



S P A  
Q A Q U L A

Spa QAQULA will take you on a journey of discovery....Offering a spectrum of authentic traditional therapies inspired from Takuapa Old Town; this journey would not be complete without a visit to the Spa Experience to sample the delights of ritualistic thermal bathing to regain your awareness before returning to the outside world.

### **The Spirit of Spa QAQULA**

The essence of Signature Spa QAQULA experience crated with local and natural ingredients

#### **MIRACLE ICE FACIAL**

Unique. Divine. Inspired by water

100% Natural Organic Wheatgrass Ice Cubes instantly pumps lifts and revives.

For the manufacture of ice wheatgrass, we use only the young shoots of wheat, washed pure spring water with a neutral pH. Fresh wheatgrass juice are frozen in ice cubes. With the addition of other very useful components for face. All very valuable nutrients are preserved in ice. Low temperature contributes not only to extend the shelf life of products, but also slow down the aging process combine with relaxing facial massage technique; this miracle facial will leave your complexion visibly refreshed

**60 /90 MINUTES**

**2,500 /3,500THB**

#### **HARMONIOUS 4 HAND MASSAGE**

A Synchronized massage (four hand massage) one in which two massage therapist perform a massage on one person this type of massage is move immediately into a deep state of relaxation, including increased circulation, intense state of calm, and stress reduction, this combination of benefits restores a sense of calm to the entire body, mind and spirit. Allowing one to find a bit of inner balance again

**90 MINUTES**

**3,900THB**

## **BODY MASSAGE**

We seek to create the unforgettable. All our massage can be personalized to your needs and desired results.

### **THAI YOGA MASSAGE**

Thai yoga massage is a 2,500 year old Ayurvedic based body science developed and popularized by Buddha's doctor, An important element of Eastern medicine is the concept of life force or energy. In Yogic terms, it is referred to as Prana, in Chinese it is called Chi, and in Thai it is called Loom. All are referring to the basic principle of life force energy points, that when blocked, stagnates the flow of energy in one area of the body.

**60 /90 MINUTES**

**1,500 /1,900THB**

\*Thai Yoga Massage is No Oil is used and loose pajamas is provided

### **TRADITIONAL THAI MASSAGE**

An ancient Traditional Thai Massage is a unique blind of deep tissue massage, using pressure point and stretching techniques to reduce stress, improve blood circulation and creating and overall feeling of well being.

**60 /90 MINUTES**

**1,200/1,800THB**

\*Traditional Thai Massage is No Oil is used and loose pajamas is provided

### **AROMA THERAPY MASSAGE**

Our most aromatic and relaxing massage applied on your skin will relieve stressed muscles, increase circulation, soothe the body, mind, spirit and with a sense of well being.

**60 /90 MINUTES**

**1,500 /2,000THB**

## **BALINESS MASSAGE**

A full-body, deep-tissue, holistic treatment, Balinese massage uses a combination of gentle stretches, acupressure, reflexology, and aromatherapy to stimulate the flow of blood around your body, and bring a sense of wellbeing, calm and deep relaxation.

**60 /90 MINUTES**

**1,700 /2,500THB**

## **THAI FUSION MASSAGE**

Our unique techniques are blended from traditional Thai Massage and western therapeutic massage techniques This superb massage acupressure and light stretching to release muscular tension by using Thai healing techniques, elbow pressure on the tense area while stimulating blended oil relieves tension and relax body and mind.

**90 MINUTES**

**2,500THB**

## **THAI HERBAL COMPRESS**

A traditional herbal recipe of Plai Root, Tamarind Leaves, Turmeric, Bergamot Peels, Camphor, Lemongrass and Black Herbal Seeds are steamed in cotton encased poultices and applied directly to the body. Combined with Thai Massage, the herbal heat penetrates and relaxes sore muscle effectively.

**90 MINUTES**

**2,300THB**

## **HERBAL HEALER OIL MASSAGE**

This healing session begins with the application of a hot compress and followed by a full body massage with Thai herbal therapy. It soothes muscle tension and stiffness of back, shoulder, neck and legs.

**90 MINUTES**

**2,500THB**

## **INDIAN HEAD MASSAGE**

Enjoy a soothing energizing back, neck, shoulders massage focusing on vital energy points for a total experience of the mind and spirit.

**60 MINUTES**

**1,800THB**

## **FOOT MASSAGE**

This luxurious Massage assists in the relief of stress, tension and revives tired feet. Mild reflexology is applied to treat physical ailments by using pressure points in the feet. An ancient technique based on the belief that the body contains constantly flowing energy from the reflex.

**45/60 MINUTES**

**900 /1,200THB**

## **BACK MASSAGE**

Back massage therapy is an extremely useful therapy. Many people suffer from back pain due to the jobs that involve sitting in one position for long hours

**45 MINUTES**

**900THB**

### **Additional Treatments (30Mins)**

Focus Area Optional Back, Shoulder and Neck

to any Massage, Scrub or Body Wrap by opting for a 30 minutes Back, Shoulder and Neck Focus oil massage, designed to offer a deeper relief to those who suffer from this common trouble area

**30 MINUTES /750THB**

## **BODY SCRUB & BODY WRAP TREATMENTS**

**BODY SCRUBS** help to sooth and exfoliate dead skin and to deep cleanse and hydrate the skin pores. Using short circular massage strokes, along with body lotion to moisturize your skin, It leaves a soft glow to your body.

