



# SPA THERAPY

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Balance Your Energies  
Leave Feeling Centered and 'At One' with Yourself

Luxuriate in treatments  
to relax and revive from head to toe.

Whether you wish to feel relaxed, rejuvenated or energized,  
our soothing treatments will restore a sense of harmony  
to your body, mind, and soul.

## PHUKET CLEANSE SPA

# Blood Type Therapy

1

Keep your skin radiant and pampered with our personalized package that works in tandem with your blood type. The ingredients used ensure you have the best experience possible.

*Time: 2 hours  
Cost: B3000 (B2500\*)  
Location: Big Chilla*

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This three-part treatment consists of:

**Scrub:** All-over exfoliation designed to get rid of dead skin cells that could otherwise clog pores. 40 minutes

**Mask:** Designed to improve the skin's healthy glow and texture. 20 minutes

**Massage:** Full-on relaxation and muscle soothing that boosts circulation and increases the firmness and suppleness of skin. 1 hour

**Please give your blood type at the time of your booking.**

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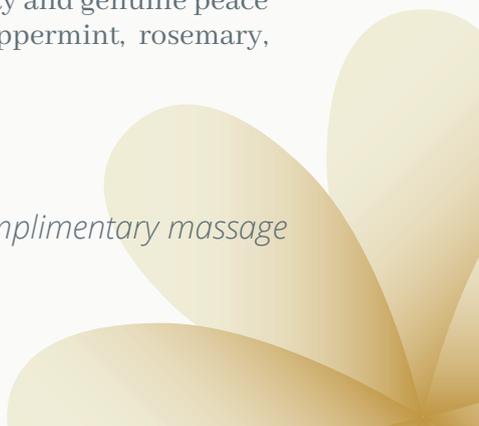


**Coffee Germ Body Scrub:** The gentle touch of our coffee bean mix (coconut yogurt, turmeric powder, spa salt, and tamarin) was designed to suit blood type A and AB skin. The combination of natural caffeine from coffee beans and carnitine helps stimulate the skin, leaving it fresh and renewed.

**Green Tea Body Mask:** Pamper your blood type A skin with a deep nourishment of green tea extract, rice barn oil, tanaka, and honey extracts in our special green tea body mask that will revive your skin and promote a glowing effect, as well as protect your skin from irritants such as pollution.

**Massage:** Our Stress Harmony Massage Oil will ease away your tension and stimulate nerves. You will drift into tranquility and genuine peace as you experience the aroma of eucalyptus, peppermint, rosemary, citrus, and bergamot.

*\*upgrade price if substituting for complimentary massage*



# Blood Type Therapy

1



**Rice Germ Body Scrub:** This scrub is especially suitable for blood type B skin. The combination of rice germ, papaya enzymes, and pink salt crystals will renew the natural firmness of your skin.

**Spice Body Mask:** Boost your skin's immune system with our enriched Oriental Spice Body Mask. The scent of ancient spices with the combination of licorice, grapefruit, kiwi fruit extract, and tanaka, as well as purified kaolin and silt base refresh your fatigued skin and promote radiant-looking skin.

**Immunity Strengthening Massage:** This relaxing oil massage helps balance your immunity and hormone system and brings about a serene mood. The soothing blend of lavender, neroli, white rose, strawberry, and ylang ylang will create a feeling of total relaxation.



**Soya Germ Body Scrub:** The active ingredients of this scrub are natural food-grade glycine soya oil in combination with a tourmaline crystal mixture, which perfectly refreshes blood type O skin. This scrub purifies and detoxifies the skin and adds strong antioxidants onto the skin, leaving it fresh, nourished, and strengthened.

**Deep Sea Mask:** Blood type O skin will need this strong antioxidant body mask to fight against pollution. The mask includes spirulina, a type of blue-green algae that is rich in multivitamins. Honey extract and tanaka will pamper your skin by eliminating the chance of allergens penetrating your skin. The fresh scent of fruit extracts eases emotional and physical tension and creates a balance of mind, body, and spirit.

**Detoxifying Massage:** The effective high-grade ingredients help alleviate minor irritations of the skin by balancing the skin immunity as well as stimulating the proper cellular metabolism. Our Detoxifying Massage Oil, with a blend of warming bergamot, lavender, and citrus, is excellent for rheumatic or sport-related pain.



## PHUKET CLEANSE SPA

# Smiling Joints 2

Tension release and relief from aches & pains, the ultimate package for the seasoned athlete or fitness enthusiast.

*Time: 2.5 hours*  
*Cost: B3000 (B2500\*)*  
*Location: Big Chilla*

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Experience the freedom of flexibility with this four-part therapy!

