

le  
Spa  
by Stay

Treatment Menu

# ONSEN

<b>Public Male Onsen</b>	09:00 - 18:00Hrs	<b>฿500 Net</b>
<b>Public Female Onsen</b>	09:00 - 18:00Hrs	<b>฿500 Net</b>
<b>Mixed Onsen</b>	18:00 - 22:00Hrs	<b>฿600 Net</b>
<b>Private Onsen – <i>Optional</i></b> (Up to 12 persons)	18:00 - 22:00Hrs	<b>฿6,000 Net</b>

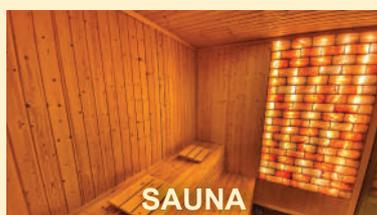
\* Prices are for 1 Hour.

\* Bring your own swimwear.

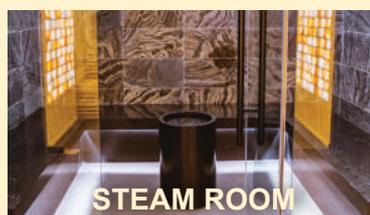
\* Over 18 years old only; except for Private Onsen booking.



ONSEN



SAUNA



STEAM ROOM



ICE WALL ROOM

**Contact us!**

# Onsen Experience



## Himalayan Salt Wall Sauna

*Reduces stress and skin aging, often used as a respiratory tract and allergies treatment. Himalayan salt is rich in negative ions, essential nutrients, and minerals. Thus increasing mood boosts and energy at a biochemical level.*



## Essential Oil Steam Room

*Improves the cardiovascular system, preserves muscle strength, and healthier skin by removing toxins.*



## Ice Wall

*Eases constriction of blood vessels, muscular relaxation, stimulates circulation, and reduces nervous tension.*



## Cold Plunge pool at 17°C

*Promotes blood circulation by alternating with a hot water bath, steam, or sauna.*



## Badu jets

*High pressure Reduce anxiety level, improve skin, better circulation, healthier heart function, and pain relief.*



## Hot Mineral Bath

*The minerals in the hot springs help reduce blood pressure and the weightlessness aids blood circulation.*



## Micro Bubble bath

*A delightful, effervescent sensation given by the clouds of oxygen, the micro-bubbles gently penetrate your pores for deeper cleansing, while also locking moisture that plumps your skin, reducing fine lines and wrinkles.*

# Phytomer Treatments

PHYTOMER goes beyond traditional cosmetics and introduces a new generation of professional treatments: more effective, more sensory and more environmentally friendly. A real pioneer in marine skincare, PHYTOMER has made scientific progress its mission. For over 40 years, its research and development teams have been discovering the most high-performance marine ingredients and inventing the skin-care of the future.

## PHYTOMER FACIAL TREATMENTS

**Phytomer Classical Moisturizing** 60 minutes **2,100฿ net**

*Immerse yourself in a moisturizing bath with record efficacy. The results are instant: your skin regains comfort and radiance. It is plumped up and rested.*

**Phytomer Classical Purifying** 60 minutes **2,100฿ net**

*This cleansing and matifying facial treatment, with proven efficacy against blemishes, leaves your skin visibly healthier and clearer. Skin flaws are diminished, clogged pores are unblocked and excess sebum is regulated.*

**Phytomer Classical Anti Wrinkle Facial** 60 minutes **2,100฿ net**

*At the high-end of scientific expertise and excellence in facial care offers unique results paired with a precious moment of total well-being. Results are a younger looking face, wrinkles are less visible and skin is firmer and more radiant.*

**Phytomer Classical Soothing** 60 minutes **2,100฿ net**

*A veil of softness for sensitive skin and/or redness. This pampering treatment softens your skin and enhances its protection system for soothed and ideally hydrated skin.*

**Express Facial Treatment** 30 minutes **1,500฿ net**

*This express facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged.*

## PHYTOMER BODY TREATMENTS

**Oligomer Spa Replenishing Holistic Treatment** 2 hours 15 mins **3,980฿ net**

*Deeply relaxing and re-energizing, this signature body treatment combines a full exfoliation with a totally encompassing massage from the top of the head to the toes. Every part of your body gradually loosens up under the hands of the beautician for a feeling of exceptional well-being.*

- Public Onsen 45 min.
- Detox Body Scrub with Phytomer Creamy Body Scrub 30 mins.
- Massage with Phytomer Bi-Phase Massage Concentrate 60 mins.

