



The signature of Cape Sienna



BALANCE SPA welcomes you to a journey of mind,
body and spirit. Rediscover yourself in the beautiful

Spa chambers overlooking the blue ocean
and surrounded by delicate fragrances.

Our specially designed Treatments blend
ancient physical and spiritual
healing concepts using natural local ingredients
and experienced hands which will leave you
deeply relaxed, nourished and rejuvenated.

Try the Sienna Indulgence to slip away in
tranquility for a period of time and wake up to
a completely rejuvenated you.



BODY MASSAGE

Duration: 60 minutes

SIENNA INDULGENCE

Our signature massage uses the fairly new form of touch therapy with healing results, it relaxes the tensed muscles removing the Knots and balances the body's flow of energy along its meridians removing the blockages thru a combination of many therapeutic massage techniques including, Thai, Reflexology, deep fascia, connective tissue massage and Swedish massage using specially blended pure essential oils to help soothe tired muscles and restoring harmony.

BALANCE MASSAGE

A relaxing massage using aromatic oil that penetrates into the skin restoring its natural balance. This soothing massage uses a combination of acupressure techniques and gentle strokes allowing the healing properties of natural oils to enter into the deep layers of the skin. It induces a sense of well-being that lasts long after the massage.

AROMATHERAPY MASSAGE

Aromatherapy massage is a combination of a firm therapeutic touch blended with the beneficial properties of essential oils. This form of massage is a wonderful way to unwind, alleviate stress and tension, invigorate the body, soothe emotions and clear the mind.

SPORT MASSAGE

The technique often involves a blend of traditional Swedish massage and Shiatsu specifically designs to treat professional athletes. The massage will help prepare the athlete for peak performance, to drain away fatigue, reduce muscle tension, promote flexibility and prevent injuries.

TRADITIONAL STYLE

Duration: 60 minutes

THAI HERBAL COMPRESS

Renowned for healing muscle tension for knights in Siam during ancient times; today the herbal compress is widely used to relieve muscle pain and increase blood circulation for a blissful relaxing state of body and mind. With Thai herbs, it helps anti-bacteria and relaxing muscle tension while camphor gives you a soothing scent for clearing your stress and mind. The spice of turmeric shall minimize itching and cleanses the skin while tamarind helps accelerate the absorption of herbal ingredient into the skin.

FOOT REFLEXOLOGY

Reflexology is also part of a Thai massage session. Reflexology uses the ancient Oriental form of pressure treatment that uses the application of focused pressure on known "reflex" points that are found in the foot. The various points correspond to areas on and within the body. The foot reflexology massage will increase circulation as well as give quick relaxation.

INDIAN HEAD MASSAGE

This ancient therapy was used by traditional Indian women to feel a form of healing while enjoying a gentle massage into the scalp by using warm Ayurveda hair oils to work on a deep level to benefit the hair and to improve the circular healing system.

AYUR-LOMI

Individual whole-body treatment for absolute well-being with sensitive hands massage the head and kneading the body. Ayur-Lomi is like experiencing the better of two worlds. A fascinating treatment combining the principles of Ayurveda with Hawaiian Lomi Lomi massage. We use warm pure organic sesame oil. After treatment, you will feel like a new person-profoundly relaxed with new strength, energy and balanced, radiant skin.

ADD-ONS TO YOUR SPA TREATMENT TO COMPLETE YOUR SPA JOURNEY

Only available in conjunction with any 60 or 90 mins spa treatment^{†}

Duration: 30 minutes

MINI CLEANING FACIAL

This facial begins with cleansing to remove impurities and ends with a moisturizer to restore radiance. Choose from scrub mask or massage to give a clearer and brightened complexion.

HEAD AND SHOULDER MASSAGE

A quick relaxing and soothing massage designed to relieve stress and muscle tension. This massage provides instant relief as it increases circulation and is ideal for someone who spends a lot of time at a desk.

COCONUT CREAM HAIR NOURISHING

Coconut cream is an abundant source of fatty oils, vitamins B1, B3, B5, B6, C, and E. It also contains minerals such as calcium, iron, selenium, magnesium, and phosphorus. These nutrients help deeply condition and nourish your hair, making your locks healthy and strong. This treatment is excellent for dry hair and specially damaged hair.

FOOT MASSAGE

Adapted from reflexology that focuses on specific reflex points in the feet that correspond with specific internal organs in order to aid the travel of energy throughout the body.



BODY SCRUB

Duration: 60 minutes

CREAMY COCONUT SCRUB

For dry and sensitive skin

This gentle body polish takes advantage of all the wonderfully rich properties of pure virgin coconut oil to tone, nourish and protect the skin, leaving it fair, salt and silky smooth to the touch with a hint of shine and lovely subtle scent.

