

**POSEIDON**  




**THESE OUTSTANDING TREATMENTS HAVE BEEN  
ESPECIALLY DESIGNED FOR**

## *Our unique spa programme*

**TREATMENTS WILL BE PERFORMED ON A BED OF  
WARM STONES WHICH ENHANCES RELAXATION  
AND REDUCES STRESS.**

**THE FUSION OF A EUROPEAN HEALTH CONCEPT  
WITH ASIAN AND AYURVEDIC PHILOSOPHIES  
COMBINED WITH HIGHLY TRAINED  
CONTEMPORARY TREATMENT SKILLS HAS  
RESULTED IN THE CREATION OF A WHOLE NEW  
TREATMENT EXPERIENCE.**

**ALL HOURLY PROGRAMMES INCLUDE ONE HOUR POOL, SAUNA  
AND GYM**

**HOURLY PROGRAMMES CAN BE SPLIT INTO TWO DIFFERENT HALF  
HOUR TREATMENTS**





# Body Treatments

## ❖ **Ayurvedic Therapy Massage (Abhyanga) 1 hr. 1,200 Baht**

Ayurvedic Massage increases the circulation of blood flow of lymph. The direct mechanical effect of rhythmically applied manual pressure and movement used in massage can drastically increase the rate of blood flow. Also, the stimulation of nerve receptors causes the blood vessels (by reflex action) to dilate, which also facilitates blood flow. This has a profound effect on your health.

## ❖ **Aroma Therapy Hot oil Massage 1 hr. 1,200 Baht**

Combining the therapeutic properties of essential warm oils and massage on the warm stone bed with an exotic synergy of herbal essence. It will purify and decongest the skin and leave the skin feeling soft and fresh. This treatment is very suitable for mature skin. Helps to prevent aging and reduces lines and wrinkles and also assists in cell renewal & oxygenation

## ❖ **Balinese Massage 1 hr. 1,200 Baht**

Warm aromatherapy oils are poured onto the centre of body and massaged into the skin using long stretching and sweeping movements for deep relaxation. A sophisticated, soothing and deeply relaxing massage

## ❖ **Swedish Massage 1 hr. 1,200 Baht**

A Truly traditional massage with regulated pressure, excellent for releasing tension of the body. Stimulating, long, strong movements and special technique like chopping, picking and kneading are applied

## ❖ **Sport Massage 1 hr. 1,200 Baht**

Combines different massage techniques to enhance performance and recuperation and is an effective supplement to any fitness programme

# Skin Care Treatments

## ❖ **Body Exfoliation**

**30 min 850 Baht**

Gel salt body scrub to stimulate circulation and leave the skin soft, supple, shining and deep-cleaning session. After showering on the warm stone bed.

PLEASE CHOSE YOUR FAVORITE

1. Gel scrub Honey
2. Gel scrub White tea
3. Gel scrub Vanilla
4. Gel scrub Ylang-Ylang
5. Gel scrub Butterfly Pea

## ❖ **Body Wrap**

**30 min 1,050 Baht**

Body wrap in a spa is a treatment where you're slathered with a body mask made of algae, seaweed, mud, clay, lotion and/or cream, then wrapped for 20 - 25 minutes to keep you warm. After that mask is rinsed off and the treatment ends with an application of lotion. This body wrap treatment is also called a body cocoon or body mask.

### 1. **Sea weed Mask**

Restores moisture levels, revitalizes and firms the skin as well as nourishes, oxygenates and detoxifies the skin. It reduces appearance of cellulite balances and hydrates the cells. It is generating purifying re-mineralizes, improves skin texture and tone, makes hair shiny, cleanses and soothes, slows skin aging, protects from environmental elements and contains antioxidants and beta-carotene.

### 2. **Collagen Gel Mask**

Collagen is a type of protein that is produced naturally in skin and connective tissue, plays an instrumental role in keeping skin firm and giving it shape. It breaks down as you age, along with elastin, the substance that keeps skin springy, resulting in increasingly saggy and wrinkled skin which requires more moisturizing.

# Facial Treatments

Designed to naturally improve the condition of the skin and enhance its appearance, each intensive facial treatment includes specialised triple cleansing techniques, gentle exfoliation, acupressure facial massage, an intensive facemask and hydration or moisturizing. Skin analysis will be given by our experienced therapist to determine the ideal treatment for each skin type.

## ❖ **Deep Detoxification** **1hr. 1,150 Baht**

Includes a stimulating and deep cleansing back exfoliation, ozone and vacuum treatment. Back massage and mask with sea weed will complete the treatment.

( benefits all types of skin)

## ❖ **Anti – Aging Facial** **1 hr. 1,200 Baht**

It includes a stimulating and deep cleansing, exfoliation with collagen scrub, ozone and vacuum therapy. At the end there will be a massage by ultrasonic and a mask with collagen gel and lotion will complete the treatment.

(benefits all types of skin)

## ❖ **Miracle Mud** **1 hr. 950 Baht**

It includes a stimulating and deep cleansing back exfoliation as well as ozone and vacuum therapy. A facial massage and a mask with mud will complete the treatment.

(benefits oily skin)

### **Impress:**

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