- **Infrared Suit:** 15 mins
- **Assisted Stretching with Massage:** 15 mins
- **Herbal Hot Compress:** 1 hour
- **Aromatherapy Massage:** 1 hour

Your choice of oil aroma: eucalyptus, rosemary, bergamot, citrus, citrus, peppermint, neroli, lavender, rose, strawberry, or ylang ylang.

# Paradise Thai Herbal Package 3

A deep stretch that will warm your muscles & joints, freeing them of tension and restoring you to your former freedom of movement.

*Time: 2 hours*  
*Cost: B1800 (B1300\*)*  
*Location: Sand Spa*

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Release your stress and relax tight muscles by enjoying the following:

- **Assisted Stretching Accompanied by Thai Massage:** 1 hour
- **Herbal Hot Compress:** 1 hour

*\*upgrade price if substituting for complimentary massage*



## PHUKET CLEANSE SPA

# Sun Kiss Soother - Stay Cool!!

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When you've accidentally taken that sun-kissed look one step too far, put out that all-over fire with this soothing and cooling package.

*Time: 2 hours*

*Cost: B3000 (B2500\*)*

*Location: Big Chilla*

Your skin will be soothed by experiencing this cooling treatment:

- **Facial Mask and Body Wrap:** cucumber, aloe vera gel, gotu kola, yanang, pandan leaves, and yogurt: 50 minutes
- **Head & Face Massage and Tuning Fork Therapy:** 30 minutes
- **Aloe vera Massage:** 40 minutes

### Benefits of ingredients and methods:

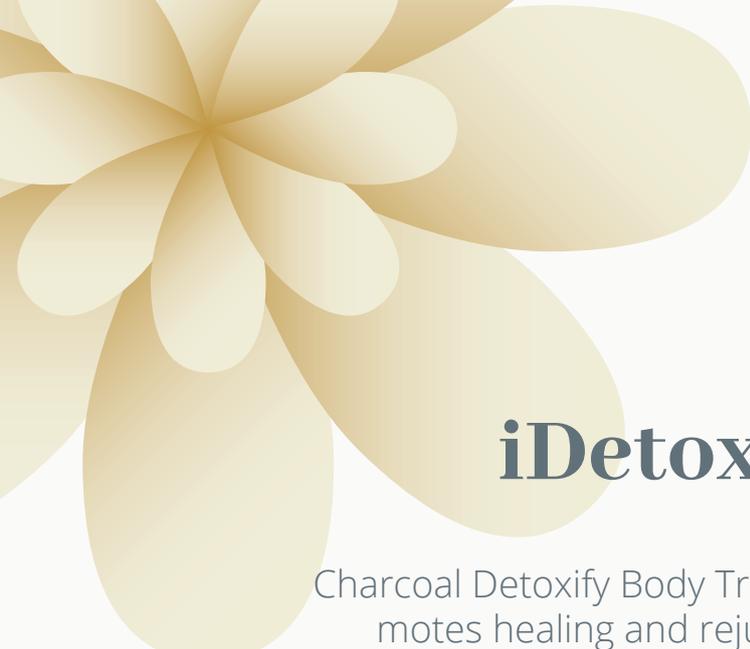
**Gotu Kola:** perfect for aging skin, treats sunburn, fights cellulite, rejuvenates the skin, helps prevent scarring

**Yanang:** helps reduce any skin damage from oxidation, keeps skin moisturized, calms redness/sunburn/acne/rashes, helps rejuvenate and heal skin, prevents skin from losing moisture giving a fresh, healthy, and glowing look

**Pandan Leaves:** heals external wounds, heals sunburn, detoxifies the skin

**Tuning Forks:** experience states of deep relaxation, increase blood flow, reduce stress instantaneously, enhance immune response

*\*upgrade price if substituting for complimentary massage*



## PHUKET CLEANSE SPA

# iDetoxify Jump Start !!

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Charcoal Detoxify Body Treatment: This gentle 4-part ritual promotes healing and rejuvenation by removing environmental toxins from the body.

*Time: 2.5 hours Cost: B3,000  
(upgrade price from complimentary massage: B2,500)  
Location: Big Chilla*

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Designed to stimulate circulation, decongest the muscles and relax the mind, this rejuvenating and detoxifying treatment includes:

- Infrared Suit: 15 minutes
- Body Scrub (charcoal + coffee): 30 minutes
- Body Wrap (white mud + charcoal + pandan leaves & water): 30 minutes
- Aromatherapy oil massage. Your choice of oil put choices here: 1 hour

Benefits of ingredients and methods:

Charcoal: removes dirt, oil and impurities, absorbs toxins, antibacterial properties, smooths the skin, brightens the skin, reduces inflammation

White Mud: Removes dirt, oil and impurities, and treats acne

Pandan Leaves: heals external wounds, heals sunburn, detoxifies the skin



## Body and Soul Package

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Be captured and transported by the meditative sounds of singing bowls while surrendering to the healing properties of hot stone. This powerful combination can transform your life and help you achieve harmony and balance.

