



A contemporary haven of equilibrium and wellness  
Inspired by tradition and technique

#### Recommended products

##### PEVONIA BOTANICA

An elite spa care line chosen by prestigious spas worldwide. Pevonia provides effective skin care solutions for women and men of every age.

##### JURLIQUE

Skin and health care products holistically formulated and produced by a unique Bio intrinsic method, which protects and preserves the natural life force of the healing herbs.

#### HOW TO SPA...

- When you arrive at SALA spa you will be asked to complete a brief lifestyle elemental questionnaire to determine which treatments will best suit your needs. At this time please inform spa receptionist if you have any health concerns.
- While we will always try to accommodate your treatments, late arrival may mean a reduction in your treatment time due to prior bookings.
- Mobile phones, while a necessary part of modern living, are not permitted in any treatment rooms or relaxation areas. In other areas please switch them to quiet or meeting mode.
- To ensure a peaceful, tranquil ambiance in the spa, Children cannot accompany adults in the spa unless receiving a treatment.
- We supply disposable underwear for your privacy and our therapists will advise you of their use –our therapists are fully trained to drape you to respect your privacy at all times.
- Please remember to drink fluids, especially water during and after your time at SALA Spa.
- Gentlemen should shave a few hours before any facial treatment to increase comfort.
- If you have enjoyed a massage we suggest you leave the oils on your skin for up to 2 hours before taking a shower. Your skin will absorb the oils' properties.
- If you are pregnant or have any other condition that you feel we should be aware of, please inform our Spa receptionist or your therapist.
- Our therapist are fully trained to ensure your treatments are some of the best you will experience. However, please inform them at any time if you are uncomfortable or require anything else during your treatment-massage pressure, room temperature or otherwise.
- The therapist reserves the right to terminate the treatment if she feels the clients' Behavior is undesirable.

#### CANCELLATION POLICY...

- 4 hours notice is required to cancel or amend any reserved treatment.
- If less than 4 hours, 50% of the full treatment fee will be charged.
- In case of no-show, full treatment fee will be charged.
- All packages and products are non-refundable.

STRESS BREAKERS...	60 min	90 min	WELL BEING CONTINUED...	60 min	90 min
SALA SELECTIONS MASSAGE	2,200	2,700	THAI HERBAL COMPRESS	N/A	2,700
SALA's signature massage combines warm essential oils with choreographed pressure and movement to stimulate circulation and encourage tranquility.			A heated aromatic compress combines varieties of traditional Thai herbal remedies and applied to the body for deep heat penetration to treat tired and aching muscles and stimulate circulation.		
TRI PHASE STONE THERAPY MASSAGE	N/A	2,900	FOR SOMETHING SPECIAL...	60 min	90 min
Heated Granite stones are used to deliver deep tissue massage at a comfortable pressure levels effectively soothing tension whilst increasing circulation.			MOTHER-TO-BE	2,200	2,700
AROMATIC SWEDISH MASSAGE	2,200	2,700	Specifically designed for expecting Mothers with focus on comfort and safety, this specialized treatment relieves tension and reduces swelling of the joints whilst promoting relaxation and calm.		
The classic technique uses a combination of long flowing strokes, compression and aromatic oils to relieve tensions and ease pain in joints.			A HEAD ABOVE	45 min	1,800
CONCENTRATED ANTI STRESS MASSAGE	45 min	1,800	Warm coconut oil is drizzled and massaged into the scalp for a calm conditioning treatment combined with an energizing scalp massage. A perfect choice for revitalization and healthy hair.		
An intensive treatment focusing on the neck, back and shoulder region to release tension and stress.			STIMULATE THE SOLE	1,500	
WELL BEING...	60 min	90 min	Pressure points in the feet are used to stimulate and improve function of all the major body parts and organs as this traditional foot reflexology treatment restores balance and harmony to the body.		
ASIAN COMBINATION MASSAGE	2,200	2,700	BY THE BEACH...		
Utilizing influences from Thai and Shiatsu techniques blended with aromatherapy practices the combination massage highlights a soothing and pampered experience.			Available in our beach side Sala's between 10 and 5.		
SOOTHING AROMA MASSAGE	2,200	2,700	BEACH BREAK	90 min	1,500
A combination of strokes and acupressure techniques are applied whilst the healing properties of natural oils penetrate and soothe the skin.			<ul style="list-style-type: none"> <li>• Thai Massage 60 minutes</li> <li>• Scalp reflexology 30 minutes</li> </ul>		
TRADITIONAL THAI MASSAGE	1,800	2,200	SUN DOWN	90 min	1,500
A fusion of Ayurvedic stretching technique and Chinese pressure point methods. Releases tension, aligns the body and stimulates blood flow to release toxins.			<ul style="list-style-type: none"> <li>• Rejuvenating after sun massage with Aloe Vera lotion 60 minutes</li> <li>• Foot massage 30 minutes</li> </ul>		

