

BHANDARI SPA

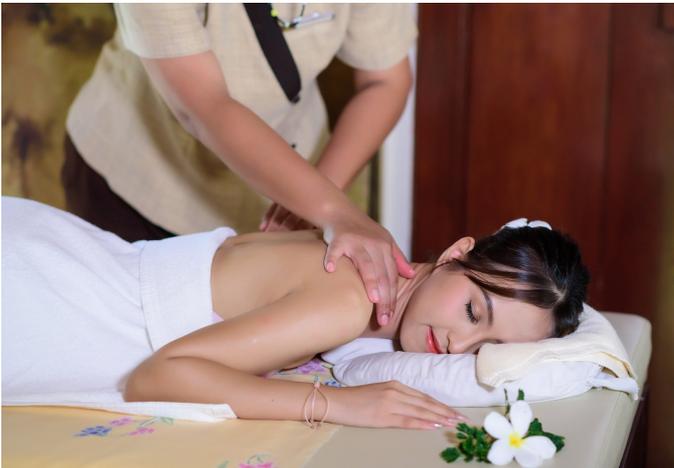
KHAOLAK BHANDARI RESORT AND SPA

PHANG NGA • THAILAND

Bhandari Spa PACKAGE



For the perfect balance of body and soul



Body & Soul

120 mins **1,700 THB**

This relaxing head-to-toe treatment benefits the whole body, beginning with a soothing palm massage to relieve muscle tension, followed by an **Alodia** facial using our range of select organic products. Perfect for all skin types, lavender essential oil is used to calm the mind and reduce stress leaving you feeling wonderful and looking absolutely radiant.

- Aromatherapy Massage
- Alodia Facial (Lavender)

Aloe-Vera Sun Repair

120 mins **1,700 THB**

After a hot day in the sun pamper yourself with a series of treatments designed to both cool you down and allow the skin to restore its natural balance of moisture and truly glow.

- Aloe-Vera Cooling Wrap
- Cucumber Baby Face



Golden Sunrise

120 mins **1,700 THB**

Since ancient times we have known that gold has powerful antioxidant properties and can help rejuvenate the skin and fight signs of aging, as well as many other benefits to boost the immune system.

- Gold Luxury Body Scrub
- Golden Sun Massage

Purify & Protect

120 mins **1,700 THB**

Revitalize and rejuvenate with a herbal salt and milk body scrub, followed by a soothing aromatherapy massage to help you feel completely refreshed both inside and out.

- A Choice of Body Scrub
- Aromatherapy Massage

Pure Peace

120 mins **1,700 THB**

This body and face treatment will invoke a sense of peace from within. The skin is gently exfoliated with our customer's favourite scrub product, Artocarpus Lacucha, which helps brighten skin and remove dead skin cells. Suitable for all skin types, the organic ingredients soothe and polish the skin to improve texture.

- Artocarpus Lacucha Body Scrub
- Cucumber Baby Face

Cheewit Mai

90 mins **1,400THB**

Leave your troubles, stress, and worries behind with a treatment that is designed to improve circulation, muscle tone and blood circulation. Just close your eyes and we will help loosen those stubborn muscular knots.

- A Choice of Body Scrub
- Back & Shoulder Massage

Sabai Sabai

90 mins **1,000 THB**

This nurturing spa treatment will help you truly relax and recharge. Our two most popular treatments, a traditional Thai massage followed by a reflexology treatment, use a targeted, pressure-point technique to restore the flow of energy throughout the body.

