

THE SPA

Putting back a little of what life takes out



THE SPA



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The Hilton promise is something that we call "Equilibrium". It's our response to a world where people feel time-starved, under pressure and out of balance. Our solution is to provide an oasis where people can escape the rigours of their busy lives, Where they can refresh, relax, and restore their balance. "Equilibrium" guides and inspires everything we do here at The Spa.

It's a philosophy, a mantra, a statement of intent. Our promise is simply this :
In a demanding world, we promise to....

"put back a little of what life takes out".

Signature Treatment


Equilibrium Therapy

1 hour 30 mins 3,350 + + THB

"The Spa" signature therapy uses our very own reviving brand of Wild Mint massage oil together with a specially created Thai natural herbal pack. This treatment includes a gentle exfoliation using Thai royal honey and black sesame, which is applied over your entire body. This therapy is ideal for "putting back a little of what life takes out".

FOR RESERVATIONS PLEASE DIAL 2818

All price are quoted in Thai Baht and subject to 10% service charge and applicable government tax.





THE SPA

Spa Packages

Uplifting Ritual

4.5 hours 7,900 + + THB

The Perfect Day for pampering yourself. You will be escorted to your private villa where you will enjoy the perfect combination of spa treatments that will leave you feeling and looking fabulous.

- Herbal Steam Therapy
- Honey & Sesame Scrub
- Andaman Massage
- Enriching Milk Bath
- Rebalancing Facial or Ocean Men Facial by Thalgo
- Well-being Manicure & Pedicure
- Healthy Snacks
- Herbal Tea

Soulful Ritual

3.5 hours 6,200 + + THB

Whether you are a spa lover or if this will be your first day spa experience, we can assure you that this spa package will be an indulgent and relaxing experience.

- Herbal Steam Therapy
- Coconut Pre-sun Treatment
- Massage Creation
- Floral Bath
- Aroma Essential Facial by Thalgo
- Healthy Snack
- Herbal Tea

Exhilarating Ritual

2.5 hours 5,200 + + THB

A Spa Package to rejuvenate your body from Top to Toe! Add a totally exhilarating touch to your spa experience.

- Traditional Herb Scrub
- Yin Yang Massage
- Truly Asian Facial
- Healthy Snack
- Herbal Tea

