



# BHANDARI SPA

KHAOLAK BHANDARI RESORT AND SPA

PHANG NGA • THAILAND

# BHANDARI SPA PACKAGE



## **Bhandari's Younger**

**120 MINS**  
**THB 2,400.-**

The most relaxing package from Head-to-toe, beginning from soothing palms movement massage for relieves muscles tension, follow by Alodia facial treatment using organic ingredients product. Perfect for all skin types, lavender essential oil is de-stressing and calming. Leaving your wonderful feeling and looking absolutely radiant.

- \* Floral Foot Bath
- \* Aromatherapy Massage
- \* Lavender Facial

## **A Brand-New Day**

**120 MINS**  
**THB 2,400.-**

Calm and spirit, Revitalize and rejuvenate with an herbal and salt milk rub all over your body, then a soothing massage to help you feel renewal inside and out.

- \* Floral Foot Bath
- \* A Choice of Body Scrub
- \* **AROMATHERAPY MASSAGE**

## **Journey OF Balance**

**150 MINS**  
**THB 2,500.-**

Immerse yourself in Thailand's exotic beauty and wellness culture. A coconut scrub polishes, moisturizes, and softens skin, while enlivening the senses. Energy flow is enhanced by the skilled acupressure techniques of traditional Thai massage. A foot massage promotes holistic healing and induces a state of deep relaxation.

- \* Floral Foot Bath
- \* Coconut Scrub
- \* Thai Massage
- \* Foot Massage

## **TOP to TOE**

**150 MINS**  
**THB 2,500.-**

A spa experience just for 'you' this pampering package for you begins with a healing back treatment, combining a deep tissue back massage with a cleansing and revitalizing back scrub. A soothing scalp massage relieves pent up tension. A foot massage leaves you and feeling refreshed.

- \* Floral Foot Bath, Back cleansing
- \* Deep Tissue Back Massage, Scalp Massage
- \* Foot Massage



# BHANDARI MASSAGE



## Signature Bhandari Asian Blend Massage

60 MINS

THB 1,500.-

90 MINS

THB 1,900.-

Medium to Strong Relaxing massage by Bhandari's technique, special & spiritual style of massage. This massage is wonderful for relieving aches, pain and strains it involves the application of pressure and gentle stretching, as in traditional Thai massage but with the use of oil. This treatment is highly recommended.

## Butterfly Aromatic Massage

60 MINS

THB 1,500.-

90 MINS

THB 1,900.-

Gentle massage with warm YLANG YLANG oil signature flower of BHANDARI. The aroma therapeutic oil for your sensual & serenity. This massage combination with balm is natural body therapies touch the sense and are important to the intricate of mind. It's soothed the soul & foster inner balance.

## Deep Tissue Massage

60 MINS

THB 1,500.-

90 MINS

THB 1,900.-

This massage is perfect after a day's activities and for those wanting more concentration on tension relief in a particular area of their back or body. Sports Massage will help alleviate the likelihood of muscle injury and or cramp. This massage will vary according to your particular need.

## Aromatherapy Massage

60 MINS

THB 1,400.-

90 MINS

THB 1,800.-

Stimulate your senses and let your stress flow away with gentle massage oil. This massage is wonderful to help to rebalance your energy, mind, and soul. Gentle and relaxing massage full body. A massage you will enjoy and find peace at the end of the day.

## After Sun Relief Massage

60 MINS

THB 1,400.-

90 MINS

THB 1,800.-

Aloe Soothing Gel is a refreshing and revitalizing formula with Aloe Vera and Cucumber Extract to help naturally replenish healthy skin cells. Vitamin E help to soothe and calm skin that has been exposed to the sun for too long and help repair the damage that has been done. With use, skin is calmed, balanced, and nurtured back to its





# BHANDARI MASSAGE

## Black Sand Treatment

90 MINS

THB 1,900.-

120 MINS

THB 2,300.-

Black sand at Nang thong beach is a tin mineral that exists in the sea. This tin ore is not dangerous to humans. It has good heat retention when applied in spa for body massage. The soft touch of black sand is warmed by steaming and warm oil, which helps relax the muscles and stimulates blood circulation, making the muscles that are pulled tense and relaxed well. Increase physical and mental comfort at the same time. Experience the extraordinariness of black sand therapy that goes beyond the beauty and open up a new experience of spa relaxation.

