



SAii

SPA

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SPA

- STAY WELL -

Welcome to Your Wellness Haven

At **SAii Spa**, we invite you on a journey of self-care to restore your sense of connection and rejuvenate every area of your life so you can truly Live Well.

Nestled in nature, our spa draws inspiration from this beautiful location between ocean and lagoon, integrating sand, sea and locally sourced organic ingredients into your experience, for sustainable pampering in harmony with the world around you.

Just as island elements are woven into your spa journey, the SAii Live Well philosophy is infused into every part of your escape as we invite you to Eat Well, Sleep Well, Move Well, Stay Well and Explore Well. Each experience here is thoughtfully crafted to boost your physical, mental and emotional health—because you deserve to feel great inside and out.

SIGNATURE EXPERIENCES



SAII SIGNATURE TOUCH

Begin your journey to tranquility with guided breathwork exercises. Our signature massage, a harmonious blend of Thai stretching and deep-tissue techniques, combined with a soothing heated sand compress, will melt away tension. A warm coconut oil head and face massage, culminating with a heated sacred stone on your crown chakra, will leave you feeling completely rejuvenated.

Includes: Guided breathwork, signature massage, warm head and face massage, heated chakra stone.

90 Mins | THB 4,600++

120 Mins | THB 5,400++

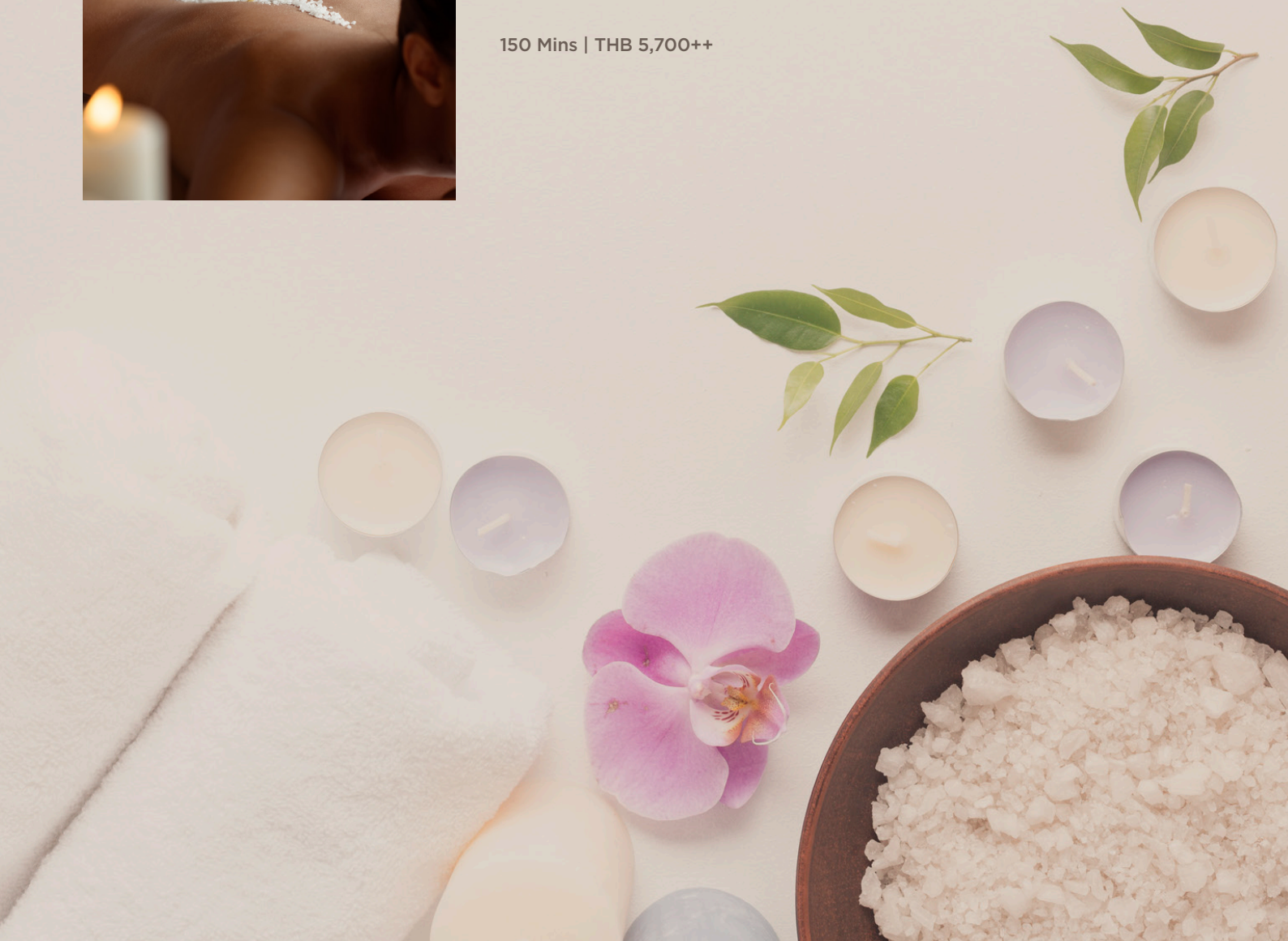


ISLAND RITUAL

Indulge in a luxurious island-inspired treatment. Exfoliate your skin with a full-body scrub, followed by a hydrating body wrap. Finish with a soothing massage using warm coconut poultice for ultimate relaxation and rejuvenation.

Includes: Coco scrub, coco wrap, warm poultice body massage.

150 Mins | THB 5,700++



MASSAGE EXPERIENCES

NUAD BORAN - TRADITIONAL THAI MASSAGE **"A TIMELESS HEALING ART"**

Discover the ancient wisdom of Thai massage. This therapeutic practice combines acupressure, energy point stimulation, and assisted yoga poses to alleviate pain, improve flexibility, and restore balance. Relax in comfortable attire on a futon as our skilled therapist employs a variety of techniques to release tension and promote overall well-being. NO-OIL MASSAGE.

For a more intensive experience, consider upgrading to a 120-minute session.
