Welcome to Breeze Spa

Whether you're a lifelong spa devotee, a newcomer to wellness or just someone looking to recharge or unwind, we look forward to showing you how fun it is to feel good!

Here at Breeze Spa, we believe that happiness is one of the key foundations for wellness – and that's what our treatments are all about. You won't need a dictionary of new-age jargon or ancient languages to understand our menu – you just need to know how you want to feel!

On the pages that follow, you'll find our ever-evolving assortment of treatments to put the bounce back in your step and a smile on your face. Our spa consultants would love to chat with you about how you can get the most out of your time, so if you're having trouble deciding, just give us a shout!

Feel the breeze – and discover the brighter side of life!

The Details

Arrival
So many things in life are rushed – we'd like to make sure your treatment isn't one of them! That's why we ask that you arrive about 15-20 minutes early for your appointment.

Consultation
Our spa manager and spa receptionist are passionate about helping our guest look and feel their best. To make this even easier, we invite you to fill in the consultation form provided (don't worry – there are no wrong answers!).

Special Attention
Please tell our receptionist if you are pregnant, have any injuries, are suffering from high blood pressure, any allergies, or have had recent cosmetic surgery.

Valuables
The spa is a place to leave the world behind – and that includes your valuables! We recommend that you leave your jewellery, cash, watches, mobile phones or other valuable items back in your room for safekeeping.

Clothing
This is one place you won't have to worry about a dress code! Just come as you are and we will provide you with a robe, slippers and disposable underwear in your treatment room.

Younger Guests
Guests under 16 years of age will need to be accompanied by a parent, and a guardian's consent form must be signed.

Ensuring Tranquillity
You've probably come here to get away from it all, and so have your fellow guests. That's why we kindly ask that if you've brought your mobile phones or tablets, that they remain switched off, and that you refrain from smoking while you're here.

Cancellation
We know that things do pop up, so we offer you the freedom to cancel your reservation at no charge for up to four hours before your appointment time. After that, we must apply a cancellation fee of 50% of your treatment cost. However, for cancellations with less than one hour's notice, including missed appointments, the full price of your treatment will be charged.

Signature

Phuket Coco Mojito Package — **150 mins** — **4700 THB**

Sun-drenched skin needs extra nourishment and care. This treatment is rich in antioxidants from botanical oils of coconut, mint and shea butter, and is bursting with peppermint and lime essences for that perfect twist of coconut and mojito freshness. The ritual starts with a mask treatment indulge in this unique harmonising experience with Thai and aromatic techniques massage, providing ultimate relaxation to strained muscles. Finish off with the Crystal Fresh Facial treatment to counteract the drying effects of the tropical climate and promote skin recovery.

Mood Massages

60 mins — **2300 THB**
90 mins — **3000 THB**

We developed signature Mood Massages to take the guesswork out of picking just the right massage. Here's how it works: think about how you're feeling now. Then, imagine how you'd like to feel. Now, just select the Mood Massage below those best matches that feeling!

Dreamy
Leave the busy world behind as calming sounds, hypnotic aromas and long, flowing massage strokes send you into a state of complete and utter tranquillity. Perfect after a long flight, at the end of a busy day, or just whenever you want to drift away.

Serene
Lie back and let it all go. To help that along, this oh-so-soothing massage utilises a long stroke palm pressure technique that stretches the muscles, works out all the knots and kinks, and leaves you feeling like you don't have a care in the world.

Rejuvenated
The science behind it says that these drainage and aromatic massage techniques by carefully selected essential oils, can speed up the removal of unwanted toxins built up from stress, pollution and a busy life. But we like it because it leaves you looking and feeling absolutely radiant, enlivened, and ready to take on the world.

Invigorated
Our own deep tissue massage was created especially for those who want to leave their chronic tension in the past. Strong, high-pressure techniques target those points where stress often resides, forcing out the tension and getting those feel-good endorphins flowing.

Energised
This traditional Thai massage proves that ancient wisdom can still teach us a thing or two today. With Thai massage to unwind all the knots, boosting energy and improving the blood circulation. The result? A newfound spring in your step and the energy to make tomorrow even better than today.

All prices are in Thai Baht and inclusive of service charge and tax.

Siam Sabai

Sabai reflects the Thai lifestyle of relaxation and happiness. Relax with a touch of fun and happiness with these treatments inspired by our Thai roots.

Signature Muay Thai Massage — **90 mins** **3100 THB** / **120 mins** **3700 THB**

The deeply meditative and soothing stroke of Thai rhythmic pressure followed by the ancient method of using a Thai herbal compress to apply therapeutic heat, which is slowly released into the heart of the muscle as warm oil is massaged deeply to create utter relaxation.

Siamese Jade Stones Massage — **90 mins** **3000 THB**

Following an ancient technique, heated stones are expertly and smoothly moved over the body where the heat is slowly released into the muscles, increasing the circulation and alleviating stress, sending you into a deep state of relaxation.

Siamese Foot Massage — **30 mins** **1300 THB** / **60 mins** **2300 THB**

Did you know that your foot holds a network of nerve endings and pressure points that are connected to the rest of your body? To relax, just choose a 30-minute foot massage or 60-minute massage for reflexology.

