



## A Spa Journey Inspired by Traditional Thai Healing

Harnessing the positive energy of nature with traditional Thai therapies, the guiding philosophy of each spa journey is to deliver holistic well-being to each individual.

**Opening Hours:** 10.00 - 21.00 hours

Price is subject to 7% Government Tax and 10% Service Charge.

**CENTARA**  
GRAND  
BEACH RESORT  
PHUKET

# THAI TRANQUILITY

Immerse yourself in perfect balance and wellbeing.

## THAI BODY BALANCE

2.5 Hrs / Baht 4,195++

This journey combines a collection of signature recipes developed for guests to experience the soul of a Thai spa journey as well as its ancient traditions. Ingredients are carefully selected for their nourishing and healing properties.

- Smoothing Wheat Germ and Sesame Foot Scrub
- Organic 7 Miracle Grains Body Exfoliation
- Choice of Chakra Balancing Vichy Shower or A Detoxifying Thai Herbal Tea Bath
- Choice of "Nuad Thai" or Aromatherapy Massage
- Nourishing Facial Massage with Warming Sesame Pouch
- Refreshment

## SERENITY

2.5 Hrs / Baht 4,195++

This treatment begins with a balancing and moisture rich hair mask massaged all over the scalp to instill relaxation. Using a finely blended mixture of Avocado oil and Kaffir Lime, this recipe is Thailand's best kept secret for lustrous and silky soft hair.

- Deluxe Scalp Massage with Rich Avocado Coconut Cream Mask
- De-Aging Passion Fruit & Lemongrass Salt Scrub
- A Soothing Massage of Vanilla Shea Butter
- Refreshment

## SALT RELIEF – "A Samunprai Signature"

2.5 Hrs / Baht 3,595++

Inspired by healing rituals passed down from generations, this package uses the ancient remedy of salt to treat muscle tension.

- Herbal Salt Tea Bath
- Salt Pot Heat Compress
- Muscle Melter Massage
- Refreshment

## ULTIMATE Well-being

3.0 Hrs / Baht 4,995++

Inspired by village rituals of deep cleansing after a long day in the field, this treatment uses earth stones to increase strength and vitality.

- Coconut & Pumice Stone Scrub
- Hot Stone Massage
- Jurlique Intense Recovery Facial for Her
- Jurlique Facial Formula for Him
- Refreshment

## "WANALEE" (A Royal Treat)

3.0 Hrs / Baht 4,995++

Combining the richness of Thai herbs and organic plant essences, this spa journey is deeply detoxifying at all levels.

- Botanical Bliss Scrub
- Galangal Firming Wrap
- Jurlique Deep Cleanse Facial
- Choice of Oil Massage or 'Nuad Thai'
- Refreshment

## COUPLE'S SPA JOURNEY

These half day packages are developed based on rituals traditionally given to brides and grooms before their marriage ceremony.

### **NIRAN NIRVANA (Heaven for Two)**

**3.5 Hrs / Baht 8,995++**

*supabburut* (For the Gentlemen)

- Steam Therapy
- Tamarind & Sesame Detoxifying Scrub
- Luxurious Citrus & Coconut Milk Bath
- Deep Muscular Massage
- Jurlique Facial Formula for Him
- Refreshment

*supabsatri* (For the Ladies)

- Steam Therapy
- Sea Champagne Body Contour Wrap
- Luxurious Citrus & Coconut Milk Bath
- Aromatherapy Massage
- Jurlique Intense Recovery for Her
- Refreshment

### **HONEYMOON RETREAT**

**3.5 Hrs / Baht 9,995++**

- Body Brushing
- Mocha Chino Mud Wrap
- Succulent Strawberry Scrub
- A Soothing Massage of Vanilla Shea Butter
- Thai Herbal Facial
- Refreshment



## MULTI-DAY RETREAT

### 2 DAY DE-STRESS & DE-TOXIFYING RETREAT

**Baht 7,595++**

Together with its master therapists, Spa Cenvaree has developed this holistic programme that enables you to experience the soul of a Thai spa journey as well as its ancient rituals and traditions.

PROGRAMMES	Day 1	Day 2
Signature Salt Pot Muscles Melter	•	
Nuad Tao (Traditional Foot Massage)		•
Siamese Herbal Body Scrub		•
Galangal Firming Wrap		•
Thai Herbal Facial	•	
Home Spa Gift Set		•
Refreshment	•	•

### 3 DAY LONGEVITY & REJUVENATION ON RETREAT

**Baht 9,995++**

This retreat aims to replenish the vital energy of the body. Programmes are effective to reduce visible signs of aging while providing a calming effect to the body's nervous system.

