



THE SPA EDEN





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Eden  
Beach  
RESORT & SPA



Rejuvenating  
Traditions  
From Around  
The World With  
Thai Cosmetology  
Fresh Fruit /  
Vegetable / Herb

# THE SPA EDEN

Ancient traditions from around the world meet the refinement and skill of the latest in Thai cosmetology to create SPA EDEN with fresh fruit / vegetable / herb ingredient : an exhilarating and rejuvenating experience.

Awake your senses and feel re-energized.

Explore a new kind of spa experience with a wide range of surprising treatments. Discover the ingredients that enhance your natural glow. Make the stresses and strains of daily life fade away offering yourself a day of pampering and relaxation.

We at Spa Eden at Eden Beach Resort & Spa Khao Lak believe in creating unique, personalized Spa experiences. Our philosophy: to combine the richness of natural ingredients, latest research in cosmetology and professional expertise through made-to-measure prescriptions of Spa Eden treatments.

Relax, revitalize and feel pampered through the exclusive therapies of THAI. Designed around the natural healing benefits of Thai herbs and fruit you will enjoy not just a treatment but an entire ceremony.



SPA EDEN welcomes you everyday from 10:00 am to 7:00 pm.



# FULL BODY MASSAGE

Overall massage will help the blood system and lymphatic system flow better helps to sleep easily with oil massage when the massage will feel warm, which is caused by massage and friction oil on the skin. Customers will feel comfortable and relaxed.

## Aroma Massage

60 Minutes – 1,400 THB

90 minutes – 1,600 THB

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm.

## Traditional Thai Massage

60 minutes – 1,000 THB

90 minutes – 1,300 THB

## **Detoxifying Massage**

60 minutes – 1,600 THB

90 minutes – 1,800 THB

Benefits of detoxification massage therapy is to help detoxify the body. Helps to sleep comfortably

## **Thai Sport Massage**

60 minutes – 1,600THB

90 minutes – 1,800 THB

Ideal for anyone suffering with muscular aches and pains use of special techniques are combined with Thai stretches to relieve muscular tension and followed by relaxation oil relaxing and calming

## **Thermal Volcanic Stone Massage**

90 minutes – 2,200 THB

Heated black basalt stones are used to massage the whole body and combined with botanical oils to release tension. Ideal for anyone suffering with muscular aches and pains.

## **Thai Herbal Compress**

90 minutes – 2,200 THB

Hot compresses promote relaxation while soothing aching muscle and stiff joints. Since the motions are very gentle, it can be more appropriate for parts of the body that are too tender or sore for hand massage. It also represents a great alternative to acupressure, since it stimulates the same points of the body. Likewise, it will leave you intensively relaxed and energized. Herbal Ball Massage is known for its healing properties: it improves blood circulation and stimulates the internal organs.



# Express Massage

## Foot Reflexology

30 minutes – 800 THB

An incredibly relaxing and therapeutic massage focusing on the reflex points on the feet including the lower legs.

## Back Neck Shoulder Massage

30 minutes – 800 THB

Suitable for those who want to emphasize or have problems with the back fatigued from sitting for a long time

## Head Massage

30 minutes – 800 THB

Head massage with bare hands without oil helps to reduce headaches, insomnia and helps to strengthen hair



# BODY SCRUB

**Will take about 35-40 minutes to scrub after the body has been finished and will take a shower and we will massage with BODY LOTION**

## Coffee Scrub

**60 Minutes - 1,200 THB**

For those who are not very frequent

## Coconut Scrub

**60 Minutes - 1,200 THB**

With the value of coconut extract Helps Detox (Detox) and revitalize dry skin Restore Moisture Increase Flexibility Adjust The skin to be more smooth and soft Gold Scrub Signage Scrub

## Signature Scrub

**60 Minutes - 1,200 THB**

Helps to add lightness and moisture under the skin. Causing the skin to remain soft and firm at all times Reduce blemishes, acne, skin cancer and also helps prevent and relieving skin burns due to sunlight keeps the skin smooth, bouncy, rich in vitamins and minerals that are valuable to the skin.

## Gold Scrub

**60 Minutes - 1,200 THB**

Gold helps tighten skin cells. Without wrinkles on the face Helps stimulate collagen production Helps lift the face. Helps to reduce dark spots and wrinkles by helping to shed old skin cells that deteriorate Pure gold powder when mixed into skincare products will help that product. Whether cream or gel Easily absorbed into the skin Can be observed when used continuously for 2-3 weeks. It also helps to reduce inflammation caused by acne and prevent acne as well.



## **Natural Pearl Mark 60 Minutes 1,200 THB**

Pearl extract will help the skin. Control oiliness on the face Which is the cause of acne Helps to adjust skin cells and reduce skin color Make the skin bright, shine, help fight free radicals Makes the skin glow smooth and clear without wrinkles, helping to absorb water to the skin Moisturize the skin Helps to accelerate the reshaping of dead cells. And accelerate the creation of new skin that is whiter than ever before Preventing skin damage caused by chlorate levels And high blood lipids.

## **After Sun Mark 60 Minutes 1,200 THB**

Aloe Vera Extract Helps nourish the skin to shine and moisturize the water, while restoring the skin that is damaged by pollution and sunlight. Reduce redness Acne scars Help to resist bacteria

## **Gold Mark 60 Minutes 1,200 THB**

Gold has properties to help combat free radicals. Reduce the inflammation of the skin caused by sunburn. As well as inhibiting the melanin production process Gold has a negative charge, so it can be used to carry the cream on the face. Pushed down deep into the subcutaneous layer Thus making the skin beautiful and maintaining the beauty

## **After Sun Facial 1,200 THB 60 Minutes**

Suitable for sensitive skin Skin that needs special care

## **Signature Facial 1,200 THB 60 minutes**

Suitable for sensitive skin Skin that needs special care

# PACKAGE 1 DAY

## **Signature Package 2,960 THB**

Is the unique identity of the hotel, collected in the package starting from the scrub 60 minutes, followed by massage 60 minutes and enjoying for facial massage 60 minutes

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## **Healthy Package 2,640 THB**

You can choose the scrub as needed in 60 minutes, except the gold scrub followed by Thai massage 60 minute or aroma massage, ending with health care by 30 minutes of reflexology

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## **Luxury Gold Package 2,960 THB**

Start with a gold scrub 60 minutes, gold mark 60 minute and 60minute gold massage for your body. You will be comfortable and enjoy gold.

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## **Romantic Bath 500 THB 30 Minutes**