TAMARIND HONEY CREAMY SCRUB

For normal skin type

Tamarind is a sour fruit that has been used for centuries for popular Thai dishes as well as a natural skin exfoliate. Our ancestors discovered what is good for the inside can be good for the outside too, Tamarind Honey creamy scrub combines with honey, and ingredient which is widely used in Thai spas to soften skin. This product will work well to unveil soft, smooth and glowing skin.

CAPE SIENNA BODY SALT GLOW

For all skin type

Restore skin's radiant glow with a fabulous exfoliating sea salt enriched with lemon and chamomile and rosemary. The body polished gently exfoliates dead skin cells and improves circulation, leaving your skin clean, smooth, revitalized and silky-soft.

ARABIAN COFFEE SCRUB

For oily skin

Detoxifying and distressing it is also perfect for exfoliating, soothing and healing the skin. Caffeine improves micro-cellulite circulation which shall break up fatty deposit causing the cellulite. It has a natural astringent of 4.5 ph balance, same as your skin so it helps neutralizing and firming it.



BODY WRAP

Duration: 60 minutes

DETOXIFYING

For detoxifying

It is designed to boost metabolism and enhance skin health. The treatment involves full-body application with seaweed in foil wraps; rich in vitamins and amino acids, which can be absorbed through the skin. Algae and seaweed wraps are thought to aid in detoxification by causing the body to release toxins through sweat.

TROPICAL ESCAPE WRAP

For all skin type

Drenched with fresh beetroot and lemon, this tropical wrap is also enriched with crème, natural calcium and a high content of vitamin A. Experience the glorious sensory escape with a scent of honey. Leaves your skin deeply nourished and rejuvenated.

DEAD SEA WRAP

For skin detoxifying & rejuvenating

Warm Dead Sea Mud wrap is rich in natural vitamins, minerals and enzymes and is generously applied on the entire body. Dead Sea Mud is excellent body mask because it promotes circulation by increasing the supply of oxygen to and removing the toxins from the skin, thus toning and firming up skin tissues.

THAI HERBAL WRAP

For healthy

Wrap your body in a mixture of natural Thai herbs to melt away your fatigue while other spices draw out impurities from the skin's outer layer. Perfect for balancing your skin's color and moisturizing your entire body, it also has healing effect making it an excellent choice both before and after exposure to the sun.

FACIAL TREATMENT

Duration: 60 minutes

NATURAL FACIAL

For all skin type

Our Signature facial, is a purely natural face treatment with natural healing properties of fresh products specially developed to help regulate moisture balance. Fresh Yogurt, honey and other natural ingredients help dryness, fine line, fatigue and stress, it leaves the skin soft, supple and youthful.

DEHYDRATED FACIAL

For dry skin

Heal your skin's texture with a creamy mask that contains highly hydrating ingredients that are rich in vitamin A & E, which act as anti-oxidant and anti-free radicals' factor. Increases oxygen consumption within skin tissue, nourishes, revitalizes and smoothes your skin.

SECRET CONTROL SKIN

For combination skin

An effective solution to remove sebum accumulation, dead cells, and toxicity build up from the skin's surface. A professional deep cleansing treatment for combination skin as it facilitates extracting toxins when treating the skin that is clogged.

DEEP CLEANSING FACIAL

For oily skin

An innovative peel facilitates difficult extractions, eliminates deeply encrust blackheads; thereby, reduces the sebum extraction and opening clogged pores leaving the skin clean and glowing.



THERAPY BATH

DURATION: 30 MINUTES

LOTUS FLOWER BATH

Soak and relax yourself with aromatic fresh flowers to harmonize body and tranquilize your mind.

AROMATIC MILK BATH

Luxurious milk bath, fragranced with essential oil dropped into the Jacuzzi to dispel nervous tension and balance emotions. All ingredients are spiritual whilst evoking a sense of calms.

HAND & FOOT TREATMENTS

Duration: 45 minutes

Express Manicure

Express Pedicure

Duration: 60 minutes

Signature Manicure

Signature Pedicure

Note: Includes a salt radiance scrub plus a hand or foot massage with a moisturizing lotion





SPA PACKAGE FOR COUPLE

LOVE BIRDS (HONEYMOON)

Duration: 210 minutes (3.30 Hours)

Romantic... peaceful... relaxing, specially designed for honeymoon couples.
Love is in the air....

Foot Bath

Herbal Steam Bath

Choice of Body Scrub

Aromatherapy Massage

Choice of Facial

Aromatic milk bath serves with choice of the drink [Fruit juice or else]

ULTIMATE IN PARADISE

Duration: 180 minutes (3 Hours)

For HER

Tamarind Scrub Mask

Sienna Indulgence Massage

Secret Control Skin Facial

For HIM

Sienna Indulgence Massage

Choice of Head Massage or Foot Massage

Deep Cleansing Facial

SPA PACKAGE

ROYAL SILK

Duration: 210 minutes (3.30 Hours)

Explore new levels of vitality and health, connect to the healing power of nature, which has been designed to create moods and elicit emotions. It is a truly special experience in a tranquil and spiritual environment.

