensual pleasure of aromatic oils. The oil properties are absorbed into the skin while the rest evaporates into the atmosphere for inhaling, simultaneously soothing muscles and mind.

Jacuzzi

30 mins Baht 550 ++

The benefits of hydrotherapy have literally transformed people's lives. In fact, it has become such a widespread phenomenon that it has revolutionized the way people imagine and experience water. It's giving you the opportunity to relax, reduce stress, and relieve aches and pains and to steep better.

Spa Packages

Serenity

(2 hrs)

Private Herbal Steam (20min)

A Choice of Body Scrub (50min)

A choice of Facial Treatments (50min)

Refreshing Spa Drink

Single @ Baht 3,200 ++ Couple @ Baht 6,000 ++

Harmony

(2.5 hrs)

Private Herbal Steam and Jacuzzi (40min)

A Choice of Body Scrub (50min)

Aroma Massage or Royal Thai Massage (60min)

Relaxation with Thai Herbal Tea

Single @ Baht 3,400 ++ Couple @ Baht 6,400 ++

Romance

(3.5 hrs)

Private Herbal Steam and Aromatic Bath (40min)

A choice of Body Scrub (50min)

Aroma Massage or Remedial Massage (60min)

Aromatic Facial Treatments (60min)

Relaxation with Thai Herbal Tea

Single @ Baht 4,600 ++ Couple @ Baht 9,000 ++



Spa Packages

Sweet Honeymoon

(3.5 hrs)

Private Honey Milk Bath (40min)
Honey & Sesame Scrub (50min)
Aromatherapy Massage (60min)
Honey Delight Facial Treatments (60min)
Relaxation with Thai Herbal Tea

Couple @ Baht 9,000 ++



Royal Thai Healer

(3.5 hrs)

Private Herbal Steam Bath (20min)
Turmeric Body Scrub (30min)
Honey Milk Body Wrap (40min)
Aroma Thai Massage (60min)
Thai Honey Facial (60min)
Relaxation with Thai Herbal Tea

Single @ Baht 4,875 ++ Couple @ Baht 9,500 ++




Bo Phut Royal Treat

(2.5 hrs)

Floral Foot Bath with Romance Salt Scrub (10min)
Foot Reflexology (40min)
Thai Massage with Luk Pra Kob (90min)
Neck & Shoulder Massage (10min)
Relaxation with Thai Herbal Tea

Single @ Baht 3,500 ++ Couple @ Baht 6,600 ++



All prices are subject to change without notice and subject to 10 % service charge and 7 % prevailing government taxes.



Beauty Salon Services



Nail Care

	Baht
Manicure	600 ++
Pedicure	700 ++
Nail polish change	350 ++
French Manicure	750 ++
French Pedicure	850 ++

Waxing

Full Leg	1,600 ++
Half Leg	900 ++
Full Arm	1,400 ++
Half Arm	800 ++
Under Arm	600 ++
Bikini Line	700 ++
Lip	200 ++
Chin	250 ++

