

## 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 chance. 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.

### Children can use Spa?

Please note that the spa unsuitable for children under the age 18 years, we are pleased to customize experiences.

**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



## BOPHUT SPA FOUR ELEMENTS AROMATHERAPY MASSAGE OILS

Our Well designed Bophut Spa Four Elements Aromatherapy Massage Oils base on the belief of the ancients that the human body has different elements of the life composition. Basically we may classify your base element from the month of birth.

Choosing the right oil can start on your birthday!!!

### 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 and deep relaxation
- Reduces mental stress and anxiety
- Promote a greater sense of well being

### Our Recommendations

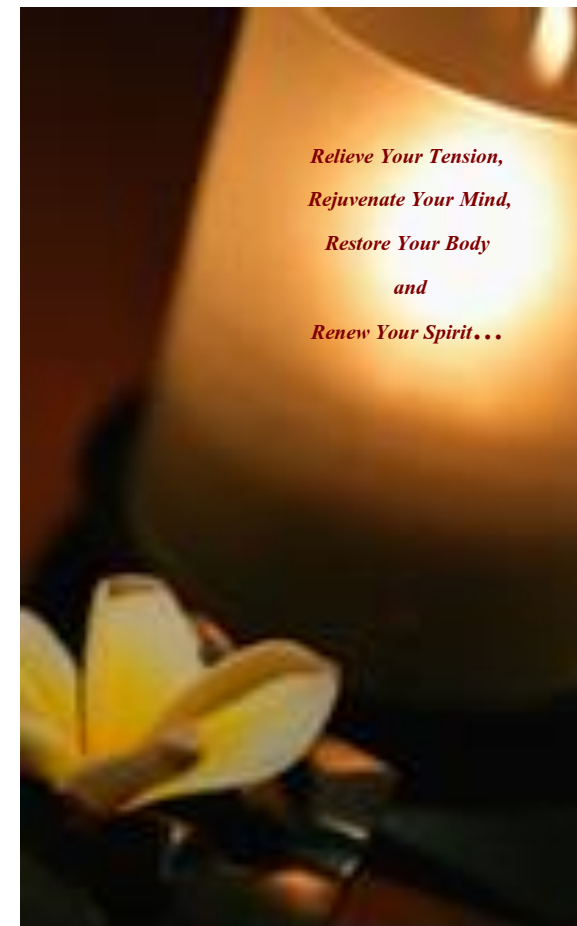
- For sore and tired muscles or after strenuous workout, we recommend, Tension Release Massage , Aroma Thai Massage ,Remedial Massage, Hot Stone Massage, Royal Thai Massage or combine with Thai Herbal Pouches Hot Compress
- For a relaxing and calming massage using lighter strokes, We recommend Bo Phut Signature, Aroma Massage, and Aloe Creamy Massage
- For mature and ladies who are pregnant, we recommend Aroma Massage, Aloe Creamy Massage or Coconut Oil Massage



**Bophut Wellness teas designed by used fresh herbs and dry herbs combination blends as an essential home made herbal teas and will be serve you before and after treatment.**

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

## Bophut Spa Menu



*Relieve Your Tension,  
Rejuvenate Your Mind,  
Restore Your Body  
and  
Renew Your Spirit...*

**Spa is open daily 10:00 -19:00 hours**



Address: 12/12 Moo1,Tambol Bophut,  
Amphur Koh Samui, Suratthani Thailand 84320  
Tel : +66 77 245777,Fax : +66 77 245776

Email : [spa@bophutresort.com](mailto:spa@bophutresort.com)

## BODY MASSES

### BOPHUT

#### SIGNATURE MASSAGE 90/120mins 2,650/3,350

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.

#### HOT STONE THERAPY 90mins THB 2,800

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.

#### REMEDIAL MASSAGE 60/90mins THB 1,850/2,650

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

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#### AROMA MASSAGE 60/90mins THB 1,750 / 2,550

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

#### ROYAL THAI MASSAGE 60/90mins THB 1,650 / 2,250 120mins THB 2,750

Adapted from 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.

#### ROYAL THAI MASSAGE with 90mins THB 2,450 THAI HERBAL POUCHES COMPRESS

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

#### FOOT REFLEXOLOGY 60mins THB 1,650

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

#### ALOE CREAMY MASSAGE 60mins THB 1,700

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-burned skin. The combinations of technique and aloe cream help to reduce irritation and dryness of skin.

All price are quote in Thai Baht and subject to plus 10% service charge and 7% government tax.

Price are subject to change without prior notice

## UPPER BODY MASSES

### BOPHUT HEAD MASSAGE REVIVAL

60mins THB 1,700

Help relieve stress and reduce tension, it may also ease migraine or headache pain, lower blood pressure, improve circulation to your head and neck, while our natural warm oil will nourish promote and stimulate your new hair growth.



### TENSION RELIEF MASSAGE

60mins THB 1,800

Our experienced therapist will start with rubs your back with Epsom salt to clean your back and stimulate blood circulation then uses slow strokes and deep tissue finger pressure to relive tension from the deep layers of your muscles and connective tissues mostly focus and work on your back, lower back, neck, shoulder and head massage , Highly recommended Who sitting at a computer for a long time and over work.



