



## BE CARESSED BY WATER

Quan, a Chinese word that literally means “a source of pure water” is the name we have given to our spas. We specifically draw on the restorative properties of water, offering a true oasis of healing and rejuvenation. Borrowed from a language rich in symbolism and imagery, Quan also refers to all things good and pure – a most auspicious word to represent a spa that seeks to provide a path to wholeness and well-being.

## AROMATIC MASSAGE OILS

The essential oils used in treatments at Quan Spa are 100% natural. We use sweet almond oil, jojoba oil, Shea butter, and safflower as a base for their maximum natural healing properties.

## BODY TREATMENT PRODUCTS

We use fresh food sourced that day at our local markets to create body scrubs and body wraps based on time honored Thai beauty and wellness rituals.

## FACIAL PRODUCTS (ALGOTHERM)

Algotharm was founded in 1962. It was created with a great passion for the natural restorative powers of seaweed and the sea. It has since grown into one of France's leading companies involved with marine cosmetics. Its famous seaweeds are harvested in Brittany, in the northwest of France, and undergo scientific treatments to yield pure, high quality, and rigorously tested products that are effective and non-allergenic.

Algotharm is French, professional, marine based, ethical, and a sophisticated brand. It is designed for all women and men who search for natural rejuvenation and well-being derived from the sea.

## NAIL THERARY PRODUCTS

Nails care: O.P.I, Gelish and Artistic







## QUAN SIGNATURE MASSAGE

### ANDAMAN REJUVENATION 90 MINUTES

Experience the rejuvenating powers of our most luxurious spa treatment.

In a journey involving mind, body, and spirit, we harness the therapeutic powers of the Andaman Sea, in tandem with a special combination of Thai, Balinese, and Hawaiian massage techniques. We use our palms, elbows, thumbs and fingers, to stimulate main acupressure points, promoting the relaxation, purification, and energy of the body and mind.

This treatment will bring balance to your health and well being by releasing stress, and bringing out your inner beauty. Our fine essential oils will promote smooth and healthy skin. The natural sand compress allows the heated healing sand of the Andaman Sea, high in vibration and rich in minerals, to work its magic on your tired and aching muscles.

After a hard day of vacation, or after a little bit of work, give yourself over to the bliss of rejuvenation from the art of ancient healing techniques of the Andaman Sea.



## TOUCH THERAPY

Massage therapy is one of the oldest therapeutic remedies known to man. The simple act of human touch has the ability to connect, stimulate, relax and regenerate the body's natural healing processes.

### IMPERIAL FOUR-HAND MASSAGE 90 MINUTES

Two therapists synchronize their expert hands to create the ultimate sensorial experience for a unique and totally indulgent massage therapy.

### THAI FUSION MASSAGE 90 MINUTES

This is a treatment exclusive to Quan Spa. This oil massage combines gentle, rhythmic stretching borrowed from traditional Thai Massage techniques with the gentle, stimulating effects of Swedish massage. Truly an east meets west massage therapy!

### THAI HERBAL THERAPY 90 MINUTES

Heat promotes blood circulation and helps the transport of oxygen which can quickly dissolve muscular aches and pains. This treatment combines Traditional Thai Massage with heated herb packs to leave you feeling recharged.

### DEEP RENEWAL MASSAGE 60 / 90 MINUTES

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

### AROMA FUSION MASSAGE

60 / 90 MINUTES

Rediscover the ancient arts of aromatherapy and Swedish massage and experience the healing powers of essential oils as we help you journey towards total relaxation. We use different blends of oils at different times of the day.

### TRADITIONAL THAI MASSAGE

60 / 90 MINUTES

This unique massage therapy from Thailand combines rhythmic massage, acupressure, gentle twisting and deep stretching to aid tension-relief and promote the balance of Qi energy in your body. This is an art with ancient traditions which brings you to feel an extraordinary sense of well-being afterwards.

### INDIAN HEAD MASSAGE

60 MINUTES

This ancient therapy was used by traditional Indian women to feel a form of healing while enjoying a gentle massage into the scalp by using warm Ayurveda hair oils to work on a deep level to benefit the hair and to improve the circular healing system.

### FOOT REFLEX MASSAGE

60 MINUTES

A traditional massage technique of applying gentle pressure to the reflex points of the feet. Both deeply relaxing and therapeutic, your body's own healing processes will be stimulated.





## BODY THERAPY

### FRESH BODY SCRUB

#### FRESH COCONUT POLISH

60 MINUTES

This is our luscious tropical scrub where we use locally sourced fresh products. Coconut combined with yogurt helps hydrate and balances the skin. The yogurts, containing a natural exfoliate and lactic acid, prepares your skin for the antioxidant rich coconut.

#### FRESH COFFEE SCRUB

60 MINUTES

The aromatic scent and medicinal properties of our Thai coffee will be directly absorbed by the skin. Freshly ground beans are scrubbed over your body increases the exfoliating effect.