## Prenatal Massage

60 MINS

THB 1,500.-

90 MINS

THB 1,800.-

Pregnant women's massage is not just about helping mothers feel relaxed and comfortable. However, massage during pregnancy is for the flexibility and strength of muscles and joints, helping to treat pain, tension, fatigue, and swelling of muscles, tendons, and joints very well. Reduces muscle weakness Reduce joint congestion, relax the muscular and nervous system. It also improves the flow of mother's blood and lymph. It also makes the uterus contract well, making it easier for mothers to give birth. Risk points should be avoided around the ankle, wrist, and compression points that may stimulate the uterus. Avoid massage in the first 3 month ( 12 weeks) of pregnancy.

## Lymphatic Massage

60 MINS

THB 1,600.-

90 MINS

THB 2,000.-

is a special technique that awakens the lymphatic system in the body for better health and radiant beauty. Advantages of lymph node massage, stimulating detoxification It helps to remove waste products and toxic residues in the body. It makes you feel refreshed and energetic. Reduce swelling and watering, solve the problem of swelling, especially on the face and legs. Blood circulation and lymph flow results in a healthy radiant complexion. Strengthens the immune system, stimulates the activity of the lymphatic system, helps prevent infections and diseases.Reduce stress Soft massage relaxes body and mind. Suitable for people who are physically exhausted or feel heavy. Those who want to take care of their skin to brighten it. Those who want to reduce swelling or stimulate the body's functional system

# BHANDARI MASSAGE



## Traditional Thai Massage

60 MINS | 90 MINS  
THB 1,200.- | THB 1,600.-

Thai Massage that includes a deep, full-body treatment that is both stimulating as well as relaxing. Pressure point massage of along the body. Gentle stretching of the joints and muscles relieves tension, experiencing relaxation throughout the body and tranquility of the mind.

## Thai herbal compress Massage

90 MINS | 120 MINS  
THB 1,600.- | THB 2,500.-

Experience Thai Massage at its best with combination of heated Thai herbal compress to detoxify your body. Prepared in the timeless traditional Thai methods, this treatment is ideal to ease muscle ache and pain leaving you feeling totally relaxed and completely restored

## Back & Shoulder Massage

60 MINS THB 1,100.-

This massage results in rounded shoulders and tight, inflexible muscles in the neck and upper back. Relaxing massage, along with kneading the shoulders can help in reducing pain in the neck and shoulders.

## Foot Reflexology Massage

60 MINS THB 1,100.-

Reflexology is a great stress reducer, it is a natural healing art based on the principle that there are reflexes in the hands, relieve your achy feet and enjoy deep relaxation massage promotes health and balance thought the body.

## Scalp Massage 60 MINS THB 1,100.-

Natural massage oil for your individual hair & scalp condition are applied on specific stress relieving pressure points. Head massage will ease headaches, stress, tensions & induce calmness, and total relaxation.

## Express Massage

- HEAD MASSAGE  
30 MINS THB 650.-

stimulate the skin and hair follicles, enhancing blood circulation to the scalp and helps reduce stress and tension

- BACK, NECK & SHOULDER  
MASSAGE 30 MINS THB 650.-

A back, shoulder and neck massage focuses on the most commonly problematic areas of the back, shoulders and neck. This massage can help to relieve the pain and tension.

- FOOT MASSAGE  
30 MINS THB 650.-

Relaxing your feet with Balm Oil .A foot massage can provide much-needed relief after a long day of working or running errands. By enhancing relaxation, foot massage can reduce stress and promote better circulation, leading to healthier blood pressure levels.