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## FACIAL TREATMENT

AROMATIC FACIAL 60mins THB 1,750

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, end with **LONG-LASTING MOISTURIZING CREAM** by GUINOT PARIS

REJUVENATING FACIAL 60mins THB 1,850

Guinot manual facial treatment includes a facial massage and promises spectacular results. The 60minutes treatment includes dermabrasion (exfoliating), a facial massage with an anti-aging serum, and a mask that restores the skin's radiant glow. The treatment **diminishes wrinkles and firms the skin.**



### SIGNATURE GUA SHA FACIAL THERAPY 75mins

THB 1,980Guar Sha is a centuries-old practice that helps create a sculpted look in your face by stimulating deeper tissue release and lymphatic drainage, which slims and de-puffs the face. We used a massage technique designed to relieve tension in the muscles of the face, boost blood circulation, which completely with **DEHYDRATED SKIN CARE** by GUINOT PARIS

## RE-NOURICH HAIR TREATMENT



### AVOCADO HAIR TREATMENT

60mins THB 1,480

A deep conditioning treatment designed to moisturize hair and calm your mind. A conditioning wrap with rich of coconut oil and fresh avocado. This treatment promotes thicker hair and included herbal steam room therapy with help to reduce blood pressure, lengthen the breath detoxify the body. A scalp massage will help you to relieve stress and reduce tension also promotes well sleep. Top to toe pampering for this treatment.

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## BODY SCRUBS

### COCONUT EXFOLIATE 60mins THB 1,700

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.

### RICE MILK EXFOLIATE 60mins THB 1,700

A fantastic exfoliating experience. Rice is a traditional beauty ingredient. That brings moisturizing and anti-inflammatory benefits to the skin. Milk scrub will help remove dead skin cells and smooth the skin, feeling fresh and relaxed.

### MANGO EXFOLIATE 60mins THB 1,700

Mango is a nutritious fruit loaded with healthy nutrients that can help support your skin and overall health. The vitamin A, vitamin C, and antioxidants in mango may help you prevent premature aging and protect your skin from sun damage.

### DETOXIFYING GREEN TEA 60mins THB 1,700

This is a renewal and hydrate skin with refreshing Green Tea Exfoliation. Green tea has many benefits to our health and overall well-being. it is also equally as powerful when used on skin.



## BODY WRAPS

### RELIEVE AFTER SUN CARE WRAP 60mins THB 1,700

Specifically designed to relieve pain and damage, caused by over exposure to the sun. A cooling puree of fresh 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 60mins THB 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.

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charge and 7% government tax.

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## SIGNATURE SPA PACKAGES

### SERENITY 2hours THB 3,500

Private Herbal Steam Bath 20mins  
A Choice of Body Scrub 40mins  
A Choice of Facial Treatments 60mins

### HARMONY 2.5hours THB 4,000

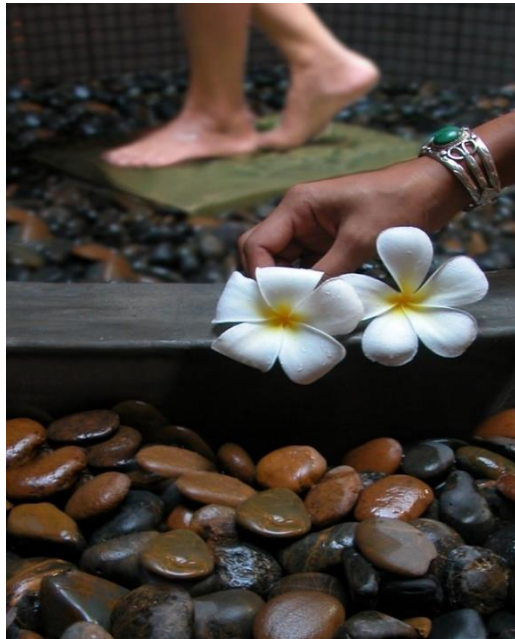
Private Herbal Steam Bath & Jacuzzi 40mins  
A Choice of Body Scrub 40mins  
Aroma Massage or Royal Thai Massage 60mins

### ROMANCE 3.5hours THB 5,000

Private Herbal Steam & Rose Milk Bath 40mins  
A Choice of Body Scrub (50min)  
Aroma Massage or Remedial Massage 60mins  
Aromatic Facial Treatments (60min)

### SIGNATURE TOUCH 3.5hours THB 6,000

Private Herbal Steam Bath 20mins  
Detoxifying Green Tea Body Scrub 30mins  
Bophut Signature Massage 90mins  
Signature GuaSha Facial Therapy 70mins



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## ADDED INDULGENCE

### HERBAL STEAM BATH 30mins THB 700

Help to lengthen the breath and detoxify the body helping with weight loss, relief of respiratory ailments such as asthma, bronchitis, sinusitis and allergies, improving skin conditions such as acne, eczema and psoriasis, relief of muscle tension and stiff joints, stress reduction, boosting an immune system, improving blood circulation, and the reduction of cellulite.

### ROSE MILK BATH with EPSOM SALT 30mins THB 1,200

Rose milk bath is perfect for all skin types. It's great for dry, sensitive & mature skin while Epsom salt antibacterial, healing the skin, releasing the stress, sleeplessness and medical therapy. Highlights: - It helps to relieve muscle aches, helps to maintain and moisturize the skin and it makes you feel relax and comfortable with your skin.

### JACUZZI 30mins THB 600

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 sleep better.

### THAI HERBAL POUCHES

#### HOT COMPRESS 30mins THB 900

This herbal compress treatment is recommended in combination with any of our massage therapies. Using a rich blend of Thai herbs, the poultice relieves muscular and arthritis pains as well as fluid retention.



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