



QUAN SPA

HUA HIN MARRIOTT
RESORT & SPA



SPA MENU



BE CARESSED BY WATER

Water is the source of all life. It has the ability to cleanse physically and spiritually. It is no coincidence that our name, Quan, means 'spring water', which represents all things good and pure, including health and wellness. At Quan, we draw on these restorative qualities to provide a haven of calm, tranquility and relaxation.

Our treatments provide a welcome getaway for you to unwind and prepare yourself for your journey ahead.

MULTIPLE DAYS

TWO-DAY SPA PACKAGE

Day 1
90 minutes

Aroma Fusion Massage
(60 minutes)
and Oriental Foot Massage
(30 minutes)

Day 2
120 minutes

Trésor des Mers Massage
(60 minutes)
and Classical Moisturizing Facial
(60 minutes)

THREE-DAY SPA PACKAGE

Day 1
90 minutes

Aroma Fusion Massage
or Thai Massage
(both 90 minutes)

Day 2
120 minutes

Creamy Coconut Polisher
(60 minutes)
and Back & Shoulder Massage
(60 minutes)

Day 3
105 minutes

Salt Glow Polisher
(45 minutes)
and City Life Anti-Pollution Facial
(60 minutes)



OIL MASSAGE THERAPY

Massage therapy is one of the world's oldest therapeutic remedies. The simple act of human touch and pressure has the ability to connect, stimulate, relax and regenerate the body's muscles and tissue.

MASSAGE THERAPY

Trésor des Mers Massage 90 minutes

The art of massage is used as part of an invigorating treatment to eliminate tension and energize the body. This complete body massage uses luxuriously perfumed and textured products which harness the revitalizing benefits of seawater.

Aroma Fusion Massage 60 or 90 minutes

Rediscover the ancient arts of aromatherapy and Swedish massage and experience the healing power of essential oils as we help you journey towards total relaxation. Different blends of oils are used at different times of the day.

Deep Renewal Massage 60 or 90 minutes

This treatment is a deeper massage, which is personalized to your specific needs and helps loosen tense muscles after a long day of travel or sport. This is an effective treatment which increases the circulation and energy flow, leaving you feeling refreshed and back in the game!

Hot Stone Massage 90 minutes

Hot stones stimulate circulation and improve the flow of oxygen to tired and tense muscles. This ultimate full-body massage, using oils infused with sesame, sandalwood and jasmine, will restore balance to tired, overworked muscles and limbs, leaving you feeling relaxed, flexible and free of tension.

Back Relief Massage 30 or 60 minutes

Relieve physical and emotional tension in the neck and shoulder area with this sublime massage, which is performed using a specific blend of massage oils with pure plant extracts.

Mother-To-Be Massage 60 minutes

This massage is one of the most relaxing and beneficial activities for pregnant mothers-to-be. Most of the techniques used during the massage are long, sweeping strokes that relax the muscles. This has been found to reduce stress, decrease swelling in the limbs, and relieve aches and pains in muscles and joints.



THAI THERAPY

Traditional Thai Massage
60 or 90 minutes

This unique therapy from Thailand combines rhythmic massage, acupressure, gentle twisting and deep stretching to aid tension-relief and promote the balance of energies within the body. Thai massage has ancient roots and creates an extraordinary sense of well-being.