Herbal Steam

Foot Bath

Choice of Body Scrub

Choice of Therapy Bath (Jacuzzi)

Thai Massage follow with herbal compress

Natural Facial

Refreshment and Relaxation

SUN KISSED SPA PACKAGE

Duration: 120 minutes (2 Hours)

Immediately relieves your sun damaged or sun sensitive skin with this soothing wrap. Cooling and desensitizing Aloe Vera, Cucumber, and Green Tea relieves the discomfort of over exposed skin **follow with After Sun Facial**. This gentle and calming facial is excellent for sun burnt or dry skin that is in need of some tender loving care.

*Enjoy our signature massage in a Peaceful,
calm and serene environment with the luxurious Spa hospitality...*

SPA ETIQUETTE





When should I arrive for my treatment?

Please arrive 15 minutes before your scheduled time, in order to complete your consultation form and take time to relax in our relaxation area before your treatment.

Is there a limit to the number of Spa treatment I could have in a day?

You can have as many as you like.

What if I have special health considerations?

Please notify our Spa Receptionists before booking your treatments if you have high blood pressure, allergies, physical ailments, disabilities, or if you are pregnant.

What do I wear during my treatment?

You may wish to wear your own underwear or we can provide you hygienic disposable briefs. Alternatively, Treatment may be enjoyed with our clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

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

What should I do after massage or other treatment?

We recommend that you do not sunbathe after any body massage or any body treatment included facial treatment. Drinking plenty of water. The water helps your body flush out any accumulated fluids and tissue waste products that may have been released during your massage. Avoid dehydrating drinks such as coffee or anything alcoholic.

Cancellation Policy

A 24 hours cancellation notice is required to help us re-schedule your appointment. And any cancellation with less than 4 hours notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show".

BALANCE SPA OPENING HOURS

10.00 am to 10.00 pm Daily

SPA RESERVATIONS

TEL: + 66 (0) 76 337 300 | E-MAIL: spa@capesienna.com

CAPE SIENNA HOTEL & VILLAS: 18/40 Moo 6, Kamala, Kathu, Phuket 83150, Thailand
www.capesienna.com

BALANCE SPA PRICE LISTS

Treatment	Duration	Price THB	Technique
Body Massage			
Sieanna Indulgence	60/90	1,900/2,500	Medium to Strong
Sport Massage	60/90	1,900/2,500	Medium to Strong
Balance Massage	60/90	1,900/2,500	Medium
Aromatherapy Massage	60/90	1,900/2,500	Soft to Medium
Traditional Style			
Thai Herbal Compress	90	2,500	Medium to Strong
Foot Reflexology	60	1,500	Medium
Indian Head massage	45	1,500	Medium
Ayur-Lomi	60	1,900	Soft to Medium
Body Scrub			
Cape Sienna Salt Glow	60	1,700	All Skin Type
Creamy Coconut Scrub	60	1,700	Dry to Sensitive Skin
Tamarind Honey Scrub	60	1,700	Normal Skin
Arabian Coffee Scrub	60	1,700	Normal to Oily Skin
Body Wrap			
Thai Herbal Wrap	60	1,850	All Skin Type
Tropical Escape Wrap	60	1,850	All Skin Type
Dead Sea Wrap	60	1,850	Normal to Oily Skin
Detoxifying	60	1,850	Normal to Oily Skin
Facial Treatment			
Natural Facial	60	1,400	All Skin Type
Deep Cleansing Facial	60	2,200	Normal to Oily Skin
Secret Control Facial	60	1,900	Combination Skin
Dehydrated Facial	60	1,900	Dry to Sensitive Skin

Price are quoted in Thai Baht and are inclusive of service charge and government tax

BALANCE SPA PRICE LISTS

Treatment	Duration	Price THB	Technique
Add-Ons			
Mini Cleansing Facial	30	700	Facial
Head and Shoulder Massage	30	700	Head-Shoulder
Coconut Cream Hair Nourishing	30	700	Hair treatments
Foot Massage	30	700	Foot
Therapy Bath			
Lotus Flower Bath	30	1,200	
Aromatic Milk Bath	30	1,200	
Hand & Foot Treatment			
Express Manicure	30	650	Male/Female
Cape Sienna Classic Manicure	60	1,600	With Enamel
Express Pedicure	30	650	Male/Female
Cape Sienna Classic Pedicure	60	1,600	With Enamel
Spa Package for Couple			
Love Birds (Honeymoon)	210	9,000	3 Hrs. 30 mins
Ultimate in Paradise	180	8,100	3 Hrs.
Spa Package individual			
Royal Silk	210	5,400	3 Hrs. 30 mins
Sun Kissed Spa Package	120	2,400	2 Hrs.

Price are quoted in Thai Baht and are inclusive of service charge and government tax