PROGRAMMES	Day 1	Day 2	Day 3
Aromatherapy Massage			•
Hot Stone Massage	•		
Nuad Tao(Traditional Foot Massage)		•	
Sea Champagne Body Contour Wrap		•	
Shirobhyanga (Indian Head Massage)		•	
Jurlique Deep Cleanse Facial			•
Botanical Bliss Flower Scrub	•		
Home Spa Gift Set			•
Refreshment	•	•	•

## SIGNATURE COLLECTION

Experience our signatures, therapies with a local flavour.

### **Nuad Thai**

**60 min / Baht 1,695++ | 90 min / Baht 1,995++**

#### Royal Thai Massage

Traditional Thai massage over the clothes using pressure points to relieve muscular aches. This therapy combines stretching techniques to loosen joints and tone muscles.

### **Signature Salt Pot Muscles Melter**

**90 min / Baht 2,795++**

A guest favourite, this therapy is a locally inspired ritual combining deep tissue massage and hot salt pot compress to release tension in the shoulders and lower back muscles. Each pot contains a blend of coarse salt and medicinal herbs to provide relief to tired muscles. Therapeutic oils such as Pettigrain, Eucalyptus and Lavender penetrate deeply into muscle tissue during this therapy.

### **Nuad Tao**

**75 min / Baht 1,995++**

#### Traditional Foot Massage

This treatment promotes relaxation to the entire body through the use of pressure points and foot massage. When all tension is released, a foot herbal compress filled with warming herbs is applied to revitalise the legs.

### **Thai Harmony**

**90 min / Baht 3,595++ | 120 min / Baht 3,995++**

#### Signature Four Hands Massage

A four hand massage performed by two therapists in unison, this experience coordinates a blend of Thai, Swedish, Shiatsu and Reflexology techniques using deep rhythmic movement to leave you feeling completely renewed.

### **Hai Muea**

**60 min / Baht 1,995++**

#### Village Rituals for Back Relief

Inspired by household healing traditions, this muscle relief ritual was invented by our master therapists using Deep tissue, Swedish, and stretching techniques to relax tired muscles in the back, shoulders and neck. Take pleasure in a delightful herbal back compress aided by our therapist's expert hands.

### **Nuad Pra Kob**

**90 min / Baht 2,195++ | 120 min / Baht 2,495++**

#### Herbal Compress Massage

This traditional massage features a warm herbal poultice to soothe aching muscles. This massage is particularly effective for alleviating sore muscles, arthritis, or stress.



# BODY MASSAGE

## Hot Stone Massage

90 min / Baht 2,595++

Basalt rock is heated in water and placed along the meridians of the body to soothe muscles and relieve tension. These stones are treated with essential oils before being positioned on your chakras. Combined with massage, this therapy creates a deep sense of relaxation.

## Aromatherapy Massage

60 min / Baht 1,895++ | 90 min / Baht 2,495++

A full-body massage using essential oils to relax the body and mind. Smooth and soothing movements will gently lull you into a realm of tranquil dreams, leaving you totally rejuvenated. Choose from several oil combinations.

## Swedish Massage

60 min / Baht 1,895++ | 90 min / Baht 2,495++

Designed with the sports enthusiast in mind, this massage is effective in loosening tight muscles and relieving aches associated with strenuous activity or exercise. Light or medium pressure is customised to your personal needs.

## Balinese Massage

60 min / Baht 1,895++ | 90 min / Baht 2,495++

Based on the healing expertise of the Balinese people, this technique uses a mix of acupressure, reflexology and skin rolling to reach below the superficial muscle layers. Deep pressure is applied to release tense and knotted tissue.

## Deep Muscular Massage

60 min / Baht 1,895++ | 90 min / Baht 2,495++

Perfect for the athlete individual who requires body work to release muscle tension and increase joint flexibility. This massage focuses on individual muscle groups using deep compression and strokes. Massage is performed with aromatherapy oils to promote harmony of the body and mind.

## Runner's Massage

60 min / Baht 1,795++

A therapeutic bodywork focusing on the feet, legs, lower back and thigh. This treatment is recommended after athletic events as a quick repair to rid lactic acid build-up in the legs.