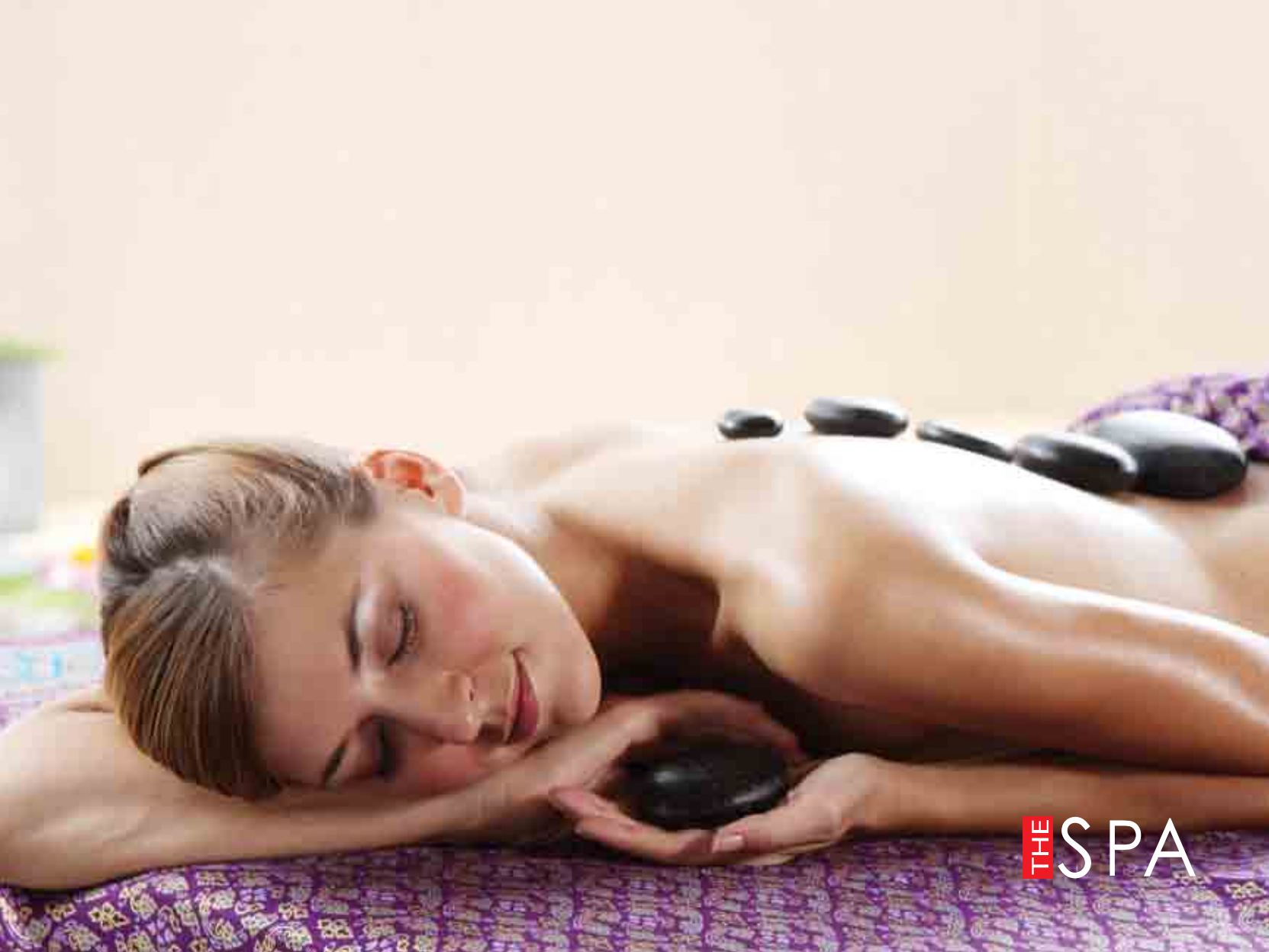
Soothing Ritual – Spa Discover

2.5 hours 5,200 + + THB

The sunny day usually leaves your skin dry and dull so best to head to the spa and enjoy this treatment which will not only energize but nourish and moisturize your skin.

- Glowing Body Plus
- Honey Body Mask
- Swedish Massage
- Healthy Snack
- Herbal Tea

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Spa Package

Well Being Indulgence

1.5 hours

3,350 + + THB

This luxurious total-body treatment takes a holistic approach by promoting complete relaxation through body and mind. Skin exfoliation to smooth and freshen the skin is followed by yin yang massage, Ideal to ease away tension and enhance your wonderful vacation.

Sea & Senses Hot Stone Massage

1 hour 45 mins 3,900 + + THB

The sea & senses method induces deep relaxation and invites sleep. The algae marine exfoliating and power of stones bring about a unique and total state of rest. Volcanic stones have been used in massage for hundreds of years for their decongesting effect on muscular and nervous tension and their positive action on toxin elimination.

Intimate Moment

2 hours

Couple : 7,500 + + THB

Soak your way to romance with aromatic bath and harmony spa retreats. Breathe new life and energy into your couple.

- Traditional Herb Scrub
- Massage Creation
- Enriching Milk Bath
- Healthy Snack
- Herbal Tea

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Massage

Andaman Massage **1 hour** **2,600 + + THB**
Using elbow technique as well as long strokes and skin rolling techniques to relieve tension, improve circulation, ease stress and promote harmony of body mind and soul.
Recommended for strong massage lover.

Massage Creation **1 hour** **2,250 + + THB**

1.5 hour **3,050 + + THB**

A full body massage with aromatherapy oil. A combination of Thai and aromatherapy massage using medium pressure, kneading strokes and circular motions. The purpose is to increase the oxygen flow in the blood circulation and release toxin from muscle while promoting health and well being.
A touch of east meets west for this unique experience.

Yin Yang Massage **1 hour** **2,250 + + THB**

1.5 hour **3,050 + + THB**

This gentle therapeutic massage is perfect to creating a sense of relaxation and well being.
The scent of lavender is used to soothe the tired soul and create a calm state of mind.

