



THE
Spa

PARADOX
— RESORT PHUKET —



SPA AND MASSAGE PROGRAM



AROMATHERAPY MASSAGE

60 mins THB 1,700 net
90 mins THB 2,000 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 1,700 net
90 mins THB 2,000 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 1,700 net
90 mins THB 2,000 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 1,700 net
90 mins THB 2,000 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

30 mins THB 700 net
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.



THE SPA ORIENTAL FUSION MASSAGE

90 mins THB 2,000 net

This massage begins with a warm-up session, during which pressure is applied to key meridian points on the body. The massage incorporates stretching movements and medium to strong palm strokes.





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INDIAN HEAD MASSAGE

60 mins THB 1,700 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.

* Remark: Timings include changing, showering, and, where applicable, a foot bath.

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THAI HERB COMPRESS MASSAGE

90 mins THB 2,000 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.



THE SPA HERB POWER OIL MASSAGE

90 mins THB 2,500 net

Experience the healing power of the Spa Herb Oil Massage, combining the benefits of royal Thai massage with oil massage and warm herbal compress. This uniquely designed traditional Thai oil massage is supremely relaxing, enhancing vitality and firmness while invigorating your entire body. This treatment aims to bring you back into synchronization with Mother Nature.

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THAI MASSAGE

60 mins THB 1,500 net

90 mins THB 1,800 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.



RELAX FOOT MASSAGE

60 mins THB 1,200 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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PACKAGES

THE SPA SIGNATURE PACKAGE FOR COUPLE (150 MINS)

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

THB 6,000 NET

GOLD PACKAGE (150 MINS)

- Gold Body Scrub 60 mins
- Gold Aromatherapy Oil Massage 60 mins
- Gold Facial Mask 30 mins

THB 3,000 NET

THE SPA REFRESHING PACKAGE (120 MINS)

- Choice of Facial Treatment 60 mins
- Choice of Massage 60 mins

THB 2,800 NET

THE SPA RELAXING PACKAGE (120 MINS)

- Choice of Body Scrub 60 mins
(Coconut Cream Scrub, Salt Scrub,
Tamarind Scrub, Coffee Scrub)
- Choice of Massage 60 mins

THB 2,500 NET

AFTER SUN PACKAGE (120 MINS)

- After Sun Gel Body Mask 60 mins
- After Sun Body Massage 60 mins

THB 2,500 NET

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



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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 1,700 NET

SALT COCONUT SCRUB CREAM (45 MIN)

Skin glow, cellulite improvement, and anti-aging benefits are the results of using Coconut Salt Scrub.

THB 1,700 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 1,700 NET

COFFEE BODY SCRUB (45 MINS)

Coffee Scrub buffs and exfoliates the skin from top to toe for a full body boost. Wake-up energized with smoother, glowing skin!

THB 1,700 NET

* Remark: Timings include changing, showering, and, where applicable, a foot bath.

FACIAL TREATMENT

POWER MOIST FACIAL TREATMENT (60 MINS)

This powerful combination of ingredients made of algae, plant, and fruit extracts smoothest 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 1,700 NET

PURIFYING FACIAL TREATMENT (60 MINS)

Both the oil/moisture balance and sebum production are normalized, resulting in beautifully refined pores, clear and balanced skin, and a radiant complexion.

THB 1,700 NET

A photograph of a spa entrance with a central fountain and a large circular sign that says "Spa". The sign is white with the word "Spa" in a gold script font. The background shows a courtyard with a fountain, trees, and a building with a blue door. The text "SPA AND MASSAGE PROGRAM" is overlaid in white capital letters on the sign.

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HOW TO SPA

OPENING HOURS

The Spa is open daily from 9:00 am to 8:00 pm (Last booking at 7:00 pm).

RESERVATIONS

Advanced bookings are recommended to secure your preferred day and time of treatment. Please dial ext. 671 to make an appointment with our spa receptionist.

ARRIVAL TIMES

Please arrive at the spa at least 15 minutes prior to your scheduled treatment. A late arrival will result in a shortened treatment to fairly accommodate other guests. Thank you.

CANCELLATION POLICY

A 24-hour cancellation notice is required to help us reschedule your appointment. Any cancellation with less than 3 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a no-show. Please call the spa reception to arrange a suitable time.

SMOKING & ALCOHOL

Smoking and the consumption of alcohol within the spa are strictly prohibited. It is also advisable to avoid the consumption of heavy meals before or after any spa treatment.

PREGNANCY

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

FACIAL TREATMENT FOR MEN

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

CLOTHING

You may choose to wear your own bikini or 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.

VALUABLES

We recommend that no jewelry be worn to the spa. The management and spa staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

PAYMENT

We accept cash, all major credit cards, or payments to your Room account. All prices are quoted in Thai Baht and are subject to change without prior notice.

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.