

CAPE
SIENNA
PHUKET
GOURMET HOTEL & VILLAS

BALANCE SPA

Opening Hour : Daily 10:00 - 19:00 Hrs.

Spa Reservations : Tel. +66 (0) 76 337300 Ext. 774, 775

Email : spa@capesienna.com

www.capesienna.com





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.

BODY MASSAGE

Duration 60 / 90 minutes

SIENNA INDULGENCE MASSAGE

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.

STRESS RELIEF MASSAGE

A therapeutic technique that uses gentle manipulation to reduce muscle tension and promote relaxation. Common methods include Swedish massage for general relaxation, deep tissue massage for chronic tension. These massages stimulates the body's relaxation response, leading to a decrease in heart rate and blood pressure.





BODY MASSAGE

Duration 60 / 90 minutes

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.

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.



TRADITIONAL STYLE

Duration 60/90 minutes

TRADITIONAL THAI MASSAGE

An ancient Thai healing art that rejuvenates both body and spirit. Its specialized techniques will help promote the balance of all the body's systems and channels the energy in the right direction. If you are looking for a more holistic approach to bodyworks, Thai massage is a good choice

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.

PRENATAL MASSAGE

Pregnancy massage is a therapeutic massage tailored for expectant mothers that can help relieve common discomforts like back pain, headaches, and swelling. It uses gentle techniques and specific positioning, such as lying on the side with pillows for support, to promote relaxation and improve circulation. This massage is offered to customers between 16 - 34 weeks pregnant.





TRADITIONAL STYLE

Duration 45 minutes

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.

BODY SCRUB

Duration 50 minutes

CREAMY COCONUT SCRUB

For Dry & 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.

TAMARIND HONEY CREAMY SCRUB

For Normal skin type

Tamarind is a naturally sour fruit that has been used for centuries in popular Thai dishes, as well as a natural skin exfoliant. Our ancestors discovered that what nourishes the body from within can also benefit the skin on the outside. Tamarind Creamy Scrub, enriched with honey and other ingredients commonly used in Thai spas, helps to soften and rejuvenate the skin. This luxurious scrub effectively unveils soft, smooth, and radiant skin.

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.



BODY WRAP

Duration 50 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.

