

Spa

PARADOX
— RESORT PHUKET —

SPA AND MASSAGE PROGRAM



AROMATHERAPY MASSAGE

60 mins THB 1,200 net
90 mins THB 1,500 net

Once the oils are blended the massage can begin. It can be a full body massage, taking in the back, chest, arms, legs, head and stomach, or a simple back massage or even a facial beauty massage. An aromatherapy massage should be gentle, but firm. It usually begins with the back, buttocks and legs before you turn over and the therapist massages the front.



SWEDISH MASSAGE

60 mins THB 1,200 net
90 mins THB 1,500 net

Massage is a therapeutic technique involving touch. In massage, a therapist works with the muscles and other soft tissues of the body in various ways to benefit the recipient's overall wellness and health. Massage releases tension from the muscles, creates a sense of calm, and mitigates stress. Although massage has a particularly positive powerful effect on the circulatory, lymphatic, nervous, and musculoskeletal systems, massage helps the entire body. Types of massage abound techniques run the gamut from feather-light stroking and kneading to more assertive techniques such as friction and trigger point massage.

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AYURVEDA HOT OIL MASSAGE

60 mins THB 1,300 net
90 mins THB 1,600 net

An East & West blend of massage techniques comprising Thai, Swedish and Aromatherapy massage, using "hot-but-not-too-hot" essential oils. Smooth and soothing strokes will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Your therapist will customize your treatment concentrating on your areas of need relieving tired muscles and rebalancing your mind and body.



DEEP TISSUE MASSAGE

60 mins THB 1,300 net
90 mins THB 1,600 net

Deep Tissue is a very specific massage treatment in which the therapist uses knuckles and elbow's to "strip out" muscle tissue as far down to the bone as possible. Sound invasive? It is! It is not for everyone. However, there are millions of people out there that would never have their treatment any other way. This modality can be helpful to the following people: athletes who are considerably harder on their bodies than the average person, a person who are undergoing physical therapy to aid in the breakdown process of scar tissue, (AFTER PROPER HEALING FROM THE INJURY HAS OCCURED), or anyone who has very dense tissue and thus responds better to the work.

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BACK SHOULDER MASSAGE

90 mins THB 1,000 net

Lower back massage focuses on muscles in the back between the shoulder blades and the hips. It can be helpful for those who suffer from muscle tension, those who work on the computer all day, those who drive all day, or for anyone who has chronic back pain issues.



THAI MASSAGE

60 mins THB 1,000 net

90 mins THB 1,200 net

Thai Massage is richly rewarding, holistic therapy that can relax as well as energize, help to maintain good health, and assist in relieving many common ailments. It helps to attain and regain "balance" in the flow of energy (chi or prana) in the body. It achieves this through the application of rhythmic compression to energy lines and points together with deep stretching. Everybody system is touched on, and while relaxation may be the initial goal, suppleness, improved circulation and organ function and good mental health are all achieved.

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HERB COMPRES MASSAGE

90 mins THB 1,500 net

Herbal compress is a common method of treatment employed in traditional Thai medicine. The hot herbal compress contains numerous herbs tightly bound in fabric which is steamed until piping hot and firmly rolled. After a full-body, pressure point Thai massage, the hot herbal compress is pressed or pounded over the entire body to soothe muscle and stimulate the vital organs and senses. Compresses are traditionally applied after Thai Massage to prevent bruising, reduce muscle stress, and cure skin conditions.



RELAX FOOT MASSAGE

60 mins THB 1,000 net

Foot massage has been practiced in many cultures for centuries to promote health and well-being. Today, massage is considered a complementary and alternative medicine used by millions to relieve pain, reduce stress and anxiety, rehabilitate injuries and boost general health. The practice of foot reflexology massage involves applying pressure to specific points on the feet in order to affect various parts of the body. Whether you make time for self-massage after a long day or head to a spa for a session with a certified reflexologist, it won't just be your feet that reap the benefits.

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INDIAN HEAD MASSAGE

60 mins THB 1,200 net

Indian head massage is an ancient therapeutic treatment that has been practiced in India for thousands of years, and is incredibly relaxing. Part of the Hindu health care practice of Ayurveda, Indian head massage focuses on your head, neck and shoulders. It is a deep massage, which uses a variety of pressure and techniques that tap into your seven "chakras" or paths of energy and encourage healing and balance in your whole body.



NECK, SHOULDER & HEAD MASSAGE

60 mins THB 1,000 net

A Head, Neck & Shoulder Massage improves blood flow to the brain promoting better concentration, memory and mental activity. This massage therapy will help you release any fatigue and feelings of weariness, whilst it is also helpful in treating eyestrain and headache. Head, Neck & Shoulder Massages reduce irritability and insomnia and promote a healthy and sound sleep, which is vitally important for re-energizing and restoring your power.