Includes: Traditional Thai body massage with stretching.

60 Mins | THB 2,200++
90 Mins | THB 2,600++

TRADITIONAL MASSAGE WITH HERBAL COMPRESS

Indulge in a deeply relaxing and rejuvenating massage experience that combines the ancient wisdom of traditional Thai massage with the healing properties of herbal compresses.

Includes: NO-OIL Body massage and warm herbal compress.

90 Mins | THB 2,800++
120 Mins | THB 3,500++

SOUTHERN THAI MASSAGE WITH RICE COMPRESS **"GRANDMOTHER WISDOM THERAPY"**

Indulge in a unique and therapeutic experience inspired by the traditions of Southern Thailand. This massage combines traditional Thai techniques with the soothing benefits of a warm rice compress.

Includes: NO-OIL Body massage and warm rice compress.

90 Mins | THB 2,800++
120 Mins | THB 3,500++

THAI FUSION MASSAGE

Experience a harmonious blend of traditional Thai massage techniques with modern therapeutic approaches. Our Thai Fusion Massage combines the best of both worlds to provide a deeply relaxing and rejuvenating experience.

For a more intensive experience, consider upgrading to a 120-minute session.
Includes: Full-body essential oil massage.

60 Mins | THB 2,800++
90 Mins | THB 3,300++

SOOTHE ME MASSAGE WITH WARM OIL

Experience a deeply soothing oil massage that melts away tension and promotes relaxation. Our highly well-trained therapists use warm oil to gently manipulate your muscles, improving circulation and helping you achieve a restful night's sleep.

For a more intensive experience, consider upgrading to a 120-minute session.
Includes: Full-body warm oil massage.

60 Mins | THB 2,900++
90 Mins | THB 3,600++

BASALT STONES THERAPY

Unwind and rejuvenate with our ancient healing practice of hot stone therapy. Our skilled therapists will expertly place warm basalt stones on your body, releasing deep heat and soothing minerals to melt away tension and promote relaxation.

Includes: Full-body oil massage and hot stone therapy.

90 mins | THB 4,200++
120 mins | THB 4,900++

DEEP TISSUE THERAPY WITH HOT STONES

Experience targeted relief for chronic pain and tension with our deep tissue massage combined with hot stone therapy. This powerful treatment helps alleviate muscle soreness, promote injury recovery, and reduce inflammation associated with arthritis and tendonitis.