Thai Herbal Heat Revival
90 minutes

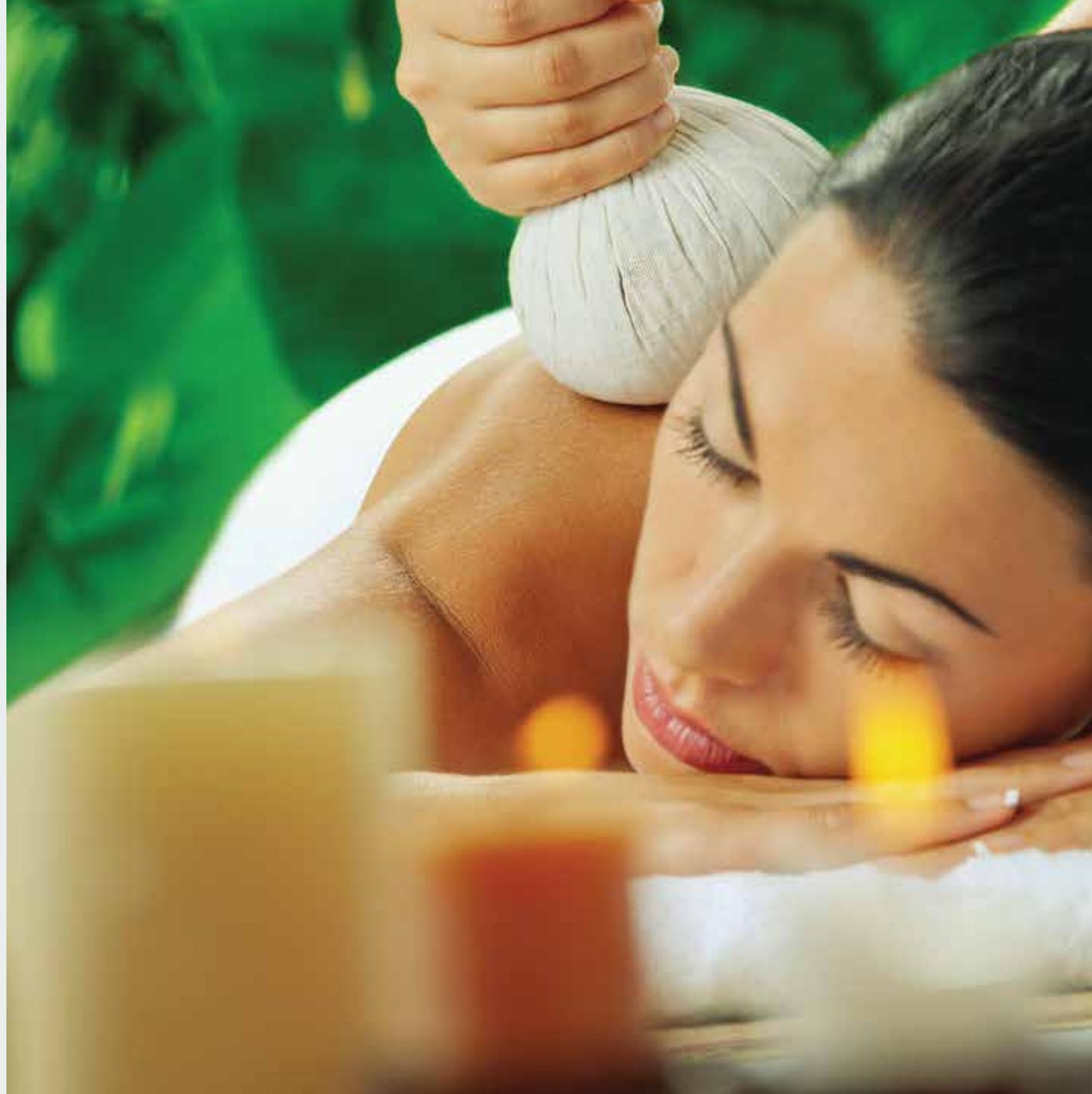
Heat promotes blood circulation and helps transport oxygen throughout the body, which can quickly dissolve muscular aches and pains. This treatment combines traditional Thai massage techniques with heated herbal packs to leave you feeling revived and recharged.

Thai Fusion Massage
60 or 90 minutes

This treatment is a great way to relieve pain, ease muscles tension, improve blood flow and relax the body and mind. The massage generally follows the meridian line with a warm oil and herbal balm to heal muscle pain.

Oriental Foot Massage
60 minutes

As a traditional technique starting with deep, anti-bacterial cleansing, this foot massage promotes a sense of well-being and relaxation by increasing blood circulation and aiding water retention.



BODY THERAPY

The contemporary art of body therapy combines scrubs, wraps, polishes and masks to create a luxurious treatment that rejuvenates, detoxifies and re-hydrates the skin.

SCRUBS

Creamy Coconut Polisher 60 minutes

This gentle body polish takes advantage of the wonderfully rich properties of pure virgin coconut oil to tone, nourish and protect the skin, leaving it fair and silky smooth, with a hint of shine and subtle scent.

Sesame Seed Scrub 60 minutes

This treatment uses a scrub made from a blend of black sesame, honey and yogurt. The ground sesame seeds moisturize the skin with soft natural oils and remove dead skin cells, whilst the honey works wonders to keep the skin smooth and supple.