Swedish Massage **1 hour** **2,250 + + THB**

1.5 hour **3,050 + + THB**

This massage is perfect for sore muscles after a game of tennis or golf. Problem areas may be pointed out to the therapist, who can then design the massage to remedy your aches and pains and enhance relaxation.

Tension Release Massage **1 hours** **2,250 + + THB**

To give extra boosts the perfect introductory massage, or for those who are highly stressed.
Focusing on the back, neck and shoulder. This massage uses oil and Swedish massage techniques to relax particular tension-filled areas.

Siamese Massage **1 hour** **1,800 + + THB**

1.5 hour **2,500 + + THB**

Thai massage has a non-oil application. A medium to strong pressure combines with unique stretching to enhance body flexibility and restore energy flow leaving you feeling energized.

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Spa Express Service

Head and Scalp Relief

30 mins

1,200 + + THB

Head, neck and shoulder massage is a particularly pleasurable experience. Most people will be surprised at the amount of tension they hold here.

You might like to try it on its own or in combination with our Tension Release Massage.

Tension Release Massage

30 mins

1,200 + + THB

To give extra boosts, the perfect introductory massage, or for those who are highly stressed.

Focusing on the back, neck and shoulder, this massage uses oil and Swedish massage techniques to relax particular tension-filled areas.

Oriental Foot Remedy

45 mins

1,500 + + THB

Pamper you feet and legs with a deeply relaxing foot massage using a blend of natural Wild Mint aromatic essential oil.

Honey Body Mask

45 mins

1,700 + + THB

A therapy designed to heal, soothe and rejuvenate. Warm natural and mineral rich honey body mask is smoothed over your entire body, and then you are wrapped in the warmth of comforting towels.

The weight of your stress will evaporate as you absorb the therapeutic benefits of the miraculous mask.

Coconut Body Polisher

45 mins

1,700 + + THB

Coconut has been used for centuries in Asia to moisturize the skin.

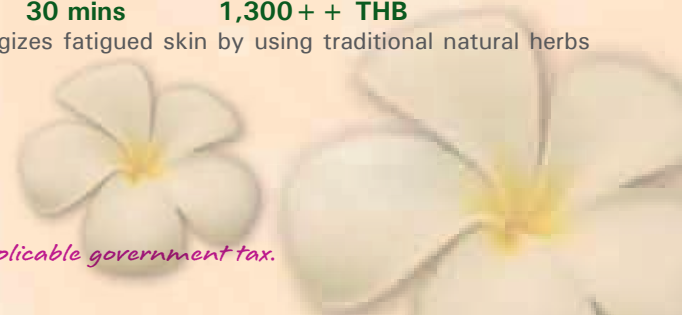
This is an ideal pre or post sun treatment as coconut oil helps to keep your skin colouring after a day in the sun and gives your skin a golden glow.

Mini Facial

30 mins

1,300 + + THB

This facial enhances the complexion and re-energizes fatigued skin by using traditional natural herbs and vegetables.



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Facial

Wrinkle Control Modeling Facial by Thalgo

1 hour 15 mins 4,400++ THB

This anti-ageing and firming facial includes a self heating mask, which has an amazing wrinkle smoothing effect after just one session! Your skin tone is lifted, and the contour of your face is redefined.

Collagen Velvet Facial by Thalgo

1 hour 15 mins 3,700++ THB

Intensive hydration for sun damaged skin and sensitive skin. With pure native soluble collagen, protein rich extracts and creams, this treatment softens and smoothes the skin and helps maintain moisture balance.

Rebalancing Facial by Thalgo

1 hour 2,600++ THB

Combining pure natural seaweed, rich in minerals and vitamins with high potency marine extracts, this treatment provides deep cleansing. Its anti-bacterial effect is ideal for combination, oily and problem skin types.

Ocean Facial by Thalgo

1 hour 2,600++ THB

While the sea is a source of vitality, freshness and well being, it is above all a source of strength and energy for men. THALGO now meets the essential needs of men's skin by a new range of skincare products and professional treatment relying on the energizing properties of Algue Bleue Vitale to give an anti-ageing, anti-fatigue and energizing facial, specially for men.

O₂ Marine Facial by Thalgo

1 hour 2,350++ THB

A purifying oxygenating treatment for shallow skins, polluted by stress and negative lifestyles. This booster facial problems marine and plant proteins to replenish and nourish the skin, result in a natural healthy glow – the perfect city dweller facial.

