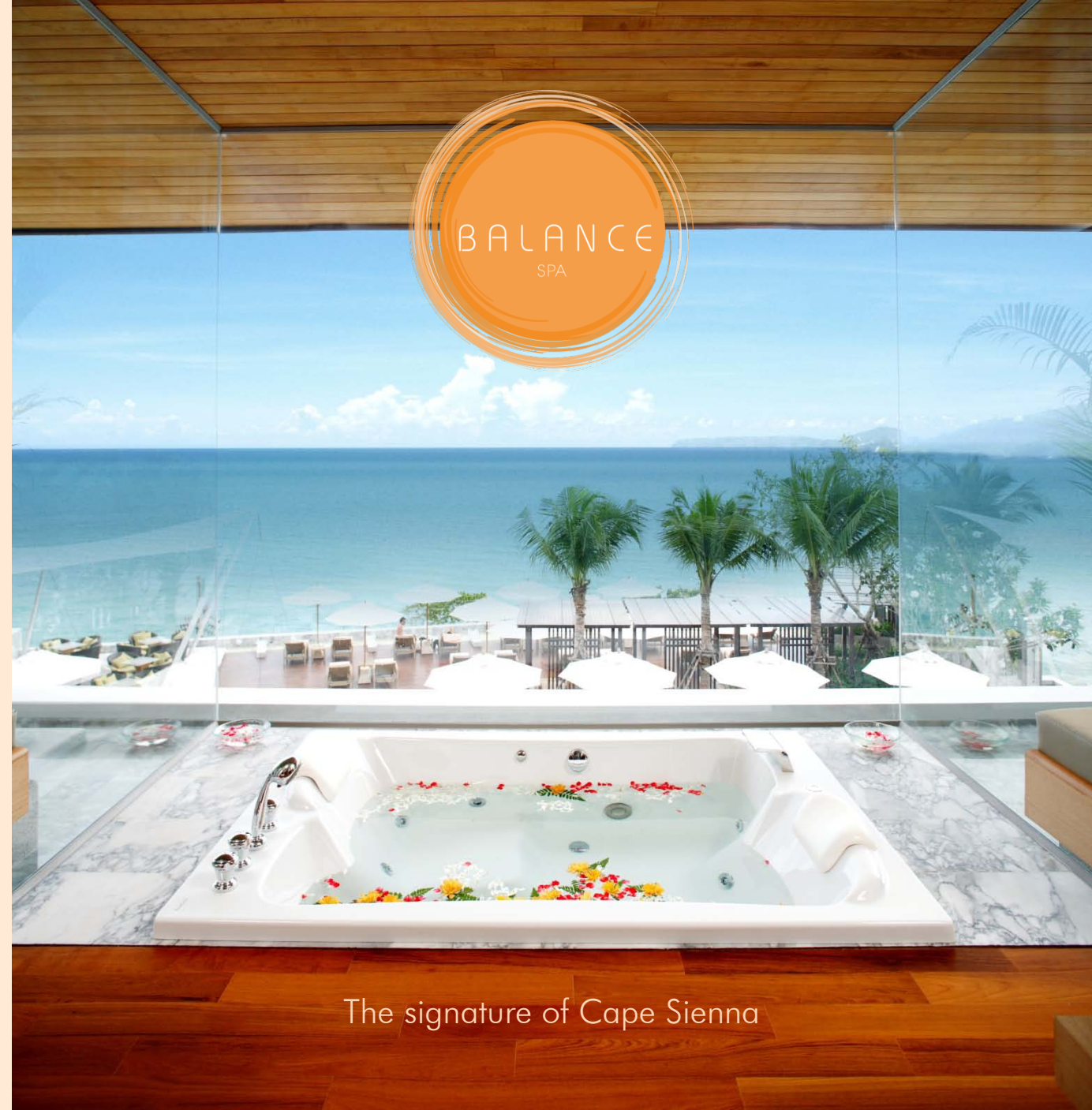


BALANCE SPA OPENING HOURS
10.00 am to 08.00 pm Daily

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



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

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.

Duration : 90 minutes Price : THB 2,850

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.