- Thai Massage
- Foot Massage

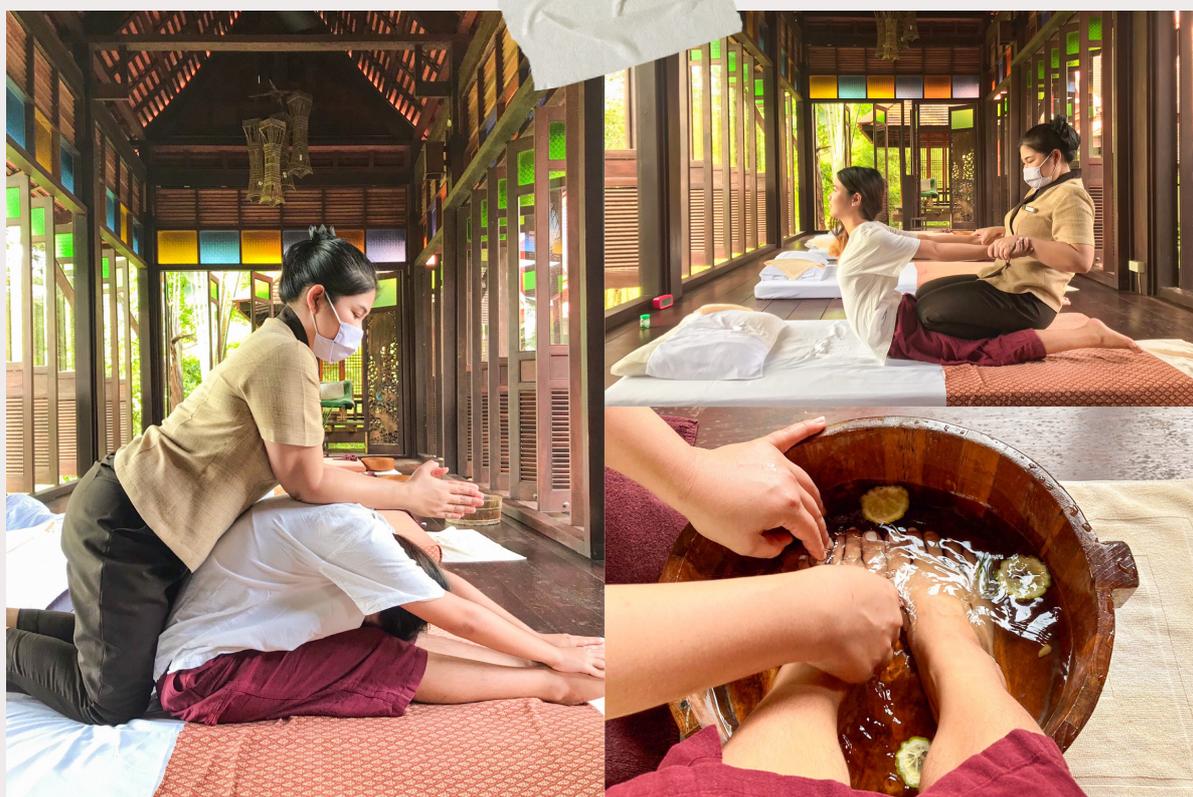


The Footworks

90 mins **700 THB**

These luxurious foot treatments use a synergy of scrub, massage and healing stones to harmonise the body, and provide much-needed relief for weary feet. Step out in style feeling renewed and refreshed after this 90-minute treatment.

- Foot Scrub & Foot Heel Scraping
- Pedicure



Bhandaryi BODY MASSAGE



For the perfect balance of body and soul





PRICE LIST

body massage

Traditional Thai Massage

60 mins **650 THB**

90 mins **1,050 THB**

Thai massage is focused on improving the flow of energy throughout your body. This deep, full-body treatment is both stimulating and relaxing with stretching, pulling, and rocking techniques used to relieve tension, promote relaxation, and improve flexibility and circulation.

Bhandari Spirit Massage

60 mins **1,050 THB**

90 mins **1,500 THB**

This spiritual massage is unique to Bhandari using a combination of techniques to enrich the body, mind, and soul. The medium to strong pressure helps stimulate blood circulation, improve energy flow and disperse tension.

Aromatherapy Massage

60 mins **1,050 THB**

90 mins **1,500 THB**

Stimulate your senses and feel the stress flow away with this gentle full body oil massage. It helps to rebalance your energy, mind and soul leaving you feeling rejuvenated and relaxed.

Deep Tissue Sport Massage

60 mins **1,150 THB**

90 mins **1,500 THB**

Especially designed to relax the muscles and revitalize the mind, this deep tissue therapy helps to relieve stress, release muscle tension and ease cramp. This is a strong massage that is recommended after a full day of activities.

Butterfly Aromatic Massage

60mins **1,050 THB**

90 mins **1,500 THB**

This gentle massage uses Aroma therapeutic oil for a sensual and serene experience. Hot Butterfly Pea flower balm is packed with antioxidants that help the skin stay healthy and retain its elasticity and leave your skin glowing.

A photograph of a person receiving a massage, with their back to the camera and a white flower in their hair.

PRICE LIST

body massage

Golden Sun Massage

60mins **1,050 THB**

90 mins **1,500 THB**

This firm but gentle massage uses tapping movements to stimulate the nervous system whilst a combination of hot oil and gold eliminates toxins and rebalances the soul and body. The heated warm oil helps soften and expand the muscle tissues whilst the gold offers an anti-aging effect.