For a more intensive experience, consider upgrading to a 120-minute session.
Includes: Deep tissue full body oil massage with hot stone therapy.

60 Mins | THB 2,900++
90 Mins | THB 3,600++

FOOT MASSAGE AND HEAD MASSAGE

Indulge in a rejuvenating Thai foot treatment, followed by a soothing head massage. Our experienced therapist will apply targeted techniques to stimulate healing and relaxation throughout your entire body.

Includes: Foot massage and head massage.

60 Mins | THB 2,000++
90 Mins | THB 2,500++

BODY TREATMENT EXPERIENCES

PEARL SCRUB: RADIANT SKIN TREATMENT

Discover the transformative power of pearls. Our luxurious pearl scrub exfoliates, reduces redness, and brightens your skin. A soothing oil massage completes the treatment, leaving you with a radiant, youthful glow.

Includes: Full-body scrub and warm oil massage.

75 Mins | THB 2,400++

LEMONGRASS SALT SCRUB: A RADIANT SKIN BOOST

Unleash the revitalizing power of lemongrass. This invigorating scrub and massage combo, packed with essential minerals, will leave your skin feeling refreshed, rejuvenated, and looking its best.

Includes: Full-body scrub and warm oil massage.

75 Mins | THB 2,400++

COCONUT SCRUB: A RADIANT SKIN BOOST

Indulge in the tropical beauty of Island's coconuts. An invigorating body scrub exfoliates, reduces wrinkles, and brightens your skin, leaving it feeling soft and refreshed.

Includes: Full-body scrub and warm oil massage.

75 Mins | THB 2,400++

MOOR MUD WRAP: A DETOXIFYING WRAP

Renew a deeply purifying wrap infused with Moor Mud, an ancient organic peat renowned for its detoxifying and rejuvenating properties. Emerge feeling refreshed and revitalized.

Includes: Full body wrap and warm oil massage.

90 Mins | THB 2,800++

AFTER-SUN BODY TREATMENTS

ALOE VERA WRAP: SOOTHE AND REPAIR

Spoil in a soothing wrap infused with vitamin E. This nourishing treatment helps to heal and hydrate dry, chapped, or sun-damaged skin.

Includes: Full-body wrap and oil massage.

90 Mins | THB 2,800++

COCONUT WRAP: AFTER-SUN BLISS

Cool and soothe sun-kissed skin with our hydrating coconut wrap. Infused with the healing properties of Phuket's coconuts, this treatment will leave your skin feeling refreshed and revitalized.

Includes: Full-body wrap and oil massage.

90 Mins | THB 2,800++

PHYTOMER-MARINE

FACIAL TREATMENTS

Immerse your skin in the rejuvenating power of the ocean with Phytomer's exclusive skincare products, sustainably sourced and formulated to enhance your natural beauty.

HYDRATING MARINE FACIAL: INSTANT RADIANCE HYDRATE, DETOXIFY, REJUVENATE

Rejuvenate an instant glow with our deeply hydrating facial. Your skin will feel plump and refreshed, revealing a radiant complexion.

Includes: Facial treatment and head massage.

60 Mins | THB 2,700 ++

PURIFYING MARINE FACIAL: CLEAR AND HEALTHY SKIN PURIFY, BRIGHTEN, BALANCE

Experience a deep cleanse that leaves your skin looking healthier and brighter. This facial targets blemishes, unclogs pores, and regulates oil production.

Includes: Facial treatment and head massage.

60 Mins | THB 2,700++

ANTI-AGING MARINE FACIAL: A YOUTHFUL GLOW LIFT, FIRM, SMOOTH

Unwind a scientifically advanced facial that targets wrinkles and restores a youthful, radiant complexion. This indulgent treatment combines firming and sculpting techniques for visible results.

Includes: Facial treatment and head massage.