Fresh Espresso Scrub 60 minutes

Freshly ground Thai coffee beans are scrubbed over the body, delivering an exfoliating effect, while the aromatic scent and medicinal properties are directly absorbed by the skin.

Salt Glow Polisher 60 minutes

Purifying and balancing - this classic blend of marine and mineral salts with uplifting essential oils will leave your skin smooth, stimulate circulation and bring back radiance and a healthy glow.

WRAPS

Fresh Tropical Wrap 60 minutes

This exotic full-body treatment provides natural exfoliation using grape seed, mandarin and orange which relaxes the body and leaves your skin feeling noticeably revitalized.

Exotic Yogurt and Honey Wrap 60 minutes

This nourishing treatment is designed to improve the texture and appearance of the skin and increase its moisture. Honey and yogurt are highly beneficial for dry or dehydrated skin, and the combination will leave your skin soft as silk.

Detoxifying Clay Body Mask 60 minutes

For centuries, the healing properties of sea mud have been proven to detoxify and revitalize the skin. This natural ingredient stimulates blood flow beneath the skin, opening clogged pores and removing toxins, leaving the skin feeling softer, lighter and more youthful.

FACE THERAPY

Our faces reveal our emotions, history and even our personality. It is often said that our eyes are the windows to our soul, but this is also true for our entire face. Treat yours with extra special care.

Purifying Care Facial 60 minutes

A deep cleansing facial for oily or congested skin. This purifying treatment freshens, purifies and revitalizes dull complexions.

Moisturizing Care Facial 60 minutes

This facial treatment combats dry and dehydrated skin, relieving any uncomfortable feelings of tightness while restoring the skin's moisture. This will leave your skin feeling incredibly soft and replenished.

Soothing Care Facial 60 minutes

This extra mild treatment regenerates and oxygenates the skin, counteracting the appearance of overly rosy cheeks. Healing marine extracts will reduce facial redness and irritation, refresh the epidermis and help to build natural protection. Ideal for those with couperose skin.

Anti-Pollution Facial 60 minutes

A fresh breeze blows through the spa, cleansing the skin of city-dwellers, similar to the effect of taking a walk along the coast. This leaves the skin intensely hydrated, erasing signs of fatigue and refreshing the complexion. This is a treatment that both repairs and protects the skin.



SPECIAL TREATS

Pioneer Youth Revealing Facial 90 minutes

Discover the original facial massage with an exceptional treatment that delivers instant and visible results. This facial provides firmer, smoother skin that glows with renewed radiance. 100% of women prefer this facial to their usual treatment.