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## SKIN CONSCIOUS...

SESAME HERBAL SCRUB	45 min	1,600
Clears impurities from pores whilst the essential fatty acid content of sesame nourishes dehydrated skin.		
SALT GLOW BODY SCRUB	45 min	1,600
Sea salt compounds exfoliate leaving the skin smooth and fresh. The qualities of Ylang Ylang and Lavender oils act on anti inflammation whilst easing tension.		
SILKY SKIN BODY SCRUB	45 min	1,600
A granular cream removes superficial impurities whilst Jojoba Beads, Sage, Allantoin and Rosemary smoothes roughness and leaves you skin radiant and silk soft.		
ASIAN WHITE CLAY BODY WRAP	60 min	2,000
The therapeutic attributes of white clay combined with specific Asian herbal ingredients aides in releasing toxins whilst holistically expelling negative energy.		
SUN DOWN SOOTHING WRAP	60 min	2,000
Relieve your sun damaged or sun sensitive skin with soothing wrap cooling and desensitizing. Water Lily Green Tea and Chamomile relieve over exposed skin.		
SEAWEED DETOXIFYING BODY WRAP	75 min	2,500
The high mineral and vitamin content of the micro algae particle wrap detoxifies and nourishes whilst acting on skin tones for a sleeker contour.		
AROMATIC MOOR MUD BODY WRAP	75 min	2,500
Moor Mud is a unique product of time and nature. Organics, enzymes, antibiotics and minerals exfoliate, detoxify, soothe tension and promote healing.		
JURLIQUE ANTI-OXIDANT AND DETOXIFYING WRAP	75 min	2,500
Designed for optimum rejuvenation and skin therapy, encourages skin cell renewal, collagen regeneration and hydrates whilst inducing anti-oxidant minerals.		

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## FACIAL FINESSE...

EYE BRIGHTENING TREATMENT	30 min	1,400
Pressure point massage of the eye contour followed by a penetrating mask to rejuvenate and soothe.		
THAI HERBAL FACIAL	60 min	1,800
Traditional and natural, incorporates a blend of herbal extracts that gentle nourish and hydrate skin.		
SUN DOWN REPLENISHING FACIAL	60 min	2,700
Treat and nurture sun damaged and mature skin with natural anti-oxidants leaving your skin soft and supple.		
REGENERATION FACIAL	60 min	2,700
An active moisturizing and nourishing skin solution couple with Shiatsu and Tonic-Vascular massage.		
MAN MAINTENANCE	60 min	2,700
Deep cleansing and purifying facial specifically for men		
ETERNAL YOUTH HYDRATING FACIAL	75 min	3,500
An intensive therapeutic treatment rich in natural Botanicals, antioxidants and hydration.		
LUMINOUS C AND SEA FACIAL	75 min	3,500
Stabilized Vitamin C combines with freeze dried seaweed reducing fine lines and renewing complexion.		
PLANTOMER FACIAL	75 min	3,500
This refreshing lift-off mask combines the hydrating benefits of seaweed with revitalizing propolis.		
ESPECIALLY HIS	75 min	3,500
Specifically formulated for men, rejuvenating caviar and Escutox replenish and counteract age aggressors.		
MYOXY CAVIAR AND PEAL FACIAL	75 min	4,500
An intensive concentration of caviar and pearl extracts condense and deeply moisturize skin cells.		