*Time: 1.45 hours*  
*Cost: B2000 (B1500\*)*  
*Location: Big Chilla*

Relax into this treatment consisting of:

- **Hot Stone Massage:** 1 hour 20 minutes
- **Facial Acupressure and Crystal Singing Bowl Therapy:** 25 minutes

Hot stone massage promotes deep muscle relaxation through the placement of smooth, water-heated stones at key points on the body. This luxurious therapy melts away tension, increases circulation and metabolism, and eases muscle stiffness.

You will be transported into a meditative state with a gorgeous facial acupressure treatment and crystal singing bowl therapy. Firm finger pressure on special points on your face helps reduce wrinkles, improve circulation, and keeps your skin acne free - in addition to feeling absolutely blissful.

Sound is vibration, and that vibration moves throughout our body. With the crystal singing bowls you can FEEL the sound as much as hear it with your ears. The singing bowls create a totally relaxed and meditative feeling - the ultimate in relaxation.

*\*upgrade price if substituting for complimentary massage*

## PHUKET CLEANSE SPA

# Let It Glow! Luxurious Golden Glow Treatment

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This beautiful massage and facial therapy will raise your sense of well-being. Indulge yourself in the healing properties of gold serum, and let your stress melt away by a combination of Swedish and Thai massage.

*Time: 2 hours*

*Cost: B3500 (B3000\*)*

*Location: Big Chilla or Guest Room*

This treatment consists of:

- **Facial Treatment with Tuning Forks Therapy: 1 hour**

**Facial:** clean, scrub, gentle massage, gold serum mask

**Tuning Fork:** experience states of deep relaxation, reduce stress instantaneously, increase blood flow, and enhance immune response.

- **Luxurious Golden Glow Hot Oil Massage: 1 hour**

Indulge in a massage with warm fragrant oils infused with gold serum and blended with your choice of the exotic oriental scents of jasmine or ylang-ylang. Hot oil aromatherapy and Swedish massage are integrated with Thai massage techniques to both relax you and melt away tensions by stimulating the acupressure points along the body's energy lines. This is combined with the pressing and kneading of Thai massage to bring about deep relaxation. The combination of these techniques will leave you feeling both refreshed and revitalized.

*\*upgrade price if substituting for complimentary massage*



## PHUKET CLEANSE SPA

# Inner Calm

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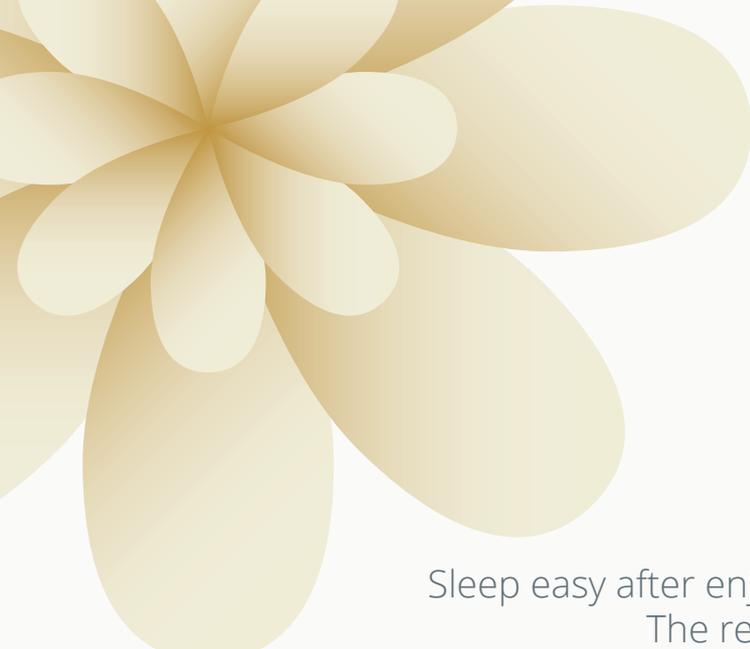
Find your inner calm with this deeply relaxing & soothing treatment for the mind & body.