Caviar and Radiance Collagen Facial 90 minutes

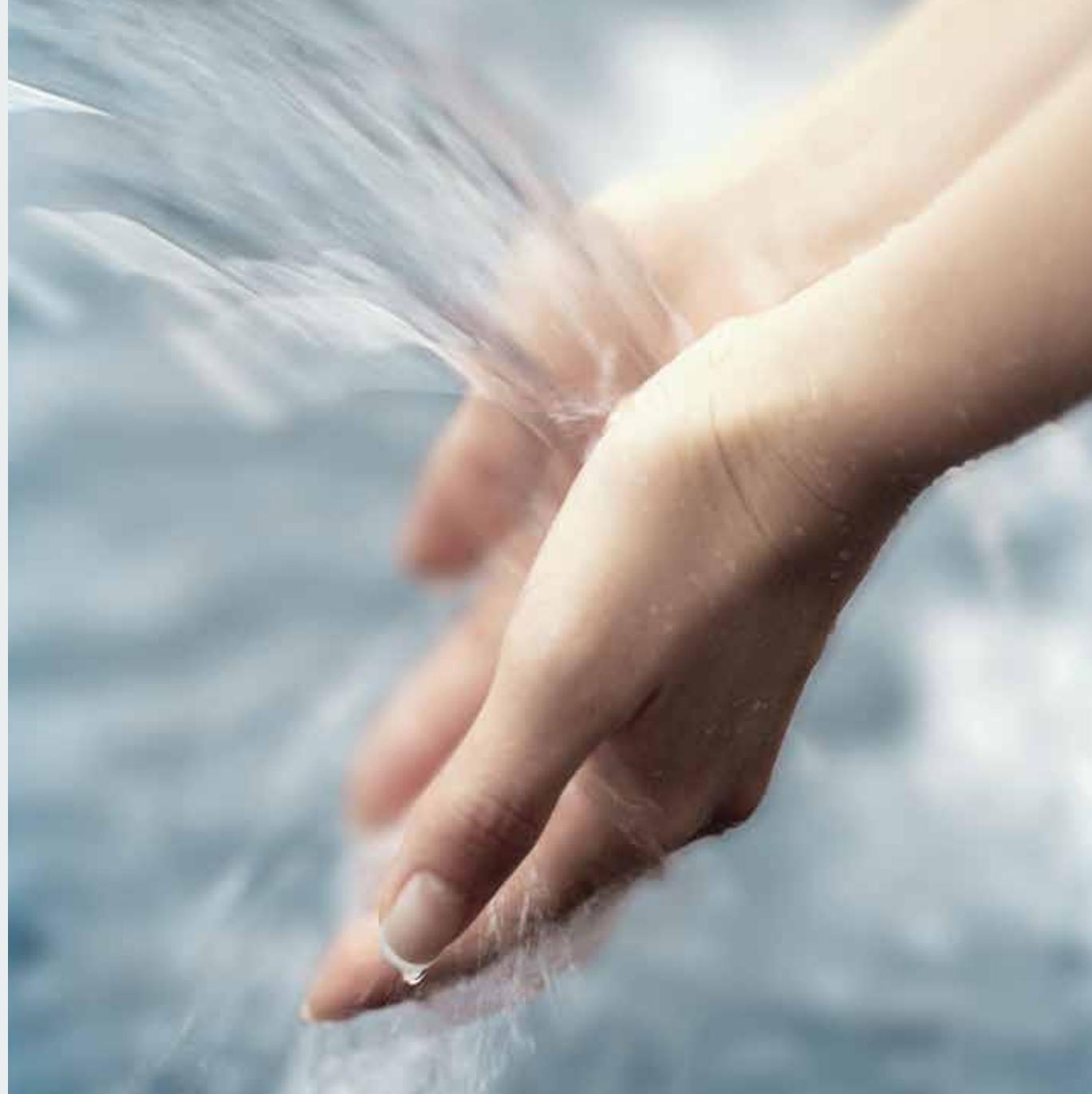
The ultimate anti-aging facial, this treatment harnesses the luxurious healing properties of golden caviar. Treat your skin to a pore-refining treatment that helps to hydrate, tone and restore beauty. The session ends with a head and shoulder massage to ensure total relaxation.

Skin Firming Facial 90 minutes

This anti-aging treatment uses apple stem cells and three different massages to deliver visible results. The ingredients act like a fountain of youth for the skin and are ideally complemented by the lifting effect of the mask. The result is skin at its best.

SCULPT ZONE Body Treatment 120 minutes

An exclusive intensive localized treatment for the abdomen, buttocks and thighs that reduces excess fat and cellulite in record time. The combination of exfoliation, a thermo-sculpting wrap to eliminate toxins and an anti-cellulite massage produces spectacular results.



SPA ESCAPES

Ultimate Repair and Refuel 150 minutes

Enjoy a deeply relaxing facial treatment and tension releasing massage, before ending with a two-course meal. This indulgent half-day escape is specifically designed to satisfy your every need, leaving you feeling relaxed, revitalized and completely fulfilled.

Sea Holistic 120 minutes

Combining light strokes, pressure and stretching, this original body massage uses Thai-inspired sea boluses to eliminate knots one by one. The body scrub with marine salt crystals restores the skin's natural softness and a gentle facial cleansing leaves the skin soft and refreshed.

Oligomer Spa Replenishing Holistic 120 minutes

Deeply relaxing and re-energizing, this exceptional treatment combines an exfoliation and a full-body massage from the tip of the toes to the top of the head for an instantly replenishing effect.

Romance Package 90 minutes

This romantic package is recommended for couples seeking to spend quality time together while being pampered. An indulgent coconut scrub removes dead skin cells while a full-body massage uses coconut oil to moisturize the skin and prepare it for exposure to the tropical sun.