## Kids Spa

- KIDS GENTLE MASSAGE  
60 MINS THB 800.-

Aromatherapy coconut oil massage designed for kids helps with stress reduction, improve better sleep, enhance physical health and emotional well-being.

- KIDS BODY SCRUB  
60 MINS THB 800.-

Body scrubs remove dead skin cells, and so provide several benefits; such as allow your skin to absorb moisturizer better Coconut scrub or Rose Scrub

# BHANDARI BODY SCRUB

60 MINS THB 1,200.-



## Artocarpus lacucha Body Scrub

Also known as Monkey fruit or Monkey Jack is a tropical evergreen tree species of the family Moraceae. This treatment helps to rejuvenate the skin by gently exfoliate your skin (remove dead skin cells) brighten up and smoothen your skin created soft glowy skin.



## Coffee Detoxify Body Scrub

Thai coffee & honey is a body scrub treatment emphasizing on the body's circulation system. Coffee powder helps to eliminate toxic substances and smoothness. Rich moisturize from honey, fresh milk to make your skin is renewal



## Gold Luxury Body Scrub

Enticingly aromatic, this exfoliating treatment combines aromatic oil & gold to eliminate accumulated toxins and fresh your skin's texture for a velvety-soft contour. Leave your skin feeling energized and invigorated.



## Siamese Herbal Scrub

The Thai Herbal in formulation excellence for removal of surface dead skin cells and promote cell regeneration skin to create radiant and glowing after treatment.



## Coconut Body Glow

Our nature's treats with fresh shredded coconut and other effective ingredients, gently buffs away dead skin cells and restores a healthy glowy skin. This moisturizing formula is suitable for all skin types, and very gentle on sensitive and dry skin, leave it feeling nourished and revitalized.



## Aloe- Vera Cooling Wrap

**60 mins THB 1,200.-**

This treatment has been specifically designed to help relieve the pain, tone and damage caused by over exposure to the sun. Aloe Gel and fresh cucumber helps to reduce skin burn while providing immediate relief on a hot day.

## Green Tea Body Wrap

**60 mins THB 1,200.-**

Green Tea, Rosemary-Frankincense are delivered mineralizing, replenishing and rejuvenating and smoothing effect, Anti-Elastics : (Destroy elastin), protect inflammation and feeling ultimate renewal. Activate blood circulation without harming fine capillaries.



# BHANDARI BODY WRAP



## Coffee Body Wrap

**60 mins THB 1,200.-**

A special recipe with coffee, cinnamon, Thai white clay, coconut oil and other ingredients for battling cellulite. The caffeine in coffee helps to tighten and tone tissue and eliminate the toxin. Regular use gives the skin a more toned and firm appearance and improves skin texture.

## Thai Herbal Body Wrap

**60 mins THB 1,200.-**

A nutrition mix of herbs and spices provides a moisturizing treatment to balance the skin. This mix is further blended with yogurt to enrich and soften the skin.



# BHANDARI FACIAL

## CARE

*Bhandari Spa has a wonderful selection of natural skin care products to take care of your skin*



### REFRESHING – ORGANIC FACIAL

60 MINS  
THB 1,500.-

Facial treatment uses nature products and Thai herbs to tone and firm facial skin. The combination Turmeric, Honey, Black sesame purifies, smoothed, and moisturizes the skin. The treatment ends with a fresh cucumber mask, then moisturizes for more radiant complexion. It will get rid of the toxin and promotes relaxation and improved energy flow.

### BALANCING - LAVENDER FACIAL

60 MINS  
THB 1,800.-

Indulge in this facial treatment ideal for oily and combination skin. Using a pure Lavender facial oil by "Alodia". A rejuvenating of cleansing, moisturizing, face massage, mask, and lovely head massage complete to pampering your face and restore balance.