Aroma Essential Facial by Thalgo

1 hour 2,350++ THB

An intensive customized Aromatherapy treatment for total relaxation. Suitable for all skin types.

Truly Asian Facial

1 hour 1,700++ THB

This facial treatment incorporates all of the basic facials, include cleansing, exfoliating, toning, pressure point facial massage and complete with a face mask. Using natural herbs and vegetables.

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Body Treatment

Marine Prelude by Thalgo

1 hour 30 mins

2,950 + + THB

The ultimate in exfoliation to smooth skin dryness and offering all the benefits of relaxation and remineralising Eliminates dead skin cell, helps smooth skin roughness, refines skin texture, and invigorates the entire body activating microcirculation.

Toning Marine Gel Body Wrap by Thalgo

1 hour 30 mins

2,950 + + THB

For intensive silhouette refining, a gel wraps rich in marine minerals and vitamins. This treatment detoxifies the body, and is ideal for firming slack muscle tone reduces generalized and cellulite, eliminate toxin, rematerializes, and firm slack skin tissue. The ultimate detox!

Sunburn Reviver

1 hour

1,800 + + THB

The healing powers of aloe vera and cucumber are used to cool, soothe and hydrate your skin, after exposure to the sun. A relaxing and therapeutic foot and scalp massage is performed during the body envelopment. You will emerge feeling calm and refreshed.

Waxing

Rid your self of unwanted hair with depilatory waxing

Brows or Lips

450 + + THB

Underarms

550 + + THB

Bikini Line

800 + + THB

Half Legs

950 + + THB

Full Legs

1,600 + + THB



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Well - being Salon

Our salon is located within The Spa and offers a full array of hair and nail services. Enjoy your beauty touches in the scenic and comforting surrounding of the lagoon.

Hair care

Shampoo, Cut and Blow Dry
Shampoo and Blow Dry
Hair up / Style
Hair Treatment
Hair Braiding

Short Hair

750 + + THB
500 + + THB
850 + + THB
1,250 + + THB
1,250 + + THB

Long HairB

950 + + THB
850 + + THB
1,550 + + THB
1,850 + + THB
2,700 + + THB

Nail care

Well being Spa Manicure & Hand Paraffin
Well being Spa Pedicure & Feet Paraffin
Well being Spa Manicure
Well being Spa Pedicure
File and Paint (Hands or Feet)

1,350 + + THB
1,500 + + THB
850 + + THB
950 + + THB
500 + + THB

Men's Time Out

Haircut & Wash
Trimming Session
Wet Shave
Hand Care
Reward your hard working hands with a cleansing, followed by a manicure.
Foot Care
Reward your feet with a relaxing foot bath followed by a pedicure.

650 + + THB
450 + + THB
450 + + THB
650 + + THB
750 + + THB

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How to Spa

Arrival time

If this is your first visit with us, please arrive 10 minutes prior to your scheduled time so that you may relax and unwind before your treatment.

What to wear

You may wish to wear your own bikini or briefs, or we can provide you with hygienic disposable briefs. Alternatively, treatments may be enjoyed without clothing. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Personal preferences

We definitely encourage a personal touch. It is your time and you should enjoy the experience to the fullest. Whether it is the room temperature, music selection or massage pressure, please ask your therapist to adjust to suit your needs.

What if I am pregnant?

Please contact our supervisor or receptionists for advice on treatments that are safe to enjoy during pregnancy.

Should men shave before their facial treatment?

It is recommended that men shave a few hours before their facial appointments, rather than just before.

What about my watch, jewelry and valuables?

Please leave these personal items in the safe in your hotel room.

Late arrivals

We regret that arriving late will decrease the time of your treatment. Scheduled treatments must end on time so that the next guest is not delayed. Your treatment will last the full duration if no other booking is scheduled after your appointment.

Cancellations / No show

We respectfully request that 24 hours notice is provided when canceling your appointment in order to prevent cancellation fees. Group bookings (5 or more persons) require 48 hours notice. Otherwise, a charge equal to 50% to your treatment fee will be applied.

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Phuket Arcadia Resort & Spa

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