Duration : 90 minutes Price : THB 2,850

AYUR-LOMI

Individual whole-body treatment for absolute well-being with sensitive hands massaging 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 90 minutes of intensive treatment, you will feel like a new person-profoundly relaxed with new strength, energy and balanced, radiant skin.

Duration : 90 minutes Price : THB 2,850

All prices are in Thai Baht, included 10% service charge and 7% government tax

BODY MASSAGE

THAI MASSAGE

An ancient art of Thailand, the traditional Thai massage is based on the belief that all discomfort is due to an imbalance in the body's energy. Its specialized techniques will help promote the balance of all the body's systems and channelise the energy in the right direction.

If you are looking for a more holistic approach to bodywork, Thai massage is a good choice.

Duration : 90 minutes

Price : THB 2,650

THE 1700S

This massage was designed in 1700s with techniques of East & West blended in harmony to relax muscles by applying pressure to them against deeper muscles. It stretches the ligaments and tendons keeping them supple and pliable. The massage also stimulates the skin and nervous system, soothing them at the same time.

Duration : 60 minutes

Price : THB 2,200

Duration : 90 minutes

Price : THB 2,850

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.

Duration : 60 minutes

Price : THB 2,200

Duration : 90 minutes

Price : THB 2,850

All prices are in Thai Baht, included 10% service charge and 7% government tax

BODY MASSAGE

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 relaxes 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.

Duration : 90 minutes

Price : THB 2,850

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.

Full body Duration : 90 minutes

Price : THB 2,850

Back Duration : 60 minutes

Price : THB 2,200

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.

Full body Duration : 60 minutes

Price : THB 2,000

All prices are in Thai Baht, included 10% service charge and 7% government tax

BODY MASSAGE

COCONUT BLISS MASSAGE

Prepare your skin to get the maximum benefits from the sun while protecting it with this treatment, a gentle coconut exfoliating body scrub sloughs away dulling debris while a relaxing massage allows the pure virgin coconut oil to penetrate the skin deeply, leaving it moist and supple to prevent drying and peeling when exposed to the sun. Used for centuries by people throughout Southeast Asia, coconut oil is a natural anti-oxidant that helps to prevent premature aging by maintaining the strength of the skin's connective tissues. Coconut oil also increases the speed of tanning process, producing a deep glowing and even tan that lasts long.

Duration : 90 minutes

Price : THB 2,950

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.

Duration : 60 minutes

Price : THB 2,500

DEER'S EYES

This treatment is a face and eye massage. Massage of the eye and adjacent tissues will be found in many cases to be of great practical value. The nerves are stimulated, the blood stirred in a greater and more active circulation

Duration : 60 minutes

Price : THB 2,500

All prices are in Thai Baht, included 10% service charge and 7% government tax



BODY SCRUB

CAPE SIENNA BODY SALT GLOW

For all skin types

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.

Duration : 60 minutes

Price : THB 2,500

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.

Duration : 60 minutes

Price : THB 2,500

TUTTI FRUITY SCRUB

For dry skin

An abrasive scrub like one formulated with apricot helps get rid of the old, dead skin cells on the surface of your skin to allow new skin to re-grow. Overtime, this exfoliating action can help get rid of the fine lines and the small wrinkles. Alpha hydro acids help correct poor skin tone.

Duration : 60 minutes

Price : THB 2,500

All prices are in Thai Baht, included 10% service charge and 7% government tax

BODY SCRUB

THAI HERBAL SCRUB

For all skin types

This scrub offers the perfect way to naturally clean and eliminate dead cells that accumulate on the skin's surface. A special blend of Thai Herb leave your skin feeling wonderfully soft and refreshed.

Duration : 60 minutes

Price : THB 2,500

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 , soft and silky smooth to the touch with a hint of shine and lovely subtle scent.

Duration : 60 minutes

Price : THB 2,500

All prices are in Thai Baht, included 10% service charge and 7% government tax



BODY WRAP

SEAWEED WRAP

For detoxifying

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.