After Sun Relief Massage

60mins **1,050 THB**

90 mins **1,500 THB**

Aloe Soothing Gel is a combination of Aloe Vera and Cucumber Extract, a refreshing and revitalizing formula to help naturally replenish healthy skin cells. Vitamin E soothes and calms skin that has been exposed to the sun for too long and helps nurture it back to its healthy-looking best.

Head Massage

30 mins **550 THB**

A natural oil massage for your hair and scalp using a light to medium pressure on certain points. A head massage helps ease headaches, stress, tensions and induces a sense of calmness and total relaxation.

Back & Shoulder Massage

30 mins **550 THB**

60 mins **1,050 THB**

This massage works on releasing tension in the muscles of the neck and upper back, reducing pain and headaches.

Foot Reflexology Massage

30 mins **400 THB**

60 mins **800 THB**

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears with the idea that there is a connection to certain organs and body systems. It offers a range of health benefits and sends energy flowing through a person's body until it reaches the area in need of healing.





Bhandari BODY SCRUB

60 MINS 1,000 THB



Artocarpus lacucha Body Scrub

Also known as Monkey fruit or Monkey Jack, Artocarpus Lacucha is a tropical evergreen tree whose fruit contains strong antioxidants that help to rejuvenate the skin by gently exfoliating the skin leaving it feeling soft and glowing.



Rose Body Scrub

This rose scrub has been designed specifically for sensitive skin and prevents irritation as well as helping to tighten the skin. Dead skin cells are removed, leaving your skin smooth and radiant with improved skin elasticity.

Coffee Detoxify Body Scrub

Thai coffee and honey is a body scrub treatment focusing on the body's circulation system. Coffee powder helps to eliminate toxic substances and enhance smoothness whilst the honey offers a hydrating moisturiser for your skin.



Gold Luxury Body Scrub

This exfoliating treatment combines aromatic oil and gold to eliminate accumulated toxins and freshen your skin's texture for a velvety-soft contour. Your skin will feel energized and invigorated.





Bhandari BODY WRAP

Aloe-Vera Cooling Wrap

60 mins **1,000 THB**

This treatment has been specifically designed to help relieve the any damage caused by over exposure to the sun. Aloe Gel and fresh cucumber reduce skin burn while providing immediate relief on a hot day.

Green Tea Body Wrap

60 mins **1,000 THB**

This combination of Green Tea, Rosemary and Frankincense helps replenish and rejuvenate the skin. The Green tea acts as an antioxidant and reduces pigmentation whilst Rosemary stimulates blood circulation.

Bhandari FACIAL CARE



Bhandari Spa has a wonderful selection of natural care products to take care of your skin.



ALODIA FACIAL

60 mins
1,800 THB

Using a pure Lavender essential oil by Alodia, this 60-minute beauty treatment offers a deep cleansing, toning and moisturizing of the face followed by a relaxing massage to restore balance to your skin.

Siam Facial Care

Cucumber Baby Face

60 mins **1,400 THB**



We bring you all the benefits of a facial using pure ingredients of cucumber, honey and Thai herbs to promote soft and exceptional textures. This treatment helps to repair damage from exposure to UV sunlight as it cools sunburnt skin and reduces discomfort.

Bhandari NAILS CARE

Enjoy our signature hand and foot spa treatments with a combination of therapeutic massages, gentle exfoliation and beauty treatments. Our products are organic certified and made from all-natural ingredients.

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|--------------------|---------|
| Manicure | 450 THB |
| Pedicure | 450 THB |
| Spa Manicure | 550 THB |
| Spa Pedicure | 550 THB |
| Foot Heel Scraping | 500 THB |
| Nail Colour | 300 THB |



Bhandari WATER AWAKENING

Take time to relax, close your eyes and let the warm water caress your body whilst calming the mind, body and spirit. Indulge alone, as a couple, or with friends.

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|-------------------|-----------------|
| Thai Herbal Steam | 30 mins 300 THB |
| Sauna | 30 mins 300 THB |
| Jacuzzi | 30 mins 300 THB |

INGREDIENTS MENU

Nature's miracle benefits for beauty with
Virgin Coconut Oil

Ylang Ylang Oil

Sweet almond Oil. A blend of Ylang Ylang flower – used to reduce high blood pressure, fight intestinal infections and create a romantic feeling.

Sweet Almond Oil

Pure Sweet Almond Oil – used to calm nervousness and has rich moisturizing effects for dry & sensitive skin. Almond oil helps to repair burned skin.

Lavender Oil

A blend of lavender, used to help alleviate stress-related conditions, calms, invigorates, lifts the spirits and give a feeling of refreshment and relaxation.



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EMAIL : RESERVATION@KHAOLAKBHADARI.COM