THE SPA

It's Wellness O'clock!

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

Selling Wellbeing			Choose from 4 carefully-curated 1-day wellness Packages that suit you best:
A kinder hatha yogs practice, it incorporates longer periods of meditation, yogic breath exercises, and relaxation. Activate your lymphatic system with a light touch massage (S0 minutes) controlled an atturated detoxification process to helps fluid and waste loave the body. Insomnia, headcaches, migraines, and sinusitis can all be treated with this Ayutivedic pressure point massage. Treat your soles to levish attention. Include in a warm honey milk front bath and levender script, followed by a relaxing massage that relieves tension. See moru Pelax & Renew Pelax & Renew Pelax & Renew Plates (S0 minutes) 1 with Eccornic Mint Script (80 minutes) 1 x Write Coconic Mint Script (80 minutes) 1 x Aromatherapy Massage (80 minutes) 1 x Aromatherapy Massage (80 minutes) 1 x Renew Plates is a way to strengthen, lengthen, and beliance your body. It comnacts breath and movement to build awareness and use all of the body's muscles. Period coconic mint script (80 minutes) 1 x Aromatherapy Massage (80 minutes) 1 x Aromatherapy Massage (80 minutes) 2 x Natiritious Meal Plate 4-000 The 6-000	Package	Selling Price (++)	SPA Treatments Descriptions
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1 x Indian Heard Message (30 minutes) 1 x Relaxing Foot Message (30 minutes) 2 x Nurritous Meal Relax & Renew 1 x Introduction to Pilates (60 minutes) 1 x White Coconut Mint Scrub (60 minutes) 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 2 x Nurritous Meal Relex & Renew 1 x Introduction to Pilates (60 minutes) 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 2 x Nurritous Meal Relex & Renew 1 x Introduction to Pilates (60 minutes) 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 2 x Nurritous Meal Relex & Renew 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 2 x Nurritous Meal Relex & Renew 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 1 x Aromatherapy Massage (60 minutes) 2 x Nurritous Meal Relex & Renew 1 x Aromatherapy Massage (60 minutes) 1 x Hatha Yoga (60 minutes	1 x Gentle Yoga (60 minutes)		A kinder hatha yoga practice, it incorporates longer periods of meditation, yogic breath exercises, and relaxation.
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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 🥒 vocan

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

Mango Sticky Rice vean &

Raw freshly pressed vegetable juice

->>> Western «

Keto Salad • 8

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 vegan

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















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 velan &

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 vigan



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

Rucola Salad

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