## AYURVEDA

Ayurveda, an ancient holistic healing approach known for its balancing and rejuvenating effects.

### **Marma Abhyanga Massage**      **60 min / Baht 1,895++ | 90 min / Baht 2,295++**

A rejuvenating massage using Ayurvedic medicated oils to alleviate mental and physical stress, the Marma Abhyanga massage uses pressure points to stimulate vital energy points and promote life force energy throughout the body.

### **Kati Basti**      **75 min / Baht 2,295++**

#### Intensive Back Relief

Created as a complete renewal for the body, this treatment combines a De-stress back massage with Ayurvedic back relief therapy to awaken the body, heart and soul. Warm medicated oil is gently dripped on the lower back to form a warm reservoir followed by an application of hot compress infused with 7 warming herbs. While relieving muscle tension, this therapy helps to lubricate connective tissues, keeping them flexible.

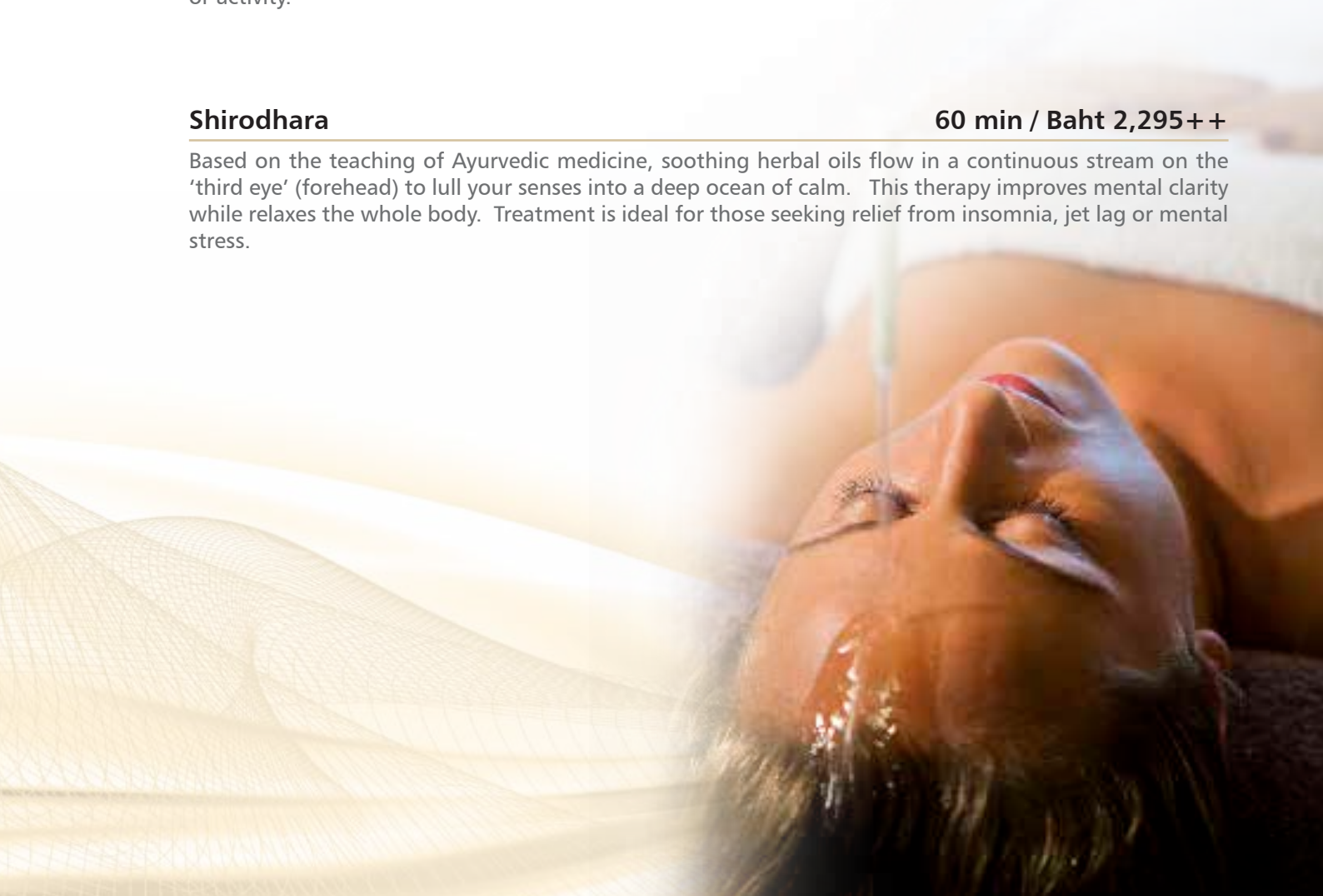
### **Shirobhyanga**      **60 min / Baht 1,595++**

#### Indian Head Massage

Using warm herbal oils, this treatment includes a massage of the scalp, neck and shoulders to sweep away tension and to relieve mental tiredness. A perfect relaxing treatment after a busy day of meetings or activity.

