

Neera Spa Menu

Signature Experience

- **Miracle of Seashell and Manee-Pura Therapy (Moderate Pressure)90 mins** **3,000++THB**

Take a relaxing breath as you tune into the sound and energy of the sea from a shell held close to your ear. Unwind with gentle warm hand strokes and acupressure to coax deep relaxation. Heated sea shells enhance your experience to release aches and pains, while calcium ions help firm and regenerate your skin. The powerful energy of Manee-Pura heated herbal compress, which has Tourmaline gemstones crystal to improve circulation, soothes muscle tension and joint stiffness. Emerge feeling a serene sense of calm and grounding.

- **The Nature Massage (Light to Moderate Pressure)60/90 mins** **2,500++ / 2,800++THB**

This gentle and rhythmic massage uses essential oils on the medians of the body. Joints and muscles are tended to and stretched to unblock Chakra pathways and encourage good energy flow. Deep rolling and stretching movement lead to an experience that surpasses the ultimate state of relaxation and spiritual renewal.



Full Body Massage

- **Traditional Thai Massage (Moderate to Deep Pressure) 60/90 mins 1,800++ / 2,000++THB**

This unique and exotic technique, known to many as 'passive yoga' has been passed down through the generations and offers the ultimate body workout. Let your therapist do all the work – using pressure point and stretching techniques to release tension and increase vitality and flexibility – while you enjoy a wealth of benefits.

- **Nuad Pra Kob (Moderate to Deep Pressure)90 mins 2,800++THB**

This distinctive style of traditional Thai massage uses a heated compress filled with remedial herbs (Zingiber cassumunar, Kaffir Lime, Camphor, Tamarind, Lemongrass, Turmeric, Acacia Concinna, Borneo Camphor, Salt) are wrapped in muslin compress, steamed and applied to body in gentle pressing, circular and rolling movement. This unique treatment provides deep relaxation while release muscle tension and stiffness, enhance energy flow and relieve fatiguestress.

- **Tense Muscle Release Massage (Moderate to Deep Pressure)60/90 mins 2,000++ / 2,500++THB**

Discover the ultimate physical and mental stress relief which a deep intense and advanced technique massage designed to stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation, reduce pain and resistance, this massage will also increase flexibility.

- **Aromatherapy Massage (Light Pressure)60/90 mins 2,000++ / 2,500++THB**

Experience a relaxing massage with the fragrant ancient art of natural aroma and therapeutic properties of essential oils will de-stress, balance body & mind and transport you to a tranquil state of peace.

- **Detoxifying Massage (Moderate Pressure)60/90 mins 2,500 ++/ 2,800++THB**

An energizing massage focusing on the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Focus Massage

- ***Energizing Massage (Moderate to Deep Pressure)60 mins*** **1,800++THB**
A reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.
- ***Relaxed Feet Massage (Moderate Pressure)60 mins*** **1,500++THB**
Restore the body's balance and release aches and pressure in the feet with this treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.
- ***Hot Oil Head Massage (Moderate Pressure)60 mins*** **1,800++THB**
A deeply relaxing oil-based massage of head, neck and shoulders using Indian head techniques to ease tension in the muscles & fascia of the head, induce a deep sense of calm.

Body Polishes

- **Firming Coffee (For all skin type/Detoxifying) 60 mins** **1,800++THB**
Ideal after traveling, this invigorating treatment involves skin exfoliation made from locally grown Thai natural coffee. This original recipe provides stimulation expel impurities, rejuvenate dull lifeless skin refreshment for the whole body.
- **Pomegranate (For all skin type/Moisturizing & Brightening) 60 mins** **1,800++THB**
A fruit extract, its uniqueness is abundancing of AHA acid which is excellent for skin whitening, helps to balance skin's natural PH level and encourages regeneration, leaving skin super smooth & young.
- **Fresh Cucumber (For all skin type/Moisturizing & After Sun) 60 mins** **1,800++THB**
Relax to the soothing aroma of refreshing Cucumber and Aloe Vera while your skin is nourished and moisturized to relieve stressed and sun kissed skin.

Body Wrap

- **Siam White Clay (For all skin type/Detoxifying) 60 mins** **2,000++THB**
Thai white clay or Din Sor Pong has long been the natural remedy to skin health passed down from generation to generation. This "miracle" mud containing gypsum minerals cleanses and balances the skin complexion whilst treating skin disorders and tightens pores. Saturated with Thai herbs to create a therapeutic wrap that work wonders for your skin.
- **Sun Kiss (For all skin type/After Sun) 60 mins** **2,200++THB**
Sunkissed tired skin benefit from the healing & cooling agents of Aloe Vera Gel that reduces dryness and irritation. The result is moisturized & harmonized skin textures, increases synthesis and strengthens skin, perfect as an after-sun treatment.