Duration : 60 minutes

Price : THB 2,850

DEHYDRATION WRAP

For after sun

Perfect for those who take full advantage of the sunshine on their Thailand Beach holiday, This cool and soothing wrap that uses Aloe vera the main ingredients, is the ideal choice to pamper skin that has been exposed to the sun.

Duration : 60 minutes

Price : THB 2,850

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.

Duration : 60 minutes

Price : THB 2,850

CLAY & BAMBOO CHARCOAL WRAP

For firming

A creamy non-drying natural mineral and botanical based treatment gently removes impurities from pores to reveal smoother, softer-looking skin. Helps exfoliate dead skin cells and rid the pores of harmful pore-clogging toxins with make your skin firm.

Duration : 60 minutes

Price : THB 2,850

All prices are in Thai Baht, included 10% service charge and 7% government tax

FACIAL TREATMENT

NATURAL FACIAL

For all skin types

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

Duration : 60 minutes

Price : THB 2,500

DESENSITIZING FACIAL

For sensitive skin

a powerful and healing ampoule rich in high concentration of active ingredients. It is specifically recommended for sensitive skin. Prevents infection and diffuses redness. It is highly nourishing and toning.

Duration : 60 minutes

Price : THB 2,700

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.

Duration : 60 minutes

Price : THB 2,700

All prices are in Thai Baht, included 10% service charge and 7% government tax

FACIAL TREATMENT

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.

Duration : 60 minutes

Price : THB 2,700

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.

Duration : 60 minutes

Price : THB 2,700

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.

Duration : 60 minutes

Price : THB 2,700

All prices are in Thai Baht, included 10% service charge and 7% government tax



THERAPY BATH

THERAPY BATH

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

Duration : 30 minutes

Price : THB 1,500

BOTANICAL HERBAL BATH

A delicate and warm blend of citronella, citrus and curcuma combined with butterfly pea as a key ingredient infused with green fig extract to soothe the senses and comforts tired skin.

Duration : 30 minutes

Price : THB 1,500

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.

Duration : 30 minutes

Price : THB 1,500

All prices are in Thai Baht, included 10% service charge and 7% government tax

HAND & FOOT TREATMENT

TWINKLE TOES PEDICURE

A perfect pedicure maintenance

- Bergamot Foot Soak
- Classic Nail Care: trimming, shaping, cuticle cutting, buffing
- Delicate Feet Exfoliation
- Foot Massage
- Moisturizing
- Re-Hydrate in warm paraffin
- Nail Polish of Perfection

Duration : 90 minutes

Price : THB 2,500

FINGER FOOD MANICURE

Re-hydrate, renew your hand appearance and reduce the visible signs of aging on this overworked area.

- Hand Soak with Kaffir Lime and Bergamot Extracts
- Classic Nail Care: trimming, shaping, cuticle cutting, buffing
- Gentle Hand Exfoliation
- Hand Massage
- Moisturizing
- Re-Hydrate in warm paraffin
- Nail Polish of Perfection

Duration : 75 minutes

Price : THB 2,400

Cape Sienna Classic Manicure

Duration : 60minutes

THB 1,900

Cape Sienna Classic Pedicure

Duration : 60minutes

THB 1,900

Express Manicure & Pedicure

Duration : 40minutes

THB 800

Just add a touch of colors of your choice to your hand and feet

All prices are in Thai Baht, included 10% service charge and 7% government tax





SPA PACKAGE

OCEAN OF LUXURY

Full day program

Feel your stress slip away with a wonderful luxurious full day Spa package. We start with a beautiful foot soak, followed by herbal steam bath to stimulate the senses and open your skin pores. Revive yourself with a combination of 30-minute body scrub, 50-minute of body wrap and 60-minute of body massage; after that relax yourself in a therapeutic bath.

Take a break to enjoy healthy food before continuing with your luxury program in the afternoon. The session offers a facial treatment according to your choice to leave your skin feeling supple and glowing. Complete the experience with Cape Sienna classic manicure & pedicure.