### **Shirodhara**      **60 min / Baht 2,295++**

Based on the teaching of Ayurvedic medicine, soothing herbal oils flow in a continuous stream on the 'third eye' (forehead) to lull your senses into a deep ocean of calm. This therapy improves mental clarity while relaxes the whole body. Treatment is ideal for those seeking relief from insomnia, jet lag or mental stress.



## AYURVEDIC WELLNESS PROGRAMME

Choose from our custom-designed programmes including therapeutic ayurvedic body treatments with the usage of ayurvedic herbs to nourish and nurture you into deeper relaxation.

### **Ayurvedic Rejuvenation**

**2.0 Hrs / Baht 2,995+ +**

Programme focuses on releasing body toxins and allow the body to rest and recover.

- Dosha Consultation
- Abhyanga Massage
- Shirobhyanga (Indian Head Massage)
- Refreshment

### **Ayurvedic Balancing**

**2.0 Hrs / Baht 2,995+ +**

Programme focuses on reducing fatigue while providing relief to insomnia, migraine or anxiety.

- Dosha Consultation
- Shirodhara
- Shirobhyanga (Indian Head Massage)
- Refreshment





## FACIAL THERAPY

Luxurious blend of natural botanical oils and plant essence to restore skins youthful vitality.

### FACE NOURISHMENT

90 min / Baht 1,995++

#### Signature Organic Facial

A luscious, relaxing facial customised for any skin type, this facial uses powerful herbal antioxidants and natural nutrients to address skin texture. Organic ingredients such as lemongrass, tamarind, oatmeal, cucumber and botanical oils are used to deeply cleanse, exfoliate and hydrate the skin. A lymphatic facial massage is administered to improve blood circulation and help achieve firmer skin. A signature facial pouch filled with warm sesame rounds off the facial, leaving your skin refreshed and radiant.

### ANTI AGING

60 min / Baht 2,495++

#### Jurlique Intense Recovery

An intensive facial to treat sun damaged and nutrient deprived skin with antioxidants derived from Carrot Root Extract, Evening Primrose, and Calendula. This facial improves skin firmness, minimises pore size and leaves skin radiant. Finishing touch includes wrinkle softening cream to soften appearance of fine lines.

### ADD ON EYE CARE

30 min / Baht 695++

#### Jurlique Absolute Eye Bright

An intensive care formulation developed for the protection of the delicate eye area, this treatment features Arnica lotion, Elder Cream, Wrinkle refined cream, Herbal eye recovery gel as well as active botanical ingredients target to brighten the eye area. This treatment is effective to reverse the signs of aging.

### FACE HYDRATION & GLOW

60 min / Baht 2,295++

#### Jurlique Deep Cleanse

This facial is designed to unclog pores while improving skin tone. This facial includes cleansing, exfoliation, steaming, cleansing mask to rid impurities and excess oils. Facial is completed with a relaxing hand massage using Magnolia & Rose Hand lotion mixed with Rosehip oils and Vitamin E known for its intensive conditioning for the hands and cuticles.

### SOOTHING SUNBURN

60 min / Baht 2,295++

#### Jurlique Sunburn Sensitivity Facial

A facial to prevent peeling while saturate your skin with a much needed moisture boost. Lavender hydrating mist is used to soothe and calm sun-stressed skin, followed by a delicate hydrating application of Calendula & Witch Hazel cream to promote skin healing. Session completes with your choice of Foot massage or Head massage.



## BODY THERAPY

A dazzling array of rejuvenating treatments combining the best of ancient and modern techniques to provide you rejuvenation from head to toe.

### Botanical Bliss

105 min / Baht 2,195++

A signature creation of Spa Cenvaree designed for women to reveal healthy beautiful skin. This package uses the essence of botanical plants and ground rice as a gentle scrub, followed by the eastern technique of warm galangal body mask to reduce cellulite and water retention. Fresh floral petals are massaged onto the skin for a velvety smooth result.