#### FRESH TAMARIND POLISH

60 MINUTES

Thai people have used tamarind as a natural cleanser for centuries. Containing tartaric acid makes it is effective in gently removing dead skin cells. We have modernized the traditional recipe with the addition of healing local honey.

#### SALT GLOW

60 MINUTES

This classic blend of marine and mineral salts with uplifting essential oils will render your skin smooth, stimulate circulation and bring back superb radiance and a healthy glow.

#### SESAME SEED SCRUB

60 MINUTES

For this treatment we blend and mix black sesame with honey and yogurt. The ground sesame moisturizes your skin with soft natural oils and removes old surface skin cells, whilst the honey works wonders to keep the skin smooth and supple.

## BODY WRAP

### FRESH BANANA WRAP (SEASONAL)

60 MINUTES

A sublime blend of fresh banana and honey gives you one of our most gentle Wrap. High in antioxidants and moisturizing oils your skin will not only feel smooth but intensely hydrated.

### AFTER SUN COOLING WRAP

60 MINUTES

This is the perfect moisture and body masque to accompany holiday of sunbathing. We provide Aloe Vera to re – hydrate the skin, while the antioxidant benefits of green tea, leave the skin fresh and cool.

### THAI DETOX MUD WRAP

60 MINUTES

We blend Thai herbal products to create this unique wrap. This mixture has long been used by Thai women for cleansing and brightening the skin and for its beauty enhancing properties. This wrap is applied all around your body.







## FACE THERAPY

### AFTER SUN FACIAL

75 MINUTES

For a real comforting break, this facial skin care combines technology and efficiency, using specific techniques developed for sensitive skin. We use Ino Sensi products, highly concentrated with active ingredients to soothe skin. This facial offers a cryogenic massage with the use of cryogenic globes.

This technique uses the cooling effect to calm skin irritations and heat. The vasoconstrictor tonifies blood capillaries and reduces redness.

### MOISTURIZING CARE FACIAL

60 MINUTES

The Moisturizing Care Facial is reminiscent of the ocean's surface and immediately gives the sensation of well being, as though standing at the ocean's edge. We use Spirals Seaweed Water in our special facial and will immerse your face in a refreshing and comforting sensation, leaving the skin radiant, relaxed and moisturized.

### BALANCING CARE FACIAL

60 MINUTES

Deeply cleansing and purifying, this treatment gently rebalances your skin, ensuring a visible reduction of sebum secretion and impurities. Thanks to a specific natural seaweed mask, your skin recovers its suppleness and natural hydration level.

### SOOTHING CARE FACIAL

60 MINUTES

A cocktail of beneficial ingredients to sooth and relax fragile and reactive skin. This facial is created to specifically address sensitive skin. Your skin is soothed, regenerated, and protected, leaving a clean and fresh complexion.

### AROMATHERAPY NATURAL FACIAL

60 MINUTES

Restore a natural radiance to your face and ease the tension in your neck and shoulders with the combination of revitalizing products and soothing facial massage. This treatment is appropriate for all skin types and uses all natural facial ingredients.

### ANTI-STRESS FACIAL

30 MINUTES

Let those tell tales signs fall away as we massage and revitalize your face, neck and shoulders.

## LUXURY BATH

### ROMANCE BATH

45 MINUTES 1 OR 2 PEOPLE

A special blend of essential oils provides a delicate aromatic bath to be enjoyed with a friend or loved one.

### FRESH SPICE BATH

45 MINUTES 1 OR 2 PEOPLE

Our mix of Thai herbs and spices including Kaffir Lime and Galangal that make this deliciously scented bath a relaxing local experience.

### LOTUS FLOWER BATH

45 MINUTES 1 OR 2 PEOPLE

Soak and relax yourself with aromatic fresh flowers to harmonize body and tranquilize your mind.







## SPA ESCAPES

### ROMANCE PACKAGE (COUPLE) 90 MINUTES

A luxurious package for couples who can select a choice of full body massage from our Touch Therapy treatments followed by a romantic milk bath in our Jacuzzi.

*Package Includes: Touch therapy Treatment. 60 minutes / Jacuzzi Bath 30 minutes*

### TRAVELER'S PACKAGE 180 MINUTES


Luxuriate in an invigorating body scrub to remove dead skin cells leaving your skin soft and silky smooth. Balance your body with soothing massage that uses palm stroke with thumb circular movement to work on tired muscles. Traveler's Package promotes a sense of deep relaxation followed by an Anti-Stress facial treatment.