**Face and Body Phytomer** 2 hours 45 mins **5,980฿ net**

*The essential art of massage in a complete invigorating treatment. Luxuriously scented and textured products concentrate on the revitalizing benefits of seawater. Your body is relaxed and energized! An exceptional treatment; feels like a trip to the seaside.*

- Public Onsen 45 min.
- Massage by Phytomer Tresor Des Mer Body Treatment (Draining or Relaxing) 60 mins.
- Facial (Phytomer Classical Moisturizing, Purifying, Anti Wrinkle, Soothing) 60 mins.

**Revitalizing Phytomer Signature** 3 hours 15 mins **6,380฿ net**

*This innovative body treatment is an integral beauty experience by combining 3 major esthetic actions in a single protocol: contouring, firmness and skin quality. After a smoothing multi-exfoliation, a reshaping and refining massage sculpts "dream contours" for perfect-looking skin.*

- Public Onsen 45 min.
- Body Scrub with Phytomer Silky Multi Exfoliant 30 mins.
- Oil Massage with Phytomer Shaping Contour Balm Oil 60 mins.

# Himalayan Salt

Promotes healthy blood sugar, helps lower blood pressure, supports a healthy respiratory system and sinuses, boosts bone health and prevents muscle cramps, improves circulation, relieves anxiety and addresses insomnia, highly relaxing, naturally antimicrobial

**Himalayan Salt Thermal Therapy Massage** 90 minutes ~~2,760~~ **1,890฿ net**



## **ADD-ON:**

**Coconut Hot Oil Head Massage** 30 minutes ~~700~~ **600฿ net**

*It is also a natural conditioner and makes the hair soft and shiny. Regular massaging of the scalp with coconut oil helps to improve blood circulation and nourish the hair follicles. You may use coconut oil to deep condition your hair. Just shampoo your hair, but do not condition them, and dry them thoroughly.*

**Fresh Coffee Scrub** 30 Minutes ~~700~~ **600฿ net**

*Coffee scrub helps to treat cellulite in various ways. The caffeine can help dilate blood vessels and reduce the appearance of skin dimples. The skin may also tighten from the stimulating effects of caffeine by improving blood flow and eliminating excess water. The antioxidant properties help prevent premature aging, detoxify skin and anti-cellulite and remove dead skin cell for a beautiful skin.*

**Fresh Cucumber Body Mask** 45 minutes ~~1,200~~ **900฿ net**

*Cucumber can help you restore and repair it and make it healthy and beautiful. Yogurt for body masks have a few purposes in common: They're designed to improve your skin texture, tone, and moisture balance. The exact benefits vary by ingredient. Honey is a natural moisturizer that attracts water molecules to your skin and helps the skin to retain that moisture. It also has antibacterial, antioxidant and anti-inflammatory properties. Oatmeal is great in soothing sensitive, irritated skin and repairing the damages*

# Panpuri Treatments

The PAÑPURI experience is designed to create a sense of time, space, and calm with ZeroList™ certified products meaning they are formulated with only organic, cruelty-free, and non-harmful ingredients, made with heart in Thailand.

60 minutes	<del>1,400</del> <b>1,100฿ net</b>
90 minutes	<del>2,100</del> <b>1,650฿ net</b>

## AromaMassage

*The aromatherapy massage is one of the most popular treatments. The movements are smooth and flowing to achieve maximum calming and relaxing sensations.*

## Sport Massage

*A medium to strong pressure is used in this massage to relieve tired and sore muscles and improve blood circulations. Recommended before or after exercise.*

## Asian Blend Massage (Thai massage with oil)

*This massage is wonderful for relieving aches, pains and strains. It involves the application of pressure and gentle stretching, as in Traditional Thai massage but with the use of oil. This treatment is highly recommended for those who prefer a strong massage.*

## Thai Herbal Compress

*Thai herbal compress is heated and applied to the body at pressure points to relieve sprains, strains of muscles and tendons, stiffness in the joints, inflammation as well as to stimulate the circulation of the*

*\*Combine with oil for only 250฿ additional*

## Firming Massage

*Green tea is a great source of antioxidants with origins going back as far as 5000 years. This main, powerful ingredient restores the elasticity of the skin and prevents the breakdown of collagen. The caffeine improves blood circulation and the breakdown of fat cells. As a result the skin is smoother and firmer.*