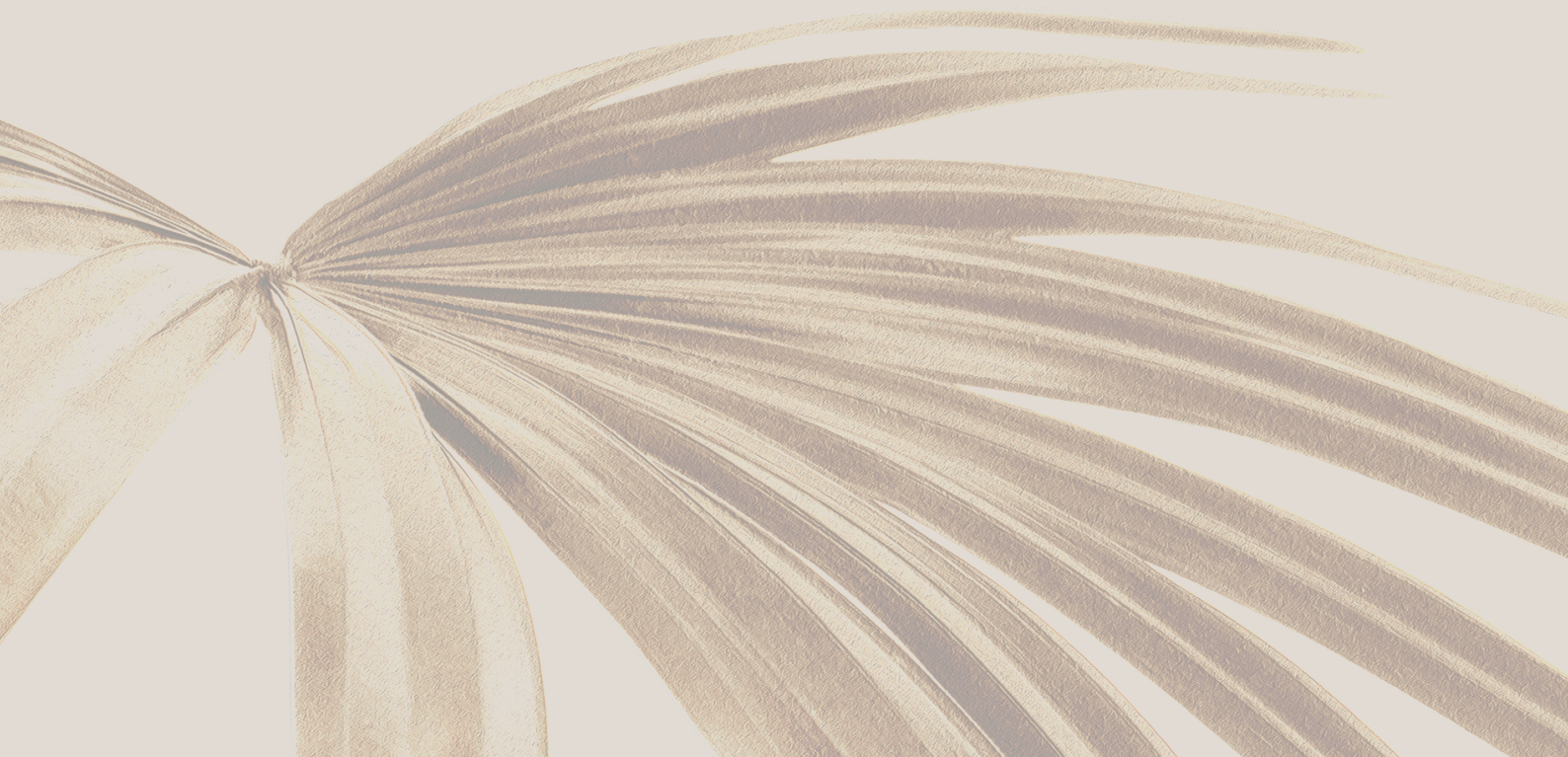
60 Mins | THB 3,200++

SOOTHING MARINE FACIAL: REDUCES REDNESS AND INFLAMMATION CALM, REVITALIZE, NOURISH

Revitalize a gentle and nourishing facial designed for sensitive skin. This treatment hydrates, soothes, and protects, leaving your skin feeling calm and revitalized.

Includes: Facial treatment and head massage.

60 Mins | THB 2,700++



TROPICAL EXPERIENCES

SEASIDE DREAMS "PARADISE BLISS: HEAD-TO-TOE RELAXATION"

Pampering in a luxurious tropical treatment. Begin with a golden sand scrub to exfoliate your skin, followed by a soothing oil massage with a warm Himalayan salt compress. Finish with a relaxing head massage for complete rejuvenation.

Includes: Body scrub, oil massage and head massage.