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STAY A LITTLE LONGER... Single Couple

Our highlight combination packages are designed to offer a more personalized experience at reduced rates.

THE CHOICE IS YOURS 2 hrs 3,900 7,500

Combine your choice of Body Scrub with Massage and take a little time out for "you".

- Body Scrub of choice 30 minute
- Body Massage of choice 90 minute

PAMPER ME 3 hrs 4,700 9,100

A select combination of some of our more decadent treatments, treat yourself.

- Silky Skin Body Scrub 30 minutes
- Aromatic Moor Mud Body Wrap 60 minutes
- Aromatic Swedish Massage 90 minutes

BETTER TOGETHER 3.5 hrs N/A 12,500

Spend some time with your special someone and our couples selection.

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| <p>FOR HER</p> <ul style="list-style-type: none"> <li>- Aromatic Herbal Steam</li> <li>- Sesame Herbal Body Scrub</li> <li>- Soothing Aroma Massage</li> <li>- Regeneration Facial</li> <li>- Aromatic Milky Bath</li> </ul> | <p>FOR HIM</p> <ul style="list-style-type: none"> <li>- Aromatic Herbal Steam</li> <li>- Salt Glow Body Scrub</li> <li>- Asian Combination Massage</li> <li>- Man Maintenance Facial</li> <li>- Aromatic Milky Bath</li> </ul> |
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ENHANCEMENTS...

Step into our Salon and allow our resident beautician to pamper you into perfection. Hair and nail treatments available for Him and Her.

ALL ABOUT HAIR CARE	SHORT	LONG
Her hair treatment	1,200	1,500
Her shampoo, cut and blow dry	1,000	1,200
Her shampoo and blow dry	800	1,000
Her hair styling	1,000	1,500
Her hair braiding	1,000	1,500
His cut and wash	800	
His wet shave	800	

FINISHING TOUCHES

A gentle herbal milk bath, deep treating moisturizer followed by a stimulation massage, all of this just for your hands and feet.

Her manicure	900
Her pedicure	900
Her French manicure	1,100
Her French pedicure	1,100
His hand care	800
His foot care	800

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# SALA

## SPA JOURNEYS

### SIGNATURE PROGRAMS FOR THE SPA SERIOUS...

SALA Spa Journeys combine a variety of harmonized treatments and therapies to provide a complete and balanced experience

Our trilogy of SALA Spa Journeys have been specifically designed to offer your choice of lifestyle, cultural or indulgence influenced three day value added programs featuring exclusive treatments.

SALA LIFESTYLE JOURNEY	7 hrs	Single 10,500	Save 2,600
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The SALA Lifestyle Journey combines therapies and treatments to stimulate, rejuvenate and detoxify the body. The Lifestyle Journey is designed to revitalize your body whilst releasing tension, reviving skin cells and improving circulation.

**DAY One** Soothing Aroma Massage  
Stimulate the Sole

**DAY Two** Salt Glow Body Scrub  
Seaweed Detoxifying Wrap

**DAY Three** Regeneration Facial  
Manicure & Pedicure

SALA SIAM EXPERIENCE JOURNEY	6.5 hrs	Single 9,500	Save 2,600
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The SALA Siam Experience Journey brings together indigenous resources, folk wisdom and traditions that have been practiced over centuries. Natural remedies and traditional massage coupled with holistic healing and therapeutic skin treatments combine to offer a truly cultural spa experience.

**DAY One** Traditional Thai Massage  
Stimulate the Sole

**DAY Two** Thai Herbal Compress  
Thai Herbal Facial

**DAY Three** Asian Vitality Herbal Scrub  
Asian White Clay Body Wrap

SALA INDULGENCE JOURNEY	7 hrs	Single 12,500	Save 3,000
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Spoil yourself! The SALA indulgence Journey combines the most decadent of treatments and therapies over three days of sheer pampering. Pearl and caviar extract, Aromatic Moor Mud and Hot stone treatments all contribute to this luxury spa journey.

**DAY One** Silky Skin Body Scrub  
Aromatic Moor Mud Wrap

**DAY Two** Tri Phase Stone Therapy  
Myoxy Caviar & Pearl Facial

**DAY Three** A Head Above  
French Manicure and Pedicure

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