Ladies

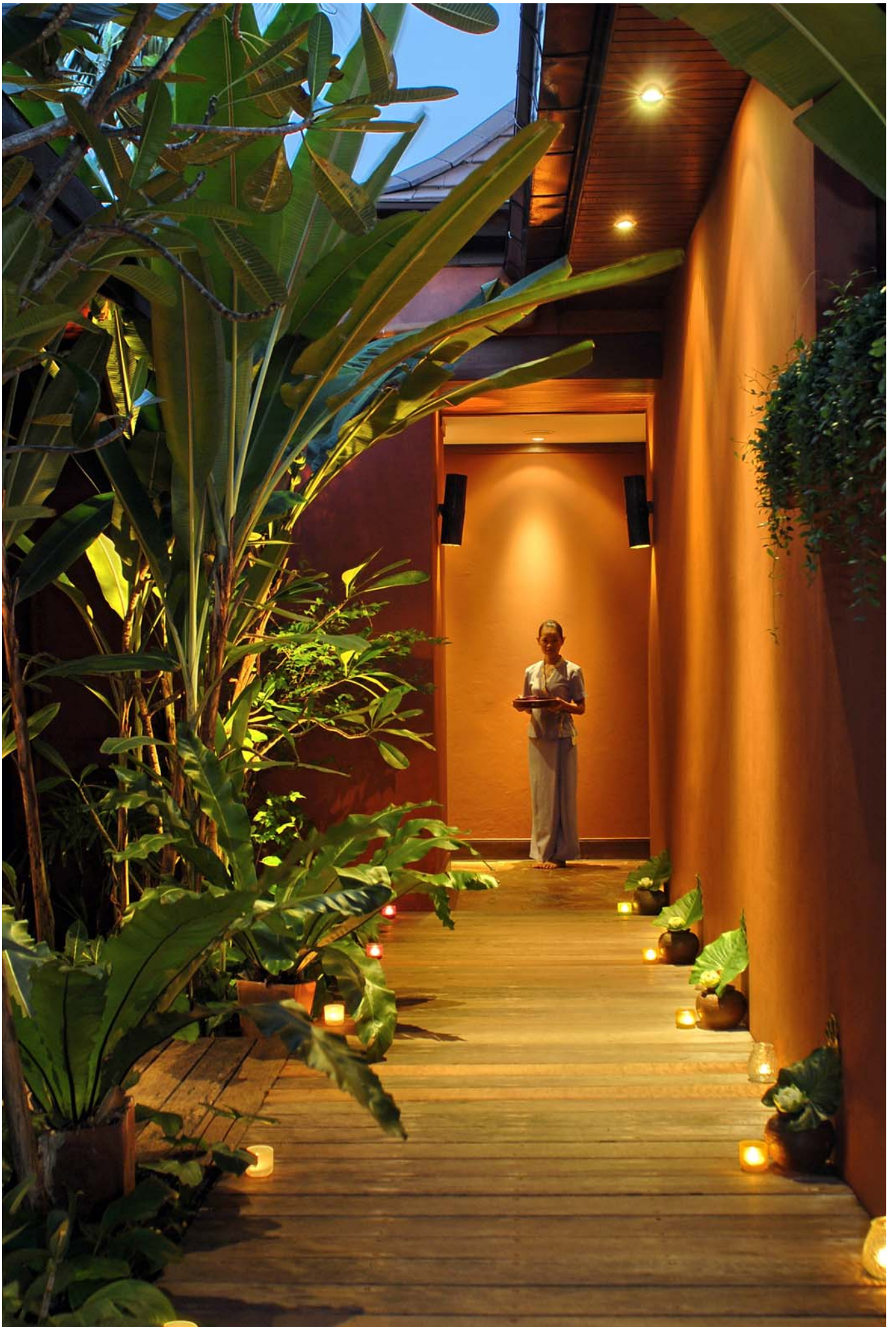
Shampoo & Blow Dry	600 ++
Shampoo, Trim & Blow Dry	850 ++

Men

Shampoo & Blow Dry	400 ++
Shampoo, Trim & Blow Dry	650 ++



All prices are subject to change without notice and subject to 10 % service charge and 7 % prevailing government taxes





Benefits of Massage

Physical Health Benefits

- Improves blood and lymphatic circulation
- Lowers blood pressure
- Improves skin textures, for healthier and better looking skin
- Improves joint flexibility
- Reduces muscles tightness
- Strengthens immune system

Mental Health Benefits

- Promote healing
- Promote deep relaxation
- Reduces mental stress and anxiety
- Promote a grater sense of well being

Our Recommendations

For sore and tired muscles or after strenuous workout, we recommend Back Bliss, Remedial Massage, Hot Stone Massage, Thai Massage and Thai Massage with Luk Prakob (Thai Herbal Pouches Hot Compress)

For a relaxing and calming massage using lighter strokes, We recommend Bo Phut Signature, Aroma Massage, and After Sun Soothing Massage (Aloe Creamy Massage)

For mature and ladies who are pregnant, we recommend Aroma Massage