SPA KIDS MENU

Little Princess Package 60 minutes

- Yogurt and honey wrap with mini massage.
- Nail polish of your choice for little fingers and toes.

Children and Young Adult Massag (5 - 12 years) 30 or 60 minutes

Our full-body massage combines light oil and soft pressure from the palm of the hands to create soft touches, resulting in relaxed body and mind.

HAND AND FOOT THERAPY

Manicure 60 minutes

This classic manicure will groom your hands, tend to your cuticles and shape your nails before finishing with a choice of a natural buff or polish.

Pedicure 60 minutes

Treat your feet to some intensive care. Our pedicure removes dead skin with a pumice stone, tends to your cuticles and shapes your nails, before finishing with a natural buff or polish. Your feet will look and feel great!

Nail Flash (Hand or Foot) 30 minutes

Add French Finish / Nail Polish 15 minutes

DEPILATORY WAXING

Eyebrows

Upper Lip

Under Arm

Full Arm & Under Arm

Bikini Line

Brazilian Wax

Half Legs

Full Legs

HOW TO SPA?

Why should I spa?

The International SPA Association, ISPA, defines the spa experience as “your time to relax, reflect, revitalize and rejoice”. This is precisely what we aim to deliver, with a range of treatments that incorporate elements that have been used in health and beauty rituals for thousands of years.

Can someone help me choose the most appropriate treatment?

Our spa team is always on hand to discuss our range of treatments with you. We will help you meet whatever objective you have, whether it is to detoxify, energize, improve skin clarity and tone, or just to relax.

Can I have more than one spa treatment in a day?

Yes. Many spa treatments work in synergy with each other. This means the therapeutic effects can be extended and improved by having more than one treatment in the same day.

What if I have a health condition or any health concerns?

Please notify a member of our spa team prior to your treatment. It is extremely important to advise us if you are pregnant or suffer from high blood pressure.

Should I eat before my spa treatment?

As many spa treatments improve blood circulation and pressure techniques, we advise against eating a heavy meal before your treatment. A light snack is appropriate if you are hungry.

We strongly advise against the intake of alcohol before any spa treatment.

What skin care products will be used in my treatment?

Rest assured that all of our products are gentle on your skin. Where possible we use marine and plant-based products that are hypoallergenic. We also have different product ranges to meet specific needs.

SPA ETIQUETTE

What should I wear to the spa?

All of our luxuriously-appointed treatment rooms are equipped with changing facilities. Feel free to wear the robe provided in your hotel room.

What should I wear during my treatments?

We recommend you to enjoy your spa treatments without clothing. However we respect your privacy, so disposable undergarments will always be offered. Please be assured that any parts of your body that are not involved in the treatment will be covered at all times.

Is there a minimum age requirement?

Guests aged 12 to 16 years are permitted to experience select spa treatments. Guests under 12 years of age are not permitted to spa experience without their parents.

Is it necessary to arrive early for my treatment?

We ask that you arrive 10 minutes before your scheduled appointment time to allow yourself time to relax and to complete a health questionnaire. This will help us personalize your spa experience.

What if I am running late for my appointment?

To ensure that we offer the best possible service to all our guests, your treatment time will be shortened if you arrive late for your appointment. This ensures that the next guest will not be delayed. The full price of the treatment will still be charged.

What do I do if I need to cancel my spa treatment?

All bookings must be guaranteed to either your hotel room or with a valid credit card.

Any treatment cancelled without a minimum of three hours notice will be subject to a charge equal to 50% of the value of the treatment(s). Failure to arrive for your scheduled treatment will incur a charge equal to 100% of the value of the treatment(s).

How do I pay for my treatment?

We accept cash (local currency only) and all major credit cards. You can also charge all Quan treatments and services to your room account.

Is there anything else I should know to ensure the best spa experience?

This is your time to relax and rejuvenate. Please let our therapist know if they can improve your comfort during your treatment. We advise against electronic devices (including mobile phones) in the spa area as these detract from your experience and also disturb other guests.

Please note that the use of mobile phones within the spa treatment area is not permitted.



SPA RESERVATIONS

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SPA OPENING HOURS

10.00AM - 21.00PM Monday to Sunday

All spa treatments and pricing are current as of January 25, 2017 and subject to change without notice.

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