### ADD-ON:

<b>Coconut Hot Oil Head Massage</b>	30 minutes	<del>700</del> <b>600฿ net</b>
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*It is also a natural conditioner and makes the hair soft and shiny. Regular massaging of the scalp with coconut oil helps to improve blood circulation and nourish the hair follicles. You may use coconut oil to deep condition your hair. Just shampoo your hair, but do not condition them, and dry them thoroughly.*

<b>Fresh Coffee Scrub</b>	30 minutes	<del>700</del> <b>600฿ net</b>
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*Coffee scrub helps to treat cellulite in various ways. The caffeine can help dilate blood vessels and reduce the appearance of skin dimples. The skin may also tighten from the stimulating effects of caffeine by improving blood flow and eliminating excess water. The antioxidant properties help prevent premature aging, detoxify skin and anti-cellulite and remove dead skin cell for a beautiful skin.*

<b>Fresh Cucumber Body Mask</b>	45 minutes	<del>1,200</del> <b>900฿ net</b>
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<b>Fragrant Hot Stone Massage</b>	60 minutes	<del>1,600</del>	<b>1,300฿ net</b>
	90 minutes	<del>2,400</del>	<b>1,950฿ net</b>

*Paying homage to traditional Basalt stone techniques, this heated massage incorporates stones dipped in essential oils and smooth movements, calming body and mind.*



## **ADD-ON:**

<b>Coconut Hot Oil Head Massage</b>	30 minutes	<del>700</del>	<b>600฿ net</b>
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<b>Fresh Cucumber Body Mask</b>	45 minutes	<del>1,200</del>	<b>900฿ net</b>
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# Traditional Thai Massage

Traditional Thai Massage involves stretching and pressure point/deep tissue techniques rather than rubbing on muscles. Compressing, pulling, stretching, and rocking of the body maneuvered by our masseuses, this massage style will help overcome chronic pain and is highly beneficial for your back and muscles all over your body.

<b>Foot Massage</b>	60 minutes	<del>1,100</del>	<b>700฿ net</b>
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*Foot massage will assist you to relieve your stress and tension. Reflexology will improve your blood circulation and nerve supply.*

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<b>Thai Massage</b>	60 minutes	<del>1,200</del>	<b>900฿ net</b>
	90 minutes	<del>1,800</del>	<b>1,350฿ net</b>

*Gentle stretching, bending, and pressure points techniques. The pressure distributes energy, releases tension and blockages. Leave your muscles relaxed, energetic, and free from stiffness. The massage*

<b>Fresh Coffee Scrub Package</b>	90 minutes	<del>2,100</del>	<b>1,500฿ net</b>
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*Starting with a fresh coffee scrub, we'll fill you in on our best fresh coffee scrub with yogurt for exfoliating your body to remove dead skin cell and help treat cellulite, improving blood circulation, detoxify skin. Following by our Panpuri aroma massage to release the tension and relaxing muscle ache.*

#### **ADD-ON:**

<b>Coconut Hot Oil Head Massage</b>	30 minutes	<del>700</del>	<b>600฿ net</b>
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*It is also a natural conditioner and makes the hair soft and shiny. Regular massaging of the scalp with coconut oil helps to improve blood circulation and nourish the hair follicles. You may use coconut oil to deep condition your hair. Just shampoo your hair, but do not condition them, and dry them thoroughly.*

<b>Fresh Coffee Scrub</b>	30 minutes	<del>700</del>	<b>600฿ net</b>
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<b>Fresh Cucumber Body Mask</b>	45 minutes	<del>1,200</del>	<b>900฿ net</b>
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*Cucumber has lot of benefits for your skin. Especially during the summer heats, cucumber can help you restore and repair it and make it healthy and beautiful. Yogurt for body masks have a few purposes in common: They're designed to improve your skin texture, tone, and moisture balance. The exact benefits vary by ingredient. Honey is a natural moisturizer that attracts water molecules to your skin and helps the skin to retain that moisture. It also has antibacterial, antioxidant and anti-inflammatory properties. Oatmeal is great in soothing sensitive, irritated skin and repairing the damages*



**OPEN EVERYDAY:**

10am-10pm

**BOOKINGS:**

076-363-250 ext.705

[spamgr@stayphuketresort.com](mailto:spamgr@stayphuketresort.com)

[www.stayphuketresort.com](http://www.stayphuketresort.com)

**LESPA BY STAY AT**

Stay Wellbeing & Lifestyle Resort 56/80  
Moo 4, Soi Suksan 2, Wiset Rd., Rawai,  
Mueang, Phuket 83130  
E-mail: [info@stayphuketresort.com](mailto:info@stayphuketresort.com)  
Tel: + 66 (0) 7636 3250

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