

# THE SPA

# It's Wellness O'clock !

Choose from 4 carefully-curated '1-day Wellness Packages' that suit you best!

Package

Selling Price (++)

SPA Treatments Descriptions

## Embracing Wellbeing

1 x Gentle Yoga (60 minutes)

1 x Lymphatic Drainage Massage (60 minutes)

1 x Indian Head Massage (30 minutes)

1 x Relaxing Foot Massage (30 minutes)

2 x Nutritious Meal

~~THB 10,000~~  
THB 6,000

A kinder hatha yoga practice, it incorporates longer periods of meditation, yogic breath exercises, and relaxation.

Activate your lymphatic system with a light-touch massage to stimulate a natural detoxification process to help fluid and waste leave the body.

Insomnia, headaches, migraines, and sinusitis can all be treated with this Ayurvedic pressure point massage.

Treat your soles to lavish attention. Indulge in a warm honey milk foot bath and lavender scrub, followed by a relaxing massage that relieves tension.

See menu

## Relax & Renew

1 x Introduction to Pilates (60 minutes)

1 x White Coconut Mint Scrub (60 minutes)

1 x Aromatherapy Massage (60 minutes)

2 x Nutritious Meal

~~THB 10,000~~  
THB 6,000

Pilates is a way to strengthen, lengthen, and balance your body. It connects breath and movement to build awareness and use all of the body's muscles.

Fresh coconut and mint, rich in vitamins and antioxidants, exfoliate dead skin cells and strengthen new skin, leaving it clear and smooth.

Plant, floral, and fruit essential oils can help relieve stress and anxiety. They help to balance and soothe the body and mind.

See menu

## Sleep Enhancement

1 x Aqua Tai Chi (60 minutes)

1 x 'Luk Prakob' Hot Compress Therapy (90 minutes)

1 x Thai Herbal Steam Ritual (30 minutes)

2 x Nutritious Meal

~~THB 10,000~~  
THB 6,000

A water-based exercise that stresses slow, soft motions and breathing. Aqua Tai Chi promotes balance and flexibility.

This heated Thai massage relieves pain and inflammation. A warm muslin compress is applied after a sport massage. Stress and anxiety are relieved by widening pores.

This intriguing practice feeds your body and nourishes your soul with Thai herbs. Your body relaxes and naturally detoxifies, while your mind and spirit are soothed.

See menu

## Mind & Body Revitalize

1 x Hatha Yoga (60 minutes)

1 x Detoxifying Green Tea Scrub (60 minutes)

1 x Deep Tissue Sport Massage (60 minutes)

2 x Nutritious Meal

~~THB 10,000~~  
THB 6,000

It is slower than Vinyasa or Ashtanga yoga. Hatha yoga is a popular spiritual and physical mind-body workout.

True healing and rejuvenation therapy. Green tea's therapeutic effects have long been revered for their ability to naturally detoxify and provide you with bright skin.

During this therapy, fascial tension is released, allowing for more freedom of movement. It also enhances flexibility and relaxation.

See menu

# Nutritious Menus

(Wellness Packages)

## Siam Deli (Lunch and Dinner)

### →→ Thai Inspired ←←

#### Thai Pomelo Salad with Prawns

Fresh peeled Thai pomelo with chili paste dressing, toasted coconut, coriander

#### Beyond Meat Plant Base Phad Kra Prao

Wok-fried beyond meat plant based protein with Thai basil, chili, garlic, Jasmine rice

#### Mango Sticky Rice

#### Raw freshly pressed vegetable juice

### →→ Western ←←

#### Keto Salad

Avocado, tomato, cucumber, radicchio, red radish, soft quail eggs, broccoli, citrus dressing

#### Smoked Salmon Tartine

Smoked salmon, crushed avocado, red radish, snow shoots, toasted sourdough

#### House Granola Yoghurt Bowl

Low Fat yoghurt, house made granola, orange, mango, banana, apple, toasted coconut

#### Raw freshly pressed vegetable juice

### →→ Western Vegan ←←

#### Roast Beetroot & Quinoas Salad

Roast beetroot, cherry tomatoes, roast pumpkin, quinoas, and sherry vinaigrette dressing

#### Avocado Tartine

Crushed avocado, pickled red onions, red radish, cherry tomato confit, toasted sour dough

#### Fresh Fruit Platter and Sorbet

Selection of Phuket tropical fruits and Raspberry Sorbet

#### Raw freshly pressed vegetable juice



DAIRY



EGG



SEAFOOD



GLUTEN FREE



NUTS



PORK



SOY



VEGETARIAN



Price is subject to 10% service charge and 7% government tax

# Nutritious Menus

(Wellness Packages)

## M-Beach Club (Lunch and Dinner)

### Roasted Duck Rice Paper Roll

Roast duck, pickled turnip, Thai herbs and vegetables, tamarind sauce

### Tuna Larb

Raw tuna loin, shallots, mint, toasted rice, Thai herbs lime chili dressing

### M-beach Vegetable Salad

Grilled zucchini, eggplant, bell peppers, roast pumpkin & sweet potato, crumbled feta, sprouts, lemon honey vinaigrette

## Benihana (Lunch and Dinner)

### Benihana Plant Base Healthy Bento Box

#### Benihana Salad

Garden leaves, cucumber, cherry tomato, carrot, red cabbage, ginger soy dressing

#### Miso Soup Tofu

Seaweed, shitake mushrooms

#### Zen Garden Maki Roll

Avocado, carrot, cucumber, green leaf

#### Beyond Meat Plant Base Patty 120 grams

Hibachi vegetables

Hibachi garlic fried rice

## Cucina (Dinner)

#### Mozzarella Caprese

Heirloom tomatoes, basil

#### Vegetable Minestrone

Twelve assorted garden vegetables, vegetable broth, white beans and pasta

#### Rucola Salad

Rocket salad, semi-dried tomato, parmesan, balsamic dressing



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