- Dry Body Brushing to Stimulate Lymph Drainage
- Botanical Bliss Flower Scrub
- Galangal Firming Body Mask
- Luxurious Skin Hydration with Vanilla Shea Butter

### Siamese Zen

105 min / Baht 2,195++

Ideal for detoxification of the skin, this treatment begins with a Plai herbal scrub known for its anti-inflammatory properties. The body is then immersed in a Hot Herbal Clay to relieve symptoms such as digestive problems, muscle aches, or skin inflammation.

- Dry Body Brushing to stimulate Lymph Drainage
- Siamese Herbal Loofah Scrub
- Hot Herbal Clay complemented by Ayurvedic Scalp Massage
- Skin Hydration with Tropical Bliss Body Lotion

### Instant Smooth

105 min / Baht 2,195++

Your skin is gently polished with a Regeneration Body scrub to restore smoothness, followed by a natural black mud infused with seaweed, green tea, caffeine and botanical oils to promote firmer skin tone. This experience is completed with a skin nourishing serum to reveal luminous skin. A perfect treat to hydrate and gives your skin a radiant and healthy glow.

- Dry Body Brushing to Stimulate Lymph Drainage
- Pumpkin & Gooseberry Regeneration Body scrub
- Sea Champagne Body Contour Wrap Complemented by Ayurvedic Scalp Massage
- Skin Nourishing with Soybean & Jojoba Serum

### After Sun Recovery

105 min / Baht 2,195++

Following the healing wisdom of local traditions, a soothing wrap of red rice and ground herbs cooked in milk is applied to promote healing on sun exposed skin. Your skin is then remineralised with a gentle massage, followed by a relaxing foot massage. Beneficial after sun exposure.

- Detoxifying Neem and Citrus Foot Soak
- Red Rice Sunburn Soothing Wrap Complemented by Ayurvedic Scalp Massage
- Aloe Vera & Cucumber Gentle Massage
- Relaxing Foot Massage



## CONTOURING & SLIMMING PROGRAMMES

### Body Shaping

**105 min / Baht 3,595++**

Formulated from a phyto-aromatic slimming complex, this treatment incorporates brown seaweed extracts (Laminaria), Caffeine and Ivy as active ingredients to detoxify fatty deposits and encourage the elimination of waste fluids which are the main causes of cellulite. Sessions include steam, marine salt scrub, and marine mask infused with Bora Bora sea water. A firming massage is administered on cellulite-prone areas. A single session will produce visible improvements in firmer skin tone.

- Steam
- Marine Salt Scrub
- Bora Bora Sea Water Anti Cellulite Mask
- Firming Massage

### Bust Firming

**45 min / Baht 2,295++**

Specially developed for this sensitive area of the body, ingredients including Seaweed, Spirulina, Laminaria (Brown algae) are used to firm and tone the skin. Treatment includes a firming massage, marine exfoliation, firming mask and gel to tone the skin of the bust.

- Marine Salt Scrub
- Firming Massage
- Firming Mask

### Signature Anti Cellulite

**105 min / Baht 2,995++**

A perfect package to improve lymphatic flow and melt away cellulite. A warm seaweed mud wrap infused with green tea & cucumber is applied to reduce water retention and flush out toxins. Session continues with an anti cellulite massage to facilitate the trimming of cellulite.

- Marine Salt Scrub
- Seaweed Mud Wrap
- Signature Anti Cellulite Massage

## SPA NAILS FOR HER

### Classic Manicure or Classic Pedicure

**60 min / Baht 1,295++**

A basic maintenance for beautiful hands or feet. Skin will be exfoliated and moisturized with Magnolia & Rose hydrating lotion, cuticles tidied, nails shaped and painted to perfection with fashionable OPI nail lacquer.

