

# BE YOND BLISS

MALA SPA MENU



KEEMALA

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## SPA PHILOSOPHY

We believe guests come to Keemala to pause and unwind from the stresses of modern day living. Mala Spa embraces traditional healing approaches to the body, mind and soul, and integrates these with the best of modern pampering and beautifying regimes.

Whether you seek inner alignment and balance through massage and healing bodywork, a customised holistic program to deeply renew and refresh a sluggish mind and tired body, or just a rejuvenating, anti-ageing skin treatment, Mala Spa is the perfect sanctuary for your mind, body and soul.

# MASSAGE THERAPIES

## HARMONISING MASSAGE

60/90 Minutes

THB 3,200 / THB 3,900

A truly one of a kind rejuvenating experience, enjoy the benefits and healing power of our Harmonising Massage. This unique and customised treatment helps to relax, balance and harmonise your body and calm your mind. Choose from our signature blends:

- We-Ha**      Rosemary, Lavender & Bergamot (calming and quietens the mind)
- Rhon-Jorn**    Peppermint, Eucalyptus & Tea Tree (uplifting and strengthening)
- Pa-Ta-Pea**    Lemongrass, Ginger & Plai (soothes tired muscles and skin)
- Rung-Nok**    Jasmine, Ylang Ylang & Bergamot (sensual and rejuvenating)

## DEEP TISSUE MASSAGE

60/90 Minutes

THB 3,200 / THB 3,900

A deep tissue massage incorporates specific lymphatic drainage strokes to stimulate and aid the elimination of toxins. The technique utilises a specific organic blend of aromatherapy oils, all of which are well known for detoxifying effects on the body.

Choose from our signature blends:

- Sai-Num**      Moringa, Juniper Berry and Grapefruit (cleanses polluted skin)
- Pa-Su Tha**    Tamanu, Geranium and Bergamot (anti-aging and healing)

## NUAD PAN BORAN (TRADITIONAL THAI MASSAGE)

90/120 Minutes

THB 2,900/ THB 3,500

Experience one of Thailand's finest traditions with an authentic Thai massage. Give your bones, joints and muscles wonderful relief from tension and fatigue, with improved blood circulation leaving you feeling completely refreshed.

## SYNERGY MASSAGE

90 Minutes

THB 5,500

Enjoy an extra-long session of pure pleasure with a unique combination of dry brushing massage techniques, performed by two therapists, taking you on a journey of bliss. Traditional Thai, Balinese and Swedish massages are combined to balance the mind, body and soul.



Prices are inclusive of 10% service charge and 7% VAT.

If you cannot find your favorite spa treatment, please contact our associates who will be delighted to propose an alternative.

## SOWATHARA MASSAGE

60/90 Minutes

THB 3,500 / THB 4,500

Enjoy relief from the physical and emotional demands of pregnancy. This gentle pregnancy massage will ease discomfort, reduce swelling and help lower stress. Feel yourself slip into a state of calm relaxation as our skilled therapist uses a lighter touch, concentrating on those areas of your body most vulnerable to change during pregnancy.

## MALA TREATS

### TENSION RELIEF BACK MASSAGE

45 Minutes

THB 2,500

Penetrating massage to relieve the stresses of a hectic lifestyle from problem areas of tension, and stiff or tight connective back tissues and muscles.

### HAIR & SCALP TREATMENT

60 Minutes

THB 2,500

This relaxing treatment nourishes and moisturises hair and scalp by combining a scalp massage with nutrient rich oil and a hair mask.

Choose from:

**Argan and Lemon Balm** (revitalises and conditions all hair types)

**Coconut and Curry Leaf** (deeply nourishes dry and damaged hair)

### REFLEXOLOGY FOOT MASSAGE

45 Minutes

THB 2,500

Restore good circulation throughout your body with a reflexology (foot massage) session. Acupressure points on the feet related to different parts of the body are massaged to restore balance and vitality.



Prices are inclusive of 10% service charge and 7% VAT.

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# HOLISTIC ACTIVITIES

60 Minutes Per Sessions

THB 2,500 Per Person

## AQUA FITNESS

Exercising in the water helps to effectively tone and sculpt the body, whilst building cardiovascular fitness and minimising strain on joints and muscles. The supportive nature of water makes aqua fitness a great form of exercise particularly for those recovering from injuries. Sometimes resistance tools such as buoyant water weights and noodles are used.

## CHAKRAS HEALING SINGING BOWL

Chakras Healing Singing Bowl sessions utilize the deep, grounding tones of Tibetan Singing Bowls, which are made from metal alloys. These sessions focus on using specific sound frequencies to balance and harmonize the body's chakras, inducing a deep state of relaxation that promotes healing and rejuvenation of both the mind and body. The rich, resonant tones of the Tibetan Singing Bowls are particularly effective for meditation and chakra balancing, helping to restore overall well-being.

## HEALING HERBAL YOGA

This session combines the principles of Yin Yoga, which emphasizes slow, deliberate movements and deep breathing, with the therapeutic benefits of fresh herbal steam. The herbs used in the steam are chosen for their healing properties, helping to open the body's pores, detoxify the skin, and enhance relaxation. The slow, meditative postures of Yin Yoga, combined with the soothing herbal steam, work together to reduce stress, improve circulation, and support overall body function.