*Time: 2 hours Cost: B2,000  
(upgrade price from complimentary massage: B1,500)  
Location: Big Chilla or Guest Room*

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Let us help you destress:

- Herbal Hot Compress: 30 minutes
  - Aromatherapy Oil Massage: 1 hour
  - Feather Therapy & Sound Therapy with Crystal Singing Bowls: 30 minutes
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## PHUKET CLEANSE SPA

# Sweet Dreams 9

Sleep easy after enjoying this soothing sensory massage.  
The release from the strains of everyday life  
ensures a deep, curative rest.

*Time: 1.45 hours*

*Cost: B2000 (B1500\*)*

*Location: Big Chilla or Guest Room*

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- **Aroma Hot Oil Massage:** 1 hour  
Your choice of oil aroma: eucalyptus, rosemary, bergamot, citrus, peppermint, neroli, lavender, rose, strawberry, or ylang ylang.
- **Facial Acupressure followed by Tuning Fork Sound Therapy:** 30 minutes  
Indulge in a feeling of bliss as our therapists treat you to the ancient art of acupressure. Firm pressure on certain areas of your face soothe and help wipe away fine lines, blast stagnation and boost and balance energy. Like adjusting a piano, your body can be tuned to achieve optimal physical balance. Tapping two tuning forks will instantaneously alter your body's biochemistry. In seconds ... your body enters a deep state of relaxation. Feeling centered, your mind will be at peace.
- **Feather Therapy:** 15 minutes  
The gentle strokes of the feather stimulate your nerve endings, luring you into a state of ultimate bliss. Your choice of body area for the feather therapy: navel, back, calves, feet, or ear.

*\*upgrade price if substituting for complimentary massage*



## Ionic Detox Foot Bath

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Trigger the body's lymphatic system and continue detoxification for up to 24 to 48 hours after a session. Especially amazing for those who have accumulated many stored toxins and are not able to get rid of them efficiently, due to overworked liver, spleen, and kidney functions. This therapy is especially recommended for those who take a lot of medications. The ionic detox footbath does not eliminate beneficial medications from the body.

*Time: 1 hours Cost: B1,800  
(upgrade price from complimentary massage: B1,300)  
Location: Guest Room*

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Reap the following benefits: Purge of heavy metals, balanced pH level, enhancement of the immune system, reduced inflammation, purge yeast, detoxify the liver, cleanse internal organs, cleanse parasites



## PHUKET CLEANSE SPA

# MSM Magnesium Bath 11

Magnesium is the miracle supplement encouraging our bodies to remain youthful and energetic. Improves skin health and complexion, improves flexibility, detoxifies the body, strengthens hair and nails, accelerates healing, naturally increases energy, anti-inflammatory and if that's not enough added benefits of drifting away for one hour of total and utter relaxation.

*Time: 1 hours Cost: B1,000  
(upgrade price from complimentary massage: B500)  
Location: Big Chilla*

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# Flexibility For Life 12

Assisted Stretching. Do the things you love, play the extra 18 holes, run with your kids, be a better athletic, do life better! Flexibility is key. By improving your flexibility and range of motion you reduce stress on your body and start to have more energy.

*Time: 1 hours Cost: B500  
Location: Guest Room*

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## Manifestation chair & light foot massage

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Ready to create a new future? Accelerate your dreams with our Manifestation Chair. Upstairs at the Big Villa, you'll notice the Manifestation Chair has a pyramid and crystals underneath. These have been carefully placed based on their ability to generate energy and amplify your manifestation session. The pyramid, known to attract positive energy, also deepens your meditation and sharpens your focus.

Added to pyramid and crystal power are our professionally recorded guided manifestation tracks, and a gentle foot massage with our skilled Thai massage therapists. Human touch amplifies your bioenergy field. You'll find a handy quick-guide at the chair to get you started.

*Time: 45 mins Cost: B700*

*Location: Big Villa*

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## Foot Massage

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Foot Massage helps control blood pressure, improves nerve sensitivity, improve energy level, improves blood circulation, helps promote sleep, improves liver function, treat migraines and headaches, speed up healing of wounds, treat arthritis, useful for depression, and helps reduce swollen feet.

*Time: 1 hours Cost: B500*

*Location: Guest Room*

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PHUKET CLEANSE SPA

## Natural Skincare

Louella runs our natural skincare workshops at Phuket Cleanse. She is here to show to you how to enhance your detox experience by eliminating harmful toxins and chemical from the products you use as part of your daily cleaning and beauty routines. Look out for her weekly workshops on the schedule.

Louella's 100% natural skincare range 'Little Miss Raw' is also available for purchase, offering you a choice of products including chemical-free a body scrub, moisturiser, sunscreen, toothpaste, deodorant, and face mask. Testers and order forms are available outside the Main Villa lounge and in Pyramid Villa.

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