

le Spa by Stay

OPEN EVERYDAY:

09:00am - 10:00pm

BOOKINGS:

076-363-250 ext.705

spa@stayphuketresort.com

www.stayphuketresort.com

LESPA BY STAY

Stay Wellbeing & Lifestyle Resort
56/80 Moo 4, Soi Suksan 2, Wiset Rd., Rawai,
Mueang, Phuket 83130

FOLLOW US

 @lespa_phuket

 @LeSpaPhuket



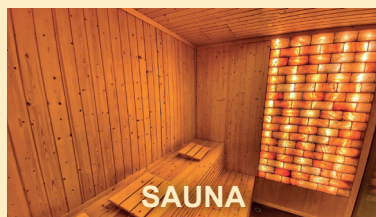
ONSEN

Public Male Onsen (Up to 12 persons per time at any given time)	09.00 - 18.00Hrs	฿550 Net
Public Female Onsen (Up to 12 persons per time at any given time)	09.00 - 18.00Hrs	฿550 Net
Mixed Onsen	18.00 - 22.00Hrs	฿650 Net
Private Onsen - <i>Optional</i> (Up to 12 persons per Onsen)	18.00 - 22.00Hrs	฿6,000 Net

- 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



Infrared Sauna Himalayan Salt Wall

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 Room

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



Cold Bath

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.

le
Spa
by Stay

ICE BATH



EVERY SATURDAY

16:00 - 20:00 hrs

THB 200 Net/ Person



ZERO-GRAVITY

Relaxation at its Finest

When was the last time you really cleared your mind of all the information we're bombarded with every day? Or felt totally rejuvenated? Or completely relaxed?

Well, floating can allow you to experience all of this and much more, and it only takes an hour. So why not take a moment for yourself, unplug from your schedule, and just float!

Duration	Price
60-Minutes	1,190 ₱
90-Minutes	1,590 ₱



INNER PEACE MASSAGE

120 min | THB 2,590-

Experience holistic harmony from a healing full-body massage with White Tea candle wax, applied through Thai and Balinese techniques. Complete the experience with a short meditation with Chakras bamboo wind chimes.



Chakras bamboo
wind chimes



White Tea candle wax



Perfecting Facial Treatment

75 min - THB 2,790



This facial treatment uses **Phytomer White Lumination Essential Minerals Brightening Mask** which helps restoring vitality to lifeless skin and dull complexions. **Our latest hot and cold skin care devise** used during the treatment also helps skin rejuvenation and toning. Your skin will feel freshness, younger and radiant.

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.
- Facial (Phytomer Classical Moisturizing, Purifying, Anti Wrinkle, Soothing) 60 mins.

Panpuri Massages

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.

Aroma Massage	60 minutes	1,500 1,290฿ net
	90 minutes	2,200 1,790฿ net

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

Swedish Massage	60 minutes	1,500 1,290฿ net
	90 minutes	2,200 1,790฿ net

A therapeutic full-body massage designed to improve blood circulation, promote relaxation, and provide relief from tense and tight muscles. Your therapist will use their hands, forearms and elbows to apply a light-to-medium pressure. It works by releasing muscle tension and stress. This classic treatment combines five different massage techniques to relax the entire body.

Asian Blend Massage (Thai massage with oil)	60 minutes	1,500 1,290฿ net
	90 minutes	2,200 1,790฿ net

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	60 minutes	1,400 1,200฿ net
	90 minutes	2,100 1,750฿ net

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	60 minutes	1,400 1,200฿ net
	90 minutes	2,100 1,750฿ net

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:

Coconut Hot Oil Head Massage	30 minutes	800 600฿ 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. Just shampoo your hair, without conditioner and dry them thoroughly.

Fresh Coffee Scrub	30 minutes	800 600฿ 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, repair and sooth the skin after sun exposure. 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 Massages

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.

Fragrant Hot Stone Massage

60 minutes	1,600	1,490฿ net
90 minutes	2,400	2,090฿ net

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:

Coconut Hot Oil Head Massage

30 minutes	800	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. Just shampoo your hair, without conditioner and dry them thoroughly.

Fresh Coffee Scrub

30 minutes	800	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, repair and sooth the skin after sun exposure. 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

Aloe Vera Massage & Treatment

After Sun Skin Soothing Body Massage 60 minutes ~~1,500~~ **1,300฿ net**

Light pressure massage on the body with applying Aloe Vera Cooling Massage Gel to deep moisturizer and soothe the sunburn skin.

Noted: massaging over a fresh sunburn or peeling sunburn can cause even more damage



ADD-ON:

After Sun Soothing Facial 30 minutes ~~1,800~~ **1,500฿ net**

This facial treatment helps skin re-cover from the stress of sun exposure, compensation for lost moisture and is pleasantly cooling.

(Steps: Cleansing, Toning, Mask, Moisturizing)

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~~ **1,990฿ net**



ADD-ON:

Coconut Hot Oil Head Massage 30 minutes ~~800~~ **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. Just shampoo your hair, without conditioner and dry them thoroughly.

Fresh Coffee Scrub 30 minutes ~~800~~ **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, repair and sooth the skin after sun exposure. 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

Traditional Thai Massages

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.

Foot Massage	60 minutes	1,100	890฿ net
---------------------	------------	------------------	-----------------

Foot massage will assist you to relieve your stress and tension. Reflexology will improve your blood circulation and nerve supply.

Thai Massage	60 minutes	1,200	1,090฿ net
	90 minutes	1,800	1,490฿ net

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 is performed on a mattress in a two-piece outfit.

Fresh Coffee Scrub Package	90 minutes	2,100	1,700฿ net
-----------------------------------	------------	------------------	-------------------

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:

Coconut Hot Oil Head Massage	30 minutes	800	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. Just shampoo your hair, without conditioner and dry them thoroughly.

Fresh Coffee Scrub	30 minutes	800	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, repair and sooth the skin after sun exposure. 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