DEAD SEA WRAP

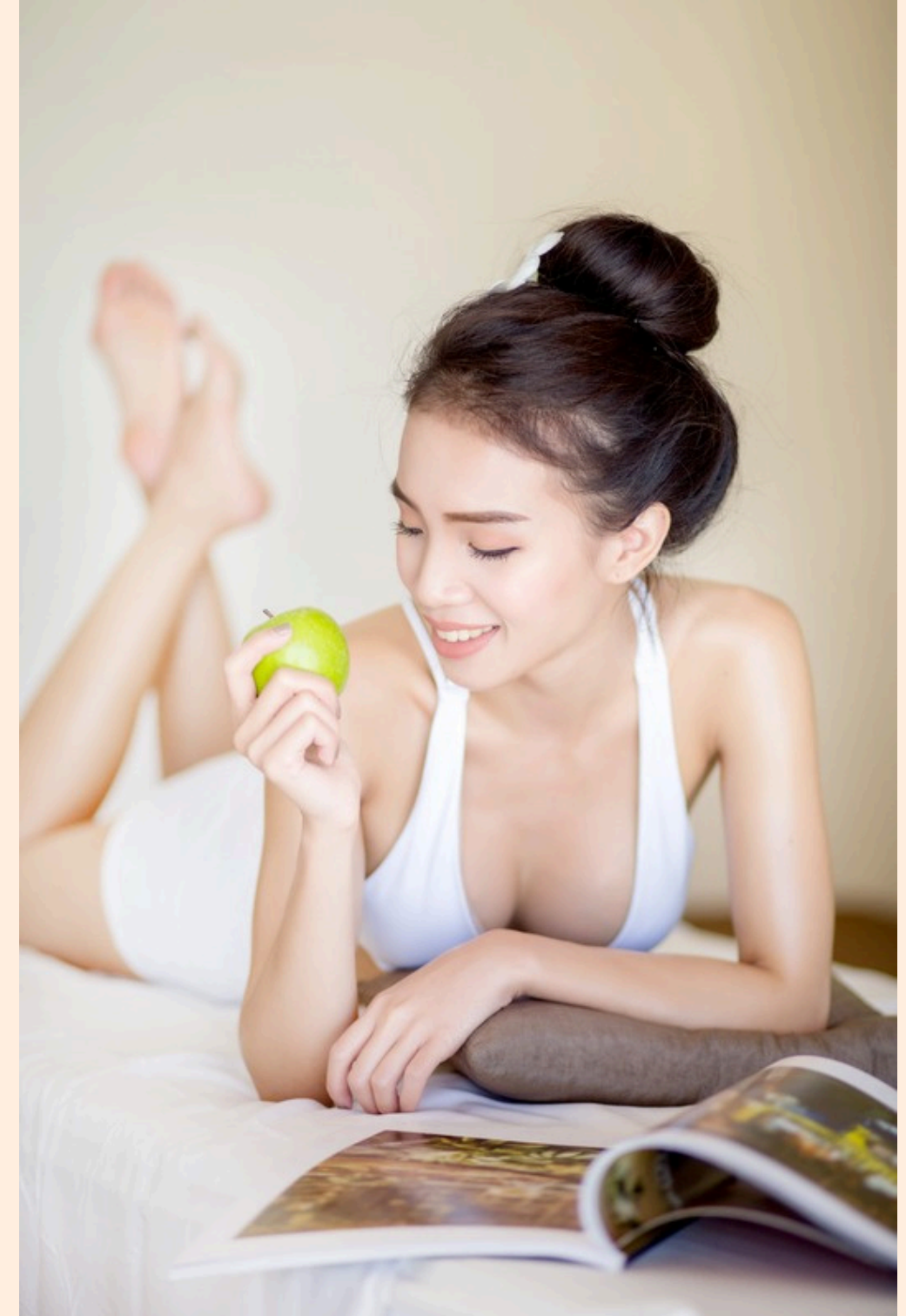
For detoxifying & rejuvenation

Experience the warm Dead Sea mud wrap, packed with natural vitamins, minerals, and enzymes. Generously applied to the body, this treatment acts as an excellent body mask by promoting circulation, increasing oxygen supply, and helping to remove toxins from the skin. The result is smoother, firmer, and rejuvenated skin.

AFTER SUN SOOTHING

For All skin types

Soothe your skin and heal from sun damage with our body wrap and massage, Aloe vera chamomile, lavender leave your skin feeling fresh and moisturized. A perfect treatment for those who loves to be in the sun.





FACIAL TREATMENT

Duration 50 minutes

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 yogurt, honey and other natural ingredients help dryness, fine line, fatigue and stress, it leaves the skin soft, supple and youthful.

ALOE COLLAGEN FACIAL

For All skin types

Heal your skin texture with Aloe collagen gel extract white tea and chamomile to hydrate the skin and reduce inflammation. Suitable for sun burn dry and sensitive skin.

Duration 30 minutes

EXPRESS FACIAL

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

- | | |
|--------------------------|-----------------------------|
| Oily to Combination Skin | Cleansing • Scrub • Mask |
| Dehydrate Skin | Cleansing • Scrub • Mask |
| Normal Skin | Cleansing • Scrub • Massage |

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

BACK CLEANSING

A Back Cleansing included back cleanses, exfoliates, detox mud wrap and moisturizes the skin. It's designed to address concerns like acne, clogged pores, and dryness, while also providing a relaxing massage to release muscle tension.

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.

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.

RELAX LEGS & FEET

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.



THERAPY BATH

Duration 40 minutes

HERBAL STEAM BATH

Enjoy a calm and peaceful moment in our private steam room while your body will rejuvenate with our herbs.

WILD ROSES AROMATIC MILK BATH

A luxurious, self-care bathing experience that uses the skin-softening properties of milk and the calming fragrance of roses.

LOTUS FLOWER BATH

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





KID'S SPA 3-6 YEARS

Duration 30 minutes

A kids' massage is a gentle, nurturing therapy designed specifically for children, using soft pressure and calming strokes

Relaxation for Boy

Body Massage.

Relaxation for Girl

Body Massage follow with first Natural facial experience.

NAIL CARE

Enjoy a quick clean-up for your hand and feet. This service includes sea salt soak, nail trimming cuticle care and massage.