## KEEMALA BREATHING BOWL YOGA

This could involve a combination of breathwork (pranayama) and sound healing with the singing bowls. The practice could start with guided breathwork to calm the mind and body, followed by the soothing vibrations of the singing bowls to deepen relaxation and meditation. The focus on breath and sound together would provide a powerful way to balance energy, release stress, and enhance overall well-being.

## YOGA WHEEL

A yoga wheel is a versatile tool designed to assist in deepening stretches, improving flexibility, and enhancing balance during yoga practice. It's particularly beneficial for individuals who sit for long periods or office workers, as it helps alleviate tension in the back and shoulders, encourages better posture, and aids in opening the chest. By incorporating a yoga wheel into your routine, you can counteract the effects of prolonged sitting, reduce stiffness, and promote overall spinal health.



Prices are inclusive of 10% service charge and 7% VAT.

If you cannot find your favorite spa treatment, please contact our associates who will be delighted to propose an alternative.

## TAI CHI

Tai Chi is an ancient Chinese form of body movements that regards the mind, emotions, and body as interconnected. Through the process of relaxing muscular tensions, improving posture, and deepening of the breathing process, Tai Chi improves overall balance of the mind and body, and relieves stress levels of the mind and emotions.

## MUAY THAI

Muay Thai is an ancient martial arts form primarily practiced by Thai warriors. The first known categorization of Muay Thai as a sport was in the 15th century when organized competitions took place throughout Thailand. As a form of fitness training, this is an effective total body conditioning, fat burn, mental alertness, and emotional well-being exercise.

# SPA ETIQUETTE

## SPA HOURS

Our spa is open from 9am to 8pm daily. Last treatment of the day ends at 7pm.

## SPA RESERVATIONS

Advance bookings are highly recommended to secure your preferred date and time of treatment. Our spa host will request credit card details or a villa number in order to secure your reservation.

## SPECIAL CONSIDERATIONS

Guests with pre-existing medical or health conditions such as high blood pressure and heart ailments are advised to consult a doctor before signing up for any spa treatments. Please inform our spa host of any medical conditions you have. We strongly recommend that pregnant women avoid stimulating body treatments, and have therefore curated a selection of pregnancy-appropriate treatments that are safe and comfortable for pregnant women. Note ALL full body treatments should be avoided in the first trimester of pregnancy.

## PRE – ARRIVAL INFORMATION

We encourage you to arrive at least 15 minutes prior to your appointment time to allow us to complete the check-in and familiarise you with our spa ambience. Arriving late for your spa treatment will decrease your treatment time as all appointments will end on time and be charged in full regardless of time of arrival. **PREPARATION** We recommend male guests shave at least 2 hours prior to all facial treatments to ensure that maximum results are achieved.

## PERSONAL PREFERENCES

This is your time in the spa and you should delight in it as much as possible. Whether the room is too hot, the music is too loud, the lights too bright or the pressure of the massage uncomfortable... just let us know. **SPA ATTIRE** Please arrive at the Spa wearing light, loose-fitting clothing, or your bathrobe. Disposable undergarments are available and must be worn during spa treatments.



Prices are inclusive of 10% service charge and 7% VAT.

If you cannot find your favorite spa treatment, please contact our associates who will be delighted to propose an alternative.

## **JEWELLERY AND VALUABLE**

We recommend that no jewellery be worn at the spa. The management and spa associates can accept no responsibility for the loss of money or valuables of any kind brought into the spa premises. SPA ETIQUETTE Please help maintain a relaxing environment by keeping noise to a minimum, so our other guests can enjoy the peaceful sanctuary of Mala Spa. Children are not permitted in the spa unless they are over the age of 14 years. Cellular phones and electronic devices are strongly discouraged and will be expected to be set to silent mode or turned off.

## **SPA PROTOCOL**

For your comfort, we ask that you shower prior to any body service and before using any water amenities immediately following a massage. Please allow enough time to cool down after using the steam, sauna or bath.

## **SPA PRODUCTS**

To extend your spa experience at home, a variety of spa products are available in the Mala Spa boutique for continuing your care. Our spa host will advise you as to the products that suit you and your skin type as part of the treatment experience.

## **SMOKING AND ALCOHOL**

Smoking and consumption of alcohol are not permitted in the spa.

## **AGE LIMITATION**

Children under the age of 14 are not permitted in the spa. Young adults between the ages of 14 to 17 years must be accompanied by an adult.

## **AFTER YOUR TREATMENT**

We recommend that you do not sunbathe after any massage and body treatment for at least six hours.

## **CANCELLATION POLICY**

Please inform us of any cancellation at least 24 hours in advance so we can re-schedule your appointment (subject to availability). Any cancellations with less than 4 hours' notice will incur a 50% cancellation fee. The full fee is charged for missed appointments.

## **REFUND POLICY**

Treatment packages are non-refundable. Unused portions of the packages are nontransferable and non-exchangeable.

## **PAYMENT**

We accept cash and all major credit cards. Guests can charge treatments to their villas. All prices are quoted in Thai baht and include service charge and applicable government taxes. Prices are subject to change without prior notice.

For more information, please email [spa@keemala.com](mailto:spa@keemala.com)



Prices are inclusive of 10% service charge and 7% VAT.

If you cannot find your favorite spa treatment, please contact our associates who will be delighted to propose an alternative.