QUEEN OF THE SEA "ROYAL RETREAT: INDULGENCE AND RENEWAL"

Feel like royalty with this luxurious spa experience. Begin with an invigorating sea salt scrub, followed by a detoxifying Moor Mud wrap. Finish with a skin-purifying facial for a radiant complexion.

Includes: Body scrub, Moor Mud wrap and skin purifying facial.

THE PHUKET PINEAPPLE RETREATS "PINEAPPLE PARADISE: REFRESH AND RENEW"

Immerse yourself in the tropical beauty of Phuket with our rejuvenating pineapple body wrap. This refreshing treatment is followed by a deep massage to release tension and revitalize your mind, body, and soul.

Includes: Body wrap and full-body massage.

ABSOLUTE SKIN SOOTHER "SUN-SOOTHE: AFTER-SUN RECOVERY"

After a day in the sun, let us pamper and rejuvenate your skin. Our home-grown soothing body wrap, made with natural aloe vera and cooling herbs, is followed by a healing massage and hydrating facial to restore your skin's health and radiance.

Includes: Body wrap, massage and facial.

120 Mins | THB 4,700++

150 Mins | THB 5,400++

Couple | THB 8,500++ / THB 10,500++

150 Mins | THB 5,400++

180 Mins | THB 6,000++

Couple | THB 9,900++ / THB 11,800++

120 Mins | THB 4,700++

150 Mins | THB 5,300++

Couple | THB 8,500++ / THB 10,500++

150 Mins | THB 5,400++

180 Mins | THB 6,300++

Couple | THB 10,500++ / THB 11,800++

BESPOKE EXPERIENCES

"Quick Fixes: 30-Minute Miracle Treatments"

Achieve maximum results in minimal time with our 30-minute express treatments, perfect for busy lifestyles.

Massage for Lower Back Pain

30 Mins | THB 1,600++

Massage for Shoulder Tension

Express Facial

ADD-ON INDULGENCES

Eye Treatment

20 Mins | THB 1,000++

Organic Facial Mask

20 Mins | THB 600 ++

Herbal Compress

15 Mins | THB 500++

Hot Stones

15 Mins | THB 500++

NAIL CARE

Pedicure Ritual

60 Mins | THB 1,500++

(File cleanse, soak, scrub, cuticle, massage and nail polish)

French Pedicure

60 Mins | THB 1,500++

Express Pedicure

45 Mins | THB 1,100++

Manicure Ritual

60 Mins | THB 1,300++

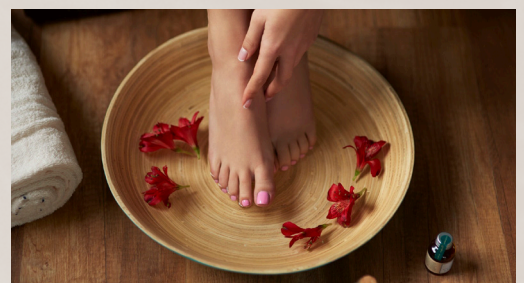
(File cleanse, soak, scrub, cuticle, massage and nail polish)

French Manicure

60 Mins | THB 1,300++

Express Manicure

30 Mins | THB 1,000++



MOVE WELL ACTIVITIES

BODY STRETCHING

Work with our experts to target, lengthen and flex muscles and tendons through a range of personalized exercises in a full body stretch session. Emerge relaxed, more aligned and with better muscle control, flexibility and range of motion.

Single THB 1,000++
Couple THB 1,500++

PILATES

Build strength without bulk, improve flexibility and agility and prevent injury with Pilates. Work with a highly trained instructor and a range of specialized apparatus as you focus on building core strength, mobility and stability.

Single THB 1,000++
Couple THB 1,500++

TAI CHI

Follow slow, smooth body movements to achieve a state of relaxation of both body and mind. Explore tai chi with an expert practitioner to improve and maintain physical and mental health and relaxation while also strengthening the cardiovascular and immune systems.

Single THB 1,000++
Couple THB 1,500++

PERSONAL TRAINING

Our expert fitness professionals are on hand to help design a personalized plan for your fitness and wellness routines. They'll motivate you by setting goals, providing feedback and measuring your progress so you look and feel your best.

Single THB 1,000++
Couple THB 1,500++

YOGA

Our experienced yoga and meditation teachers begin with a one-on-one consultation before designing a bespoke program to support you on your journey towards a more balanced and harmonized self.