### SOOTHING - JASMINE FACIAL

60 MINS  
THB 1,800.-

Indulge in this facial treatment ideal for sensitive and dry skin. Using a pure Jasmine facial oil by "Alodia". A purifying scrub and a hydrating mask revitalize the skin and massage to revitalize, rehydrate and boost facial skin recovery.

## GUA SHA MASSAGE

### ADD GUA SHA ON FACIAL TREATMENT

<b>ORGANIC FACIAL TREATMENT</b>	60 MINUTE 1,500 + 200	= <b>1,700 THB</b>
<b>LAVENDER FACIAL TREATMENT</b>	60 MINUTE 1,800+200	= <b>2,000 THB</b>
<b>JASMINE FACIAL TREATMENT</b>	60 MINUTE 1,800+200	= <b>2,000 THB</b>

"Gua Sha" is one of the therapeutic sciences of traditional Chinese medicine, as well as acupuncture. Goa sha is believed to be a way to detoxify or detoxify the body, cure symptoms and disorders, and also have a positive impact on overall health. Boost the immune system, nourish the skin, Face, body, head, etc.





# BHANDARI FOOT & HANDS TREATMENT

Enjoy with hand and Feet spa experiences, therapeutic escape in addition to good grooming. The products are derived from botanicals and other natural ingredients.

## - FOOT TREATMENT 60 Mins 1,200 THB

Paraffin wax, a by-product of petroleum, is a staple of beauty and wellness treatments that comes with countless benefits for the foot. Make your feet sandals with an indulgent foot soak, Scrub and paraffin and Massage with Lotion

## - HAND TREATMENT 60 Mins 1,200 THB

Paraffin wax, a by-product of petroleum, is a staple of beauty and wellness treatments that comes with countless benefits for the hand. From improving circulation to locking moisture into cracked, stiff skin, this colorless wax can quickly and effectively relieve the symptoms of and treat a variety of ailments.

## - THE FOOT WORK (Foot Heel Peel Treatment 30-45 Mins ) 600 THB

Helps healing Dry skin & Rough patches. This treatment included apply foot peel to work 10-15 minutes its exfoliating to remove thickened skin on your heels after that We will put on lotions to moisturize the skin

## OTHER SERVICES

Take time to relax, close your eyes and let water caress your body calming the mind, body, and spirit. Indulge alone or in the company of another.

**60 MINS COMBINE PACKAGE 500 THB**  
Herbal steam , sauna and jacuzzi



# SPA POLICY

**HOURS OF OPERATION:** Opening Hours 10.00 am – 19.00pm hours daily.

**ARRIVAL TIME:** To enjoy your spa experience, we recommend you arrive at least 15 minutes prior to your appointment in order to complete health assessment, change, and relax in Bhandari Spa. Please be advised that late arrivals will result in a reduction of treatment time.

**SCHEDULING AN APPOINTMENT:** To schedule an appointment for the perfect treatment, please speak with our Spa reception team who will guide you to the right choice. We would encourage you to make a reservation in advance prior to your arrival. Please be advised that a credit card number is required for making a reservation.

**SPA ETIQUETTE:** Our spa environment is one of relaxation and tranquility. We respectfully request that all visitors keep noise to a minimum. Please turn off your mobile phones or other handheld devices.

**HEALTH CONDITIONS:** Kindly advise us of any health conditions, allergies, injuries, high blood pressure, heart conditions, pregnancy or have any other medical complications. Guests who do are advised to consult their doctors before signing up for any spa services.

**SMOKING AND ALCOHOL:** Smoking and the consumption of alcohol within the Spa are prohibited.

**CANCELLATION:** A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to availability. We will try to remind you by personal phone call of your upcoming appointment.

**VALUABLE ITEMS:** We recommend that no jewelry be worn at the spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

**PAYMENT AND REFUND:** We accept cash and all major credit cards. Treatment packages are non-refundable and non-exchangeable.





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