### Classic Combo : Mani & Pedi Beauty

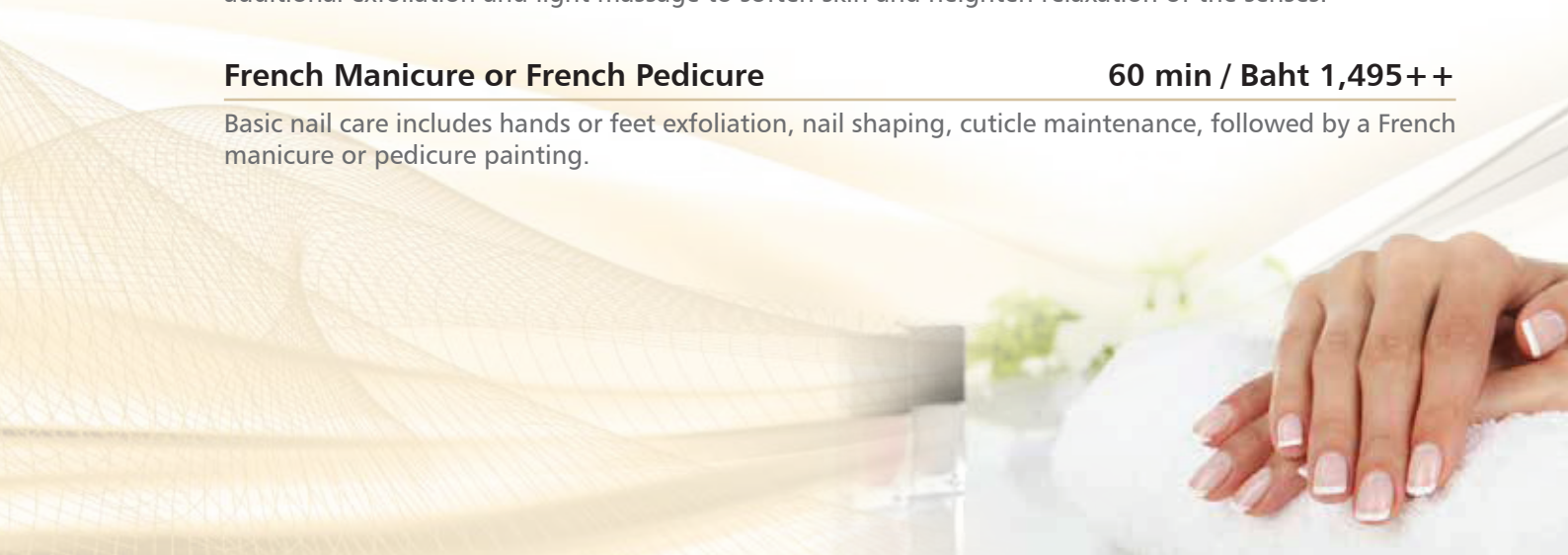
**Baht 2,195++**

This Classic Combo includes all the essential nail care components of the manicure and pedicure plus additional exfoliation and light massage to soften skin and heighten relaxation of the senses.

### French Manicure or French Pedicure

**60 min / Baht 1,495++**

Basic nail care includes hands or feet exfoliation, nail shaping, cuticle maintenance, followed by a French manicure or pedicure painting.



## EXCLUSIVE FOR HIM

Treatments catering to the individuality of our guests.

### Par Excellence

2.0 Hrs / Baht 2,895++

Bring the most valuable strategy to the tee, your golf fit body.

- Dry Body Brushing
- Pumice Stone Scrub to Smoothen Rough Skin
- Warm Coconut Compress
- Muscle Melt Massage

### Well Refreshed

2.0 Hrs / Baht 3,395++

A series of treatments designed to relax you from head to toe.

- Deep Muscular Massage
- A Customised Facial for Men
- A Soothing Facial Shave

### Back Into Balance

1.5 Hrs / Baht 2,295++

This therapy involves a massage concentrating on the stressed areas of the back, shoulders and neck. Recommended for those suffering from shoulder or back pain.

- Back, Shoulders and Head Massage
- Steamed Herbal Poultice Application

### Essential Back Care

80 min / Baht 2,495++

Dedicated to those hard-to-reach areas of back, this treatment consists of back exfoliation and massage to relieve aches and pains. Select from a choice of back waxing to rid body hair or a warm herbal mask to treat skin dryness. This treatment is ideal for the removal of blemishes or to treat skin breakout.



### **Jurlique Facial Formula for Men**

**60 min / Baht 2,295+ +**

A deeply cleansing facial personalised for Men. A rich blend of plant oils is used alongside natural antioxidants derived from Witch Hazel, Grapefruit seed and Green tea to help regulate sebum production. Cleansing and exfoliation is followed by steaming and a hot towel compress to refine the pores. Session ends with a scalp massage and hand massage for a complete care.