Morning

Herbal steam

Foot bath

Choice of Body Scrub

Choice of Body Wrap

Choice of Therapy Bath

Choice of Body Massage

Lunch

Spa Cuisine at **Poolside Restaurant**

Afternoon

Choice of Facial

Cape Sienna Classic Manicure

Cape Sienna Classic Pedicure

Refreshment and Relaxation

Duration : 440 minutes

Price : THB 14,000

All prices are in Thai Baht, included 10% service charge and 7% government tax

SPA PACKAGE

THE SIENNA TREASURE

The renowned grace and warmth of traditional Thai culture translated into a unique treatment is truly indulgent to harmonize the mind and body in an environment of pure relaxation.

Herbal Steam
Foot Bath
Cape Sienna Body Salt Glow
Tropical Escape Wrap
Lotus Flower Bath
Sienna Indulgence Massage
Natural Facial
Refreshment and Relaxing

Duration : 290 minutes

Price : THB 9,000

ROYAL SILK

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

Herbal Steam
Foot Bath
Choice of Body Scrub
Botanical Herbal Bath
Herbal Pouch Massage
Thai massage
Refreshment and Relaxation

Duration : 230 minutes

Price : THB 7,000

All prices are in Thai Baht, included 10% service charge and 7% government tax

SPA PACKAGE

LOVE BIRD (Honeymoon)

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

Herbal Steam
Foot Bath
Choice of Body Scrub
Aromatherapy Massage
Choice of Facial
Aromatic Milk Bath serves with choice of the drink [Fruit juice or else]
Refreshment and Relaxation

Duration : 210 minutes

Price : THB 12,000

THE LEISURE

After a day of exposure to sun, sea and sand, energize yourself with a combination of body treatment to revive yourself.

For the Gentleman

Foot Bath
Back Cleansing
Choice of Body Massage
Mini Facial
Refreshment and Relaxation

For the Lady

Foot Bath
Choice of Body Massage
Choice of Facial
Refreshment and Relaxation

Duration : 150 minutes

Price : THB 8,500

All prices are in Thai Baht, included 10% service charge and 7% government tax

SPA PACKAGE

INDIAN CLASSIC

Experience a very personalized Ayurveda treatment which combines home grown coffee beans mixed with fresh yoghurt to alleviate stress and leave you in a state of tranquility.

Herbal Steam
Foot Bath
Indian Head Massage
Arabian Coffee Scrub
Refreshment and Relaxation

Duration : 120 minutes

Price : THB 3,500

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

All prices are in Thai Baht, included 10% service charge and 7% government tax





SPA ETIQUETTE

When should I arrive for my treatment?

Please arrive 15 minutes before your scheduled time, for information, shower and change.

What should I wear to the Spa?

Wear whatever you feel comfortable in. We will provide you with slippers, a bathrobe and disposable underwear. We provide special pajamas for Thai Massage.

Is there someone to help me decide the best treatments for me?

Our Spa Receptionists will be able to assist you to plan the best spa program that suits your needs.

Is there a limit to the number of Spa treatments 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 with hygienic disposable briefs. Alternatively, treatment may be enjoyed without clothes. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Can I ask the therapist to adjust the room to my comfort levels?

Definitely - this is your time and you should enjoy the experience to the fullest. Be it the room temperature, massage pressure or the volume of the music, please do not hesitate to ask our therapists to adjust them to your comfort levels.

What about my jewelry and valuables?

It's best to leave these personal valuables in your room safe. But if you happen to be wearing them when you get to the spa, a jewelry box is provided inside the treatment room.

What if I am late for my appointment?

Arriving late will limit the time of your treatments. Your treatments will end on time so that the next guest is not delayed. However, if no guest follows your booking, you can enjoy the full duration of your treatment time.

What if I need to cancel my Spa treatment?

The treatments you select are prepared especially for you. A minimum of 4 hours notice is required if you are unable to keep your appointment. In the event of no show, a 50% cancellation fee of your treatment will be applied.

*THE SPA ENVIRONMENT IS ONE OF TRANQUILITY AND RELAXATION.
PLEASE RESPECT THE PEACEFULNESS AND PRIVACY OF OTHER SPA GUESTS.
KINDLY DEFER FROM TALKING LOUDLY, SMOKING AND FROM USING YOUR
MOBILE PHONES WITHIN THE VICINITY OF THE SPA.
THANK YOU.*