Duration Approx 45 minutes

Nail Care : Manicure

Foot Care : Pedicure



SPA PACKAGE FOR COUPLE

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

LOVE BIRDS (HONEYMOON)

Duration : 210 Minutes (3.30 Hours)

- Herbal Foot Bath
- Herbal Steam
- Choice Body Scrub
- Wild Roses Aromatic Milk Bath
(Served Two mocktail during relaxation)
- Stress Relief Massage
- Choice of Facial Treatment

ULTIMATE RELAXATION

Duration : 180 Minutes (3 Hours)

- Herbal Foot Bath
- Choice of Body treatment
- Sienna Indulgence Massage
- Choice of Facial Treatment

SPA PACKAGE FOR INDIVIDUAL

SIAMESE 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 Foot Bath
- Herbal Steam
- Tamarind Honey Creamy Scrub
- Lotus Flower Bath
- Thai Herbal Compress
- Natural Facial

SUN KISSED SPA PACKAGE

Duration : 120 Minutes (2 Hours)

Refresh and restore sun-exposed skin with a relaxing Herbal Foot Bath, a cooling After Sun Soothing treatment, and an Aloe Collagen Facial that hydrates and revitalizes your complexion. Perfect for gentle relief and a healthy post-sun glow.

- Herbal Foot Bath
- After Sun Soothing
- Aloe Collagen Facial

Enjoy our Signature Massage in a peaceful, calm and serene environment with the luxurious Spa hospitality SPA ETIQUETTE



QUESTIONS & ANSWERS

When should I arrive for my treatments ?

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 the 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 any loss of money or valuables brought onto 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 released during your massage. Avoid dehydrating drinks such as coffee or anything alcoholic.

Cancellation Policy?

A 24-Hour 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 PRICE LISTS

TREATMENTS

BODY MASSAGE	DURATION	PRICES/THB	PRESSURE
• Sienna Indulgence Massage	60/90 Mins	1,790/2,490	Medium to Strong
• Stress Relief Massage	60/90 Mins	1,790/2,490	Soft Medium Strong
• Sport Massage	60/90 Mins	1,790/2,490	Medium to Strong
• Balance Massage	60/90 Mins	1,790/2,490	Medium

TRADITIONAL STYLE

• Thai Massage	60/90 Mins	1,290/1,990	Medium to Strong
• Thai Herbal Compress	90 Mins	2,690	Medium to Strong
• Prenatal Massage	60 Mins	1,790	16-34 Weeks
• Foot Reflexology	45 Mins	1,790	Medium
• Indian Head Massage	45 Mins	1,190	Medium

BODY SCRUB

			SKIN TYPE
• Creamy Coconut Scrub	50 Mins	1,390	Dry & Sensitive
• Tamarind Honey Creamy Scrub	50 Mins	1,390	Normal Skin
• Cape Sienna Body Salt Glow	50 Mins	1,390	All Skin Types

BODY WRAP

			SKIN TYPE
• Detoxifying Wrap	50 Mins	1,390	Normal to Oily
• Dead & Sea Wrap	50 Mins	1,390	Normal to Oily
• After Sun Soothing	50 Mins	1,390	Sunburn Skin

FACIAL TREATMENT

			SKIN TYPE
• Natural Facial	50 Mins	1,390	All Skin Types
• Aloe Collagen Facial	50 Mins	1,390	Dry to Sensitive Skin
• Express Facial	30 Mins	890	
Cleansing-Scrub-Mark			Normal to Oily Skin
Cleansing-Scrub-Massage			Normal to Oily Skin
Cleansing-Massage-Mark			Dry Skin

TREATMENTS

ADD-ONS	DURATION	PRICES/THB	PRESSURE
• Back Cleansing	30 Mins	890	Back Cleaning
• Coconut Cream Hair Nourishing	30 Mins	890	Scalp & Hair
• Head & Shoulder Massage	30 Mins	790	Head & Shoulder
• Relax Leg & Feet	30 Mins	790	

THERAPY BATH

• Herbal Steam Bath (Private)	40 Mins	400	Price Per Person
• Wild Roses Aromatic Milk Bath	40 Mins	1,200	Price Per Couple
• Lotus Flower Bath	40 Mins	1,200	Price Per Couple

KIDS-SPA (3-6 YEARS)

• Relaxing Massage for Boy	30 Mins	790	
• Relaxing Massage for Girl	30 Mins	790	

NAIL CARE

• Hand Care : Manicure	45 Mins	1,100	
• Foot Care : Pedicure	45 Mins	1,100	

SPA PACKAGE FOR COUPLE

• LOVE BIRDS (HONEYMOON)	210 Mins/3.30 HRS.	8,900	
• ULTIMATE RELAXATION	180 Mins/3 HRS.	7,200	

SPA PACKAGE FOR INDIVIDUAL

• SIAMESE SILK	210 Mins/3.30 HRS.	4,900	
• SUN KISSED	120 Mins/2 HRS.	1,900	

Prices are NET, including of 10% service charge and applicable government tax.