### **Executive Skin Rejuvenation**

**60 min / Baht 2,495+ +**

This service combines facial and shaving all in one to leave you a refreshed look. Relax in the art of straight edge shaving skills by our expertly trained therapist. Session includes facial steaming, deep cleanse, hot shaving followed by a soothing aftershave lotion.

### **Executive Sole Delight**

**30 min / Baht 895+ +**

A super hydrating foot care for Men. Feet are cleansed with Citrus & Neem foot soak followed by an exfoliation of Lime & Sugar scrub. Treatment includes a pedicure for a refined look.

### **Men's Sports Manicure**

**30 min / Baht 895+ +**

Session includes all of the pampering of a classic manicure with hand exfoliation, nail clipping and cuticle maintenance, leaving your hand clean and professional.



## SEASONAL THERAPY WITH VICHY RAIN SHOWER

The traditions of Water Cure have been used for centuries to relieve aching muscles and rejuvenate the body. Choose from our wellness therapies created to counter the effects of seasonal change on the body, mind and spirit.

### SUMMER'S BEST

2.0 Hrs / Baht 3,595+ +

Treat yourself to the skin hydration of the season. Also known as a wonder anti-aging ingredient, 'Wakame' (Undaria Pinnatifida) is mixed with sea salt to exfoliate dead skin cells and maintain skin youthfulness.

- Dry Body Brushing
- Sea Mineral Salt Glow
- Algae and Caffeine Body Wrap & Indian Head Massage
- Invigorating Rain Shower
- A Massage Application of Rose Geranium Oils to Balance the Mood.

### WINTER RECHARGE

2.0 Hrs / Baht 3,595+ +

A winter detox programme designed to help the body release toxins and reduce cellulite in your skin.

Session includes:

- Dry Body Brushing
- Ayurvedic Udvartanam Herbal Scrub (Herbal Powder Massage)
- Detoxifying Herbal Mud Wrap
- Chakra Balancing Stimulating Shower
- Body Massage of Vanilla Shea Butter



## BODY POLISH

Our scrubs are enriched with the powerful anti-oxidants of seasonal fruits and plants designed to repair stressed skin while helping to protect against sun damage.

All scrubs are 60 minutes per session and begin with a gentle dry body brushing to stimulate the lymphatic system.

### **7 Miracle Grains Body Exfoliation (Signature)**

**60 min / Baht 1,595++**

Taking its inspiration from the time-honoured hot pouch therapy of Thai Healing filled with freshly steamed grains. This body scrub features 7 different types of treasure grains such as Wheat Germ, Barley, Cornmeal, Oatmeal, Millet, Red Rice and Soy Beans. On application, the heat loosens tight muscles while revealing a radiant and smooth skin through its exfoliation process.

### **Siamese Herbal Loofah Scrub**

**60 min / Baht 1,595++**

Herbal powders are mixed with medicinal plants such as Kaffir lime leaf, Lemongrass and Plai to detoxify and remove dull skin. Treatment features natural loofah scrub to revitalise skin.

### **Botanical Bliss Flower Scrub**

**60 min / Baht 1,595++**

Capturing the smell of fresh garden, this mixture consists of fresh flower petals, rice blend, and oatmeal to restore lost vitality of the skin.

### **De-Aging Passion Fruit & Lemongrass Salt Scrub**

**60 min / Baht 1,595++**

A guest favourite, this scrub is known for its exquisite fragrance and stress-relieving properties. The tangy fragrance of lemongrass refreshes tired mind while passion fruit seeds smoothen skin to perfection.

### **Organic Mangosteen & Passion Fruit Anti-oxidant Scrub**

**60 min / Baht 1,595++**

A delicious, skin-smoothing body scrub is infused with Mangosteen extract to buff away dullness. Rich in antioxidants this treatment is effective in tightening skin pores and its zesty formula brightens the appearance of skin.

### **Succulent Strawberry & Roselle Scrub**

**60 min / Baht 1,595++**

Voted as the best anti-oxidant recipe, this luscious botanical scrub uses fresh strawberries, oatmeal, crushed almonds, and Roselle flower to exfoliate dead skin cells. High in Vitamin C and alpha-hydroxy acids, this scrub leaves skin soft and with a delightful smell.

### **Pumpkin & Gooseberry Regeneration Scrub**

**60 min / Baht 1,595++**

The skin softening qualities of pumpkin enzymes provide the dual action of skin exfoliation and nourishment. Pumpkin seed oils are rich in Vitamin A while Gooseberry contains high anti oxidants essential for radiant skin glow.