Siamese Back Tension Relief — **60 mins** **2300 THB**

A back, neck and shoulder rub by someone who knows what they're doing for a change. So simple, so good. Feel those tension knots melt away under the fingertips and palms of an expert massage therapist. Perfect if you've just stepped off the plane.

Siamese Head Massage — **60 mins** **2300 THB**

Inspired by ancient Indian techniques, this treatment is especially helpful for those who suffer from migraines or insomnia. Meanwhile, everyone can benefit from the deeply relaxing rhythmic and gentle touches.

Crystal Fresh Facial — **30 mins** **1600 THB**

Face care with a deep cleansing facial treatment combined with crystal facial therapy for anti-aging and promoting radiant skin growth.

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Spa Therapy Journeys

We've designed a variety of ways you can enjoy the best of Breeze Spa condensed into handy two-hour and more leisurely three-hour combinations.

Body Glow **120 mins** **3700 THB**
A combination of treatments that will give you a taste of what Breeze Spa does best. Choose one of the scrubs for an exfoliation, then stimulate the blood's circulation with your choice of a Signature Mood Massage.

Super Stress Relief **120 mins** **3700 THB**
A super-refreshing tension release by Breeze Spa. Relieves all stress and tension from head to toe with a deep-tissue massage followed by an oriental head and foot massage.

Essential Body Revival **180 mins** **5000 THB**
With this three-hour package, you're at leisure to enjoy a massage no matter which option you choose. For an extra bit of pampering, choose a rejuvenating body scrub that you want to start with, then follow with your choice of body massage and finish with a foot massage.

Head Over Heels **180 mins** **5000 THB**
Give us an entire morning or afternoon, and we can indulge you from head to toe. Start with a foot ritual to get into the mood, follow it up with your choice of body treatment, continue to our Signature Mood Massage and then finish with your favourite facial treatment to recover your skin.

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Facial treatments

Our facial treatments, using a globally renowned brand, helps transform your spa experience into an unforgettable sensorial experience.

Hydration Facial Treatment **60 mins** **3100 THB**
Replenish dry, tired skin with this ultimate moisture experience. Use this luxurious lipid and unique age-diffusing mask to ease fine lines, double skin hydration, restore your skin's natural contours and recapture a youthful glow. Instantly tighten, firm and revive dehydrated skin, whilst smoothing lines and renewing resilience.

Sensitive and After Sun Treatment **60 mins** **3100 THB**
Whether a skin's redness was triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. This facial treatment offers two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

Deep Cleansing Facial Treatment **60 mins** **3100 THB**
This deep cleansing facial treatment dissolves pore-clogging impurities and refines pores, whilst taking away dull, dry skin cells to even skin texture and tone. This professional-strength deep cleansing treatment feature a radiance peel to open up clogged pores and improve clarity and smoothness.

Brightening Facial Treatment **75 mins** **3700 THB**
Exclusively designed to fight dark spots, pigmentation, freckles and uneven skin tone, this fast-acting formula with double brighteners will boost skin radiance and reverse visible signs of damage. If your skin is suffering from dullness and loss of elasticity, see the youthful glow and leave your skin brighter and smoother.

Anti-Ageing Facial Treatment **75 mins** **3700 THB**
This comprehensive anti-ageing facial is the ideal treatment to target and defeat signs of ageing. Reduce the appearance of wrinkles with powerful intensive Radiance Peel, whilst infusing the skin with long lasting hydration. The results will leave your skin smoother and more youthful after just one treatment.

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Body treatments

Scrub it off, wrap it up or rub it in. These rich body treatments have been specially created with some of our very own Breeze Spa magic!

Cocomint Body Scrub **60 mins** **2200 THB**
Sun-drenched skin needs extra nourishment and care. This treatment is rich in antioxidants from botanical oils of coconut, mint and shea butter, and is bursting with peppermint and lime essences for that perfect twist of coconut and mojito freshness.

Jasmine & Mint Body Scrub **60 mins** **2200 THB**
Uncover the mystery of soothing jasmine and refreshing mint with this body scrub. Giving the treatment an extra boost are antioxidants and vitamin A, which provide natural moisture and give a youthful appearance to your skin. The scrub will leave your skin satiny smooth and feeling refreshed!

Mango Sticky Rice Body Scrub **60 mins** **2000 THB**
A popular Thai dessert, this speciality also works wonders for your skin! Infused with mango butter, creamy coconut and rice, this delicious scrub gently exfoliates the skin and to ensure it is perfectly moist, and properly nourished with vitamins and minerals, leaving you smelling absolutely delightful!

Sun Soother Body Wrap **60 mins** **2000 THB**
When you've accidentally taken that sun-kissed look one step too far, put out that all-over fire with the soothing and cooling power of Aloe Vera and cucumber. The sun's rays can sap your skin of its hydration, and these natural botanical healers will soothe, cool and tame the redness too.

Water treatments

An aroma bath is a great option to relief from stress, boost your good mood and rebalancing your body and mind.

Yuzu Foaming Bath **30 mins** **800 THB**
Relax the mind and boost your mood after a long day with Yuzu aromatherapy, good for immune-boosting, skin-brightening, and antioxidants.

Lavender Foaming Bath **30 mins** **800 THB**
Reduce the stress, fatigue, and muscle tension with Lavender aromatherapy, provide you with a burst of energy and a sense of peace.

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