Facial Treatment

- **The Nature Facial (For all skin type/Moisturizing) 75 mins** **2,800++THB**

The natural remedies freshly made facial product based from natural healthy ingredients. Designed to purify and promote beautifully radiant skin using vitamins from natural orange, honey, yoghurt and cucumber which offers cleansing, toning, exfoliating, masking and moisturizing benefits to enliven your skin leaving it soft and healthy.
- **Manee Pura AGE-Defying Facial (For Dry skin, Anti-Aging) 75 mins** **2,800++THB**

This groundbreaking anti-ageing facial treatment instantly resurfaces and smoothes the skin to make it look younger. The formulas used in this treatment promote the creation of Collagen and Elastin in the skin. Powerful peptides work similar to Botox in reducing the contraction of the skin to reduce the formation of deep wrinkles. The extracts of the 'AGE Moisturizing' Cream reduce deep wrinkles and dryness of the skin. Muscle relaxing massage techniques are combined with a hot compress of Manee Pura, an ancient herb of Thailand. Tourmaline promotes the absorption of nutrients through the skin surface to tighten and rejuvenate the skin.
- **Tightening & Firming Facial (For Firming & Lightening) 75 mins** **3,500++THB**

The Albumin Firming Facial treatment tightens and firms loose, dry, or dull skin in just one application. Albumin extracted from egg white protein promotes the creation of collagen and elastin in the skin. It tightens the pores and skin to look naturally firm. The natural extracts help hydrate the skin layers so deep wrinkles gradually fade resulting in a younger and firmer-looking face. The lightweight formula is absorbed quickly, keep up to 80% of the moisture in your skin, delivering non-greasy moisture as it restores youthful feeling skin.
- **Purifying Skin Facial (For Oily or Acne-prone skin) 60 mins** **2,500++THB**

This treatment is specifically designed for oily or acne-prone skin. It helps eliminate impurities and clogged pores which are the cause of acne. This treatment also helps repair damaged skin cells from environmental pollution. Combined with massage techniques to relax the muscles and stimulate the sensory cells, this combination treatment takes advantage of Aloe Vera and Oleanolic Acid actives. These actives inhibit the Enzyme that causes the release of fat from the skin and also help fight bacteria.

- **Sensitive Skin Facial (For Sensitive skin/After laser skin) 60 mins** **2,500++THB**

This gentle skin treatment for sensitive skin and skin that has been damaged by the sun reduces irritation and soothes the skin with Aloe Vera. The soothing Aloe Vera compounds are a natural relieve to redness and damage caused by the sun.

Luxury Bath Rituals

- **Aromatic Herbal Bath 30 mins** **500++THB**

As Aromatic Oils intrigue your senses, enjoy a private tea service as the exotic aromas and relaxing floral bath balance your mind, body and spirit.

- **Romance Milky Bath 30 mins** **500++THB**

Indulge with pleasure as your immerse yourself in the sweetness of our timeless. A pampering bath set with flower petals, promoting a good night's sleep.

Spa Package

- Journey of The Nature 180 mins** **6,200++THB**

Drawing on The natural heritage and The Nature's contemporary expertise, this journey offers a unique pampering treatment. An exotic scrub sweeps away dead cell, while strengthening and smoothing new skin. Ancient The Nature massage techniques and a special luxurious aromatic oil, focus on the meridian line to clear energy blockages. For a beautiful finale, a soothing facial helps reduce the appearance of redness, protect against daily stresses and simply deep relaxing with aromatic herbal bath.

- Herbal Foot Ritual
- Firming Coffee Scrub
- The Nature Massage
- The Nature Facial
- Aromatic Herbal Bath
- Refreshment

- Blissful Island 150 mins** **4,900++THB**

Rejuvenate and refresh yourself with this specially designed. Be prepare to surrender your mind, body & soul to our experienced of this revitalizing treatment will provide a sense of renewal for your body and leaves soft feeling on skin.

- Herbal Foot Ritual
- Fresh Cucumber Scrub
- Sun Kiss Wrap
- The Nature Facial
- Refreshment

- Couple's Home Sweet Together 180 mins**

11,500++THB

Share a pampering hideaway just for two. Cherish side by side intimacy as we revitalise and smooth skin with a refreshing pomegranate scrub. Soak together in a luxuriant romance bath that softens and moisturises. A personalised massage focuses on your specific needs, before a tailored facial refreshes the complexion, leaving you glowing from head to toe.

- Herbal Foot Ritual
- Pomegranate Scrub
- Romance Milky Bath
- Choice of Aromatherapy Massage or Tense Muscle Release Massage
- The Nature Facial
- Refreshment

- **De-Stress Escape 230 mins** **7,000++THB**

A special day of pampering with an exclusive, personalized health and beauty regimen which perfectly fits quintessential of your lifestyle that will leave you feeling like royalty ahead of your wonderful day.

- *Choice of Personal Training 50 mins (Yoga, Body –weight Exercise or Thai Boxing)*
- *Choice of Body Scrub 60 mins*
- *Choice of Body Massage 60 mins*
- *Choice of Facial treatment 60 mins*
- *Light Snack at Neera Spa*

Spa Etiquette

SPA OPENING HOURS Daily 9:00 am to 8:00 pm

SPA RESERVATIONS For spa enquiries or reservations, please press the 'spa' button on the phone in your room or contact spa receptionist. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved. We recommend using the steam prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL Please arrive 20 minutes prior to your treatment in order to complete your health assessment form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS Please allow four hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Neera Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT We recommend that you do not sunbathe after any massage, body treatment or depilatory for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa shop.

PAYMENT For hotel guests, all treatments will be charged to your guest room folio and will appear on your account at the time of departure from the resort.

CHILDREN *We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.*