Single THB 1,000++
Couple THB 1,500++

ENHANCEMENT PROGRAMMES

“Restorative Retreats: Recharge and Renew”

Our personalized retreats offer a holistic approach to relaxation and rejuvenation. Choose from one or three-day programs tailored to your specific needs, and experience a deep sense of renewal for your body, mind, and spirit.

BENEFITS

- Clear the mind and body of harmful toxins and negative thoughts in a controlled and safe manner.
- Boost your energy, build your immune system, clear your skin.

PROGRAMMES ARE AVAILABLE IN 1-DAY AND 3-DAYS PACKAGE:

1-DAY WELL-BEING PROGRAM

- 1 Move Well activity
- 1-day healthy meal (lunch and dinner)
- 1 spa treatment (select from SAii Spa menu)

THB 6,999++

3-DAYS WELL-BEING PROGRAM

- 3 daily Move Well activities
- 3-day healthy meals (lunch and dinner)
- 3 daily spa treatments (select from SAii Spa menu)

THB 19,899++

VISITING MASTERS

SAii Spa offers special workshops and private sessions with visiting practitioners who are masters of their healing arts. These coaches, practitioners and guides come from around the world to share their talents and gifts with those who choose to delve deeper into holistic wellbeing for the body, mind and spirit.

EAT WELL

MENUS

LUNCH MENU

STARTER OPTIONS

- Pan-seared, sesame-crusted yellow-fin tuna
- Tropical fruit salad with honey and ginger dressing
- Quinoa salad with dried cranberry, mint and cauliflower
 - Zucchini and spinach frittata
 - Lebanese salad

MAIN COURSE OPTIONS

- Healthy cleanse bowl
- Pan-fried salmon with mixed salad and edamame
- Thai-spiced blackened chicken with cumin-spiced pumpkin purée and gluten-free spaghetti
- Red curry and kaffir lime leaves
- Stir fried Thai tofu with basil

DESSERT OPTIONS

- Greek yogurt, wild berries compote
- Dark chocolate cake
- Fresh papaya slice

DINNER MENU

STARTER OPTIONS

- Nicoise salad
- Watermelon salad with feta cheese, mint and Tuscan extra virgin oil
 - Beyond burger (vegan) with tomato and vegan garlic mayo

MAIN COURSE OPTIONS

- Levantine tabbouleh salad with bulgur, tomato, parsley, mint, onion and lemon juice
 - Steamed dory fish fillet in a mild red coconut curry
- Chimichurri grilled steak with chimichurri sauce, sweet corn relish and baby roasted potato

DESSERT OPTIONS

- Lemongrass panna cotta
- Coconut milk mousse and lime jelly
 - Warm apple tart

SAii SPA

GUIDELINES

SPA TREATMENT HOURS

SAii Spa is open from 10.00 am to 10.00 pm daily.

SPECIAL HEALTH CONDITIONS

Please share any concerns or relevant medical history with our team so they can offer you the most suitable treatment.

AGE REQUIREMENTS

We accept solo reservations for guests aged 16 years and over. Guests under 16 may enjoy our spa treatments when accompanied by their parents.

APPOINTMENTS & CANCELLATIONS

We suggest that you arrive at the spa 15 minutes prior to your scheduled treatment time in order to maximize your enjoyment. Late arrival shortens your treatment time.

A 100% charge will be incurred for any treatment not cancelled at least 3 hours prior to your scheduled time.

CLOTHING

For spa treatments, we recommend you wear the bathrobe from your room or appropriate clothing and shoes for active and outdoor activities.

OTHER INFORMATION AND SUGGESTIONS

- We recommend you schedule your treatments in advance.
- Light meal should be finished at least 1 hour before your treatment. For light snacks, 30 minutes is sufficient.
- Disposable underwear will be provided and can be used as per your discretion. Jewelry and watches must be removed and kept in the lockable safe in your hotel room.
- Your therapist will meet you at reception and guide you to your treatment room.

PRICES

- Prices are quoted in THB (Thai Baht) and are subject to a 10% service charge and 7% tax. Prices and treatments are subject to change without notice.
- SAii Spa accepts cash and all major credit cards.
- Hotel guests may charge treatments to their room accounts.