The background of the entire page is a photograph of a spa interior. Two therapists in white uniforms are performing massages on clients lying on massage tables. The room has a high wooden ceiling, large windows with blinds, and decorative wall sconces. A large white circular logo with the word 'Spa' in a script font is centered at the top. Below it, the text 'SPA AND MASSAGE PROGRAM' is written in a bold, white, sans-serif font.

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PACKAGES

THE SPA SIGNATURE PACKAGE FOR COUPLE

- Coconut Scrub 45 mins
- The Spa Sun Sand Signature 90 mins
- Choice of Foot or Head Massage 15 mins

THB 5,300 NET

THE SPA RELAXING PACKAGE (120 MINS)

- Body Scrub with your choice 60 mins
(Coconut Scrub, Fresh Pearl Scrub or Tamarind Scrub)
- Massage with your choice 60 mins

THB 2,500 NET

THE SPA REFRESHING PACKAGE (120 MINS)

- Body Massage with your choice 60 mins
- Facial Treatment 60 mins

THB 2,800 NET

HEAD AND FACE MASSAGE (60 MINS)

Indulge in the ultimate relaxation experience with our rejuvenating head and face massage. This luxurious treatment is designed to soothe your mind, body, and soul.

THB 1,600 NET

* These packages cannot be combined with other promotions or discounts.

The header image features a woman in a black top and light skirt standing by a pool, looking out at a tropical beach with palm trees. A large white circle with the word 'Spa' in gold script is centered over the image. The text 'SPA AND MASSAGE PROGRAM' is written in white capital letters across the middle of the circle.

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BODY POLISHES

COCONUT CREAM SCRUB (45 MINS)

Coconut has been used for centuries in Asia to moisturize the skin and improve coloring after a long day in the hot sun, giving the skin a golden glow.

THB 1,200 NET

HERBAL HONEY SCRUB (45 MINS)

The sesame seeds gently exfoliate your skin while honey, which was used extensively in the old days to cover open wounds and soften scar tissue, moisturizes, and encourages new cell growth.

THB 1,200 NET

TAMARIND BODY SCRUB (45 MINS)

Tamarind is rich in Vitamin C and is excellent in removing dead skin cells. This scrub will give any skin type a refreshing vitamin boost.

THB 1,200 NET

FACIAL TREATMENT

POWER MOIST FACIAL TREATMENT (60 MINS)

This powerful combination of ingredients made of algae, plant, and fruit extracts smoothes the skin's own protective system. Since the Power Moist Mask is absorbed quickly, it almost immediately quenches the skin's natural thirst and endows it with a beautiful, silky radiance.

THB 1,400 NET

PURIFYING FACIAL TREATMENT (60 MINS)

The oil/moisture balance is restored, and sebum production is regulated, resulting in refined pores and clear, balanced skin. Your complexion will also exude a radiant beauty.

THB 1,400 NET

A photograph of a serene outdoor spa area. In the center is a large, ornate, golden-colored urn filled with water, surrounded by lush greenery and trees. The scene is framed by a white architectural structure with columns and arches. A large, white, circular graphic with the word "Spa" in a cursive font is overlaid on the image. The text "SPA AND MASSAGE PROGRAM" is written in a bold, white, sans-serif font across the middle of the image.

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HOW TO SPA

The Spa opens daily from 9.00 am to 7.00 pm.

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/briefs, or we can provide you with hygienic disposable briefs. Alternatively, some treatments may be more enjoyable without clothing. Decide what is more comfortable for you. Our therapists will always use draping techniques to respect your privacy.

WHAT IF I AM PREGNANT?

Please contact our supervisor or receptionist 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 your room's safety box.

REFRESHING DRINKS

WE OFFER A SELECTION OF HOMEMADE DRINKS CRAFTED FROM LOCALLY SOURCED HERBS.



LEMONGRASS WATER

has many benefits, including:
Boosting the immune system, Alleviating pain and inflammation, Promoting digestive health, Easing stress and promoting good mood, Detoxifying properties, Assisting in weight loss.



BAEL FRUIT WATER,

derived from the bael fruit, offers several potential health benefits. Some of the benefits associated with bael fruit water include:
Digestive Health, Hydration, Antioxidant Effects, Immune System Support, Nutritional Value.

GINGER WATER

has several potential health benefits. Here are some of the benefits associated with ginger water:
Digestive Health, Anti-inflammatory Effects, Immune System Support, Nausea Relief, Pain and Inflammation Reduction, Improved Circulation, Antioxidant Protection.



BUTTERFLY PEA WATER,

derived from chamomile flowers, offers several potential health benefits. Here are some of the benefits associated with drinking butterfly pea water:
Relaxation and Sleep Aid, Pain Relief, Digestive Support, Skin Inflammation Relief.



PANDANUS LEAF WATER

is a beverage that has health-promoting benefits. Here are some observed benefits of drinking pandanus leaf water:
Stress relief, Digestive support, Pain relief, Soothing for upset stomach, Nutritional balance.