*Package Includes: Steam Bath 20 minutes / Body Scrub 30 minutes / Body Wrap 40 minutes/ Deep Renewal Massage 60 minutes / Anti – Stress Facial Treatment. 30 minutes*

### SUKHOTHAI PACKAGE 210 MINUTES

This traditional Thai package starts with Tamarind Body Scrub that cleanses your body and detoxifies your skin followed by a Thai Herbal Mud Wrap rejuvenating your body. After this our Thai Spice Bath will take your stress away. Finally ending with a Thai Fusion Massage

*Package Includes: Steam Bath 20 minutes/ Fresh Tamarind body scrub 30 minutes/ Thai Herbal Mud Wrap 40 minutes/ Thai Spice Bath 30 minutes/ Thai Fusion Massage 90 minutes*



## CHILDREN AND YOUNG ADULT TREATMENTS (5- 12 YEARS)

Massage therapy is one of the oldest therapeutic remedies known to man. The simple act of human touch has the ability to connect, stimulate, relax and regenerate the body's natural healing processes.

### FULL BODY MASSAGE 30 MINUTES

Our full body massage does just as it suggest. With the use of light oils and the palm of the hand we massage you whole body into a perfect state of bliss.

## NAIL THERAPY

BASIC MANICURE  
FRENCH MANICURE

A classic manicure where we will groom cuticles and hands, shape your nails and finish with your choice of a natural buff or polish.

BASIC PEDICURE  
FRENCH PEDICURE

Treat your feet to some intensive care where we remove dead skin buildup, tend to your cuticles and shape your nails. A natural buff or polish is your choice. Your feet will look great.

Our Manicure and Pedicure treatment includes: nail cut, cuticle cut, file, scrub, gentle massage and polish.

NAIL FLASH (HAND OR FOOT)

NAIL FLASH WITH GEL COLOR  
(HAND OR FOOT)

UPGRADE GEL COLOR FROM  
BASIC MANICURE OR PEDICURE

ADD FRENCH FINISH

GEL COLOR REMOVAL ONLY  
(HAND OR FOOT)

## PERSONALIZED QUAN SPA GIFT VOUCHERS

At the JW Marriott [Quan Spa](#), we understand that having the chance to make someone's vacation that little bit more wonderful is a great privilege and the perfect way to show someone that you care.

It is for this reason that we offer you the chance to create your own [Quan Spa](#) Gift Voucher. You decide the price and you decide the treatment. We will create the voucher with your requirements in mind.

This is perfect way to celebrate birthdays, anniversaries, a honeymoon, or to just celebrate it being a wonderful day! Why not give someone cause to celebrate and a reason to smile?

We will take care of everything for you with a personalized [Quan Spa](#) voucher.





## SPA TREATMENTS & HEALTH

### WHY SHOULD I SPA?

The International SPA Association, ISPA, defines the Spa experience as “your time to relax, reflect, revitalize, and rejoice.” You can also be assured that all of our treatments have a therapeutic health benefit.

### I’VE NEVER BEEN TO A SPA BEFORE. CAN SOMEONE HELP ME CHOOSE THE MOST APPROPRIATE TREATMENTS?

Any member of our Spa team is available to discuss our range of treatments with you.

We will help you meet whatever objective you have, whether to detoxify, energize, improve skin clarity, improve skin 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?

We ask that you notify a member of our Spa team prior to your treatment.

### SHOULD I EAT BEFORE MY SPA TREATMENT?

As many Spa treatments improve blood circulation and use 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 YOU USE IN MY TREATMENT?

Rest assured that all of our products are gentle on your skin. Where possible we use plant based, organic, biodynamic products that are hypoallergenic. We have different 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 your robe provided in your hotel room.

### WHAT SHOULD I WEAR DURING MY TREATMENTS?

We recommend that your Spa treatments be enjoyed without clothing. However, we respect you privacy so disposable undergarments will always be offered. Please be assured that areas of your body that are not involved in the treatment will be draped at all times.

### IS IT NECESSARY TO ARRIVE EARLY FOR MY TREATMENT?

We ask that you arrive 10 minutes before your appointment time to allow yourself time to relax.

### WHAT IF I AM RUNNING LATE FOR MY APPOINTMENT?

To ensure we give the best possible experience to all of our Spa guests, if you are running late your treatment time will be shortened to ensure the next guest is not delayed. The full price of the treatment will be charged.

### WHAT DO I DO IF I NEED TO CANCEL MY SPA TREATMENT?

Any treatment cancelled without a minimum of 3 hours notice will incur a charge equal to 100% of the value of the treatment(s). The full treatment fee will be charged for a 'no-show'.

### HOW DO I PAY FOR MY TREATMENTS?

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

### IS THERE ANYTHING ELSE I SHOULD KNOW SO I HAVE THE BEST SPA EXPERIENCE?

We advise against bringing electronic devices, including mobile phones into the Spa area as these detract from your experience and also interrupt other guests in their enjoyment of the Spa.



REFRESHMENTS ARE AVAILABLE WITH  
ALL QUAN SPA TREATMENTS

QUAN SPA OPENING TIMES: 9AM - 9PM

Please dial 8122 for reservations  
and further information

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