### **COCONUT BODY SCRUB**

It is an extremely rich exfoliating paste. It will help tone, nourish and protect the skin. The exfoliating effects help to make your skin look fairer, smoother and softer

**30 /60 MINUTES**

**900 /1,500THB**

### **EXOTIC BODY SCRUB**

The herbal powders in formulation excellent for the removal of surface dead skin cells and promote cells regeneration Skins feel radiant and glowing after treatment.

**30 /60 MINUTES**

**900 /1,500THB**

### **COFFEE BODY SCRUB**

Tighten the skin, temporary reduction of cellulite and stimulating properties of coffee improve blood flow and making your skin appear radiant, bright, and, well, alive.

**30 /60 MINUTES**

**900 /1,500THB**

### **HONEY APPLE BODY SCRUB**

Natural acids from the apple acts as a gentle cleanser while the green tea powder nourishes the skin with its anti-oxidant properties, The skin feels softer after this treatment and skin cells are naturally renewed.

**30 /60 MINUTES**

**900 /1,500THB**

## **BODY WRAPS**

Through the process of absorption, draw impurities from the pores of the skin to enhance the health and appearance of skin.

### **THAI WHITE CRAY BODY WRAPS**

Allow us to cover you in this rich, revitalising botanical body mask sourced locally from Mother Nature hand. Only the locals know the secret benefits of Thai white clay for treating skin, by drawing out impurities and taking away dead skin cells; re- moisturizing and restoring the skins healthy 'glow' And finally surrender in the naturally heated cocoon as tension is released with at pressure point scalp massage.

**60 MINUTES**

**1,800THB**

### **ALOE VERA WRAP**

Aloe Vera, with all its beneficial properties, is applied on to the entire body with special attention to sun burn areas to hydrate and sooth the skin. This treatment reduces the body temperature as moisturizes and encourages growth of new cell

**60 MINUTES**

**1,800THB**

## SPA PACKAGE

We have left the treatment choices to you as we feel that each experience should be exquisitely personal. Nobody knows better than you what you prefer. However if you would like us to choose for you or suggest any combinations that are suited to your skin type or mood, let us know and we will be happy to help design the perfect program just for you

### SUN SOOTHER PACKAGE

**120 MINUTES/ 3,500THB**

Natural remedies and traditional techniques combine to soothe, nourish and rejuvenate the body from the effects of sun and exercise.

Aloe Vera Wrap	60 Minutes
Miracle Ice Facial	60 Minutes

### ATTRACTIVE MONSOON PACKAGE

**150MINUTES/3,900THB**

Time to take a break from your hectic work schedule by rejuvenating and pampering yourself with Spa QAQULA offerings for a relaxed body massage in this season, it has a peaceful inner space soaked in the scent of herbal aroma oils and lit by candle light to bring a refreshing

Thai Herbal Compress /Herbal Healer Oil Massage	90 Minutes
Body Scrub	30 Minutes
Aromatic Milk Bath	30 Minutes

**NATURE'S MIDDAY HAVEN** (for couples)  
**300MINUTES /13,500THB**

Spend 4.5 hours in your private tranquil spa treatment room with personal bath. All treatments are specifically derived from 100% natural all elements are naturally derived. This spa experience also includes a spa cuisine lunch and the choice of a detoxification juice,

Thai Yoga /Traditional Thai Massage	60 Minutes
Aromatic Milk Bath	30 Minutes
Coconut Body Scrub	30 Minutes
Virgin Coconut Oil Massage	60Minutes

**(Spa Cuisine) 30 mins**

Natural Facial	60 Minutes
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**PERFECT DAY**  
**7HRS / 11,000THB**

Our full day spa packages are the perfect way to relax and pamper yourself in a beautiful setting. This spa experience also includes a spa cuisine lunch and the choice of a detoxification juice,

Aromatic Milk Bath	30 Minutes
Body Wrap	60 Minutes
Body Scrub	30 Minutes
Harmonious 4 Hands Massage	90 Minutes

**Lunch (Spa Cuisine) 1hrs**

Indian Head Massage	60 Minutes
Miracle Ice Facial	90 Minutes

## HOW TO SPA

**Reservation:** Advance bookings are highly recommended to ensure your preferred time and treatment is available

**Spa Hour:** Spa QAQULA opens daily from 10:00 -20:00 hrs.

**Arrival Time:** Please check in at Spa Reception at least 15 minutes prior to your scheduled appointment. Arriving late will result in a reduction of treatment time.

**Cancellation Policy:** Because treatments are reserved especially for you, four hours notice is required to cancel or reschedule your appointment. A 50% charge will apply for cancellations of less than four hours notice and a 100% charge will apply for cancellations without notice.

**Health:** Please inform us of any health conditions, allergies or injuries which might affect your treatment experience when you make your booking. Please inform us if you are pregnant so that our spa consultants would guide you to suitable treatments choosing for this special time.

**Contact Lenses:** We recommend you to remove your contact lenses before your facial treatment. Please bring your own case and solution for lenses.

**Payment:** Cash and all major credit cards are accepted.

**Refund:** Spa treatments and spa memberships are non refundable, non transferable and non exchangeable unless otherwise stated.

**Spa Protocol:** We kindly request that mobile phones be turned to silent mode or kept noise to be a minimum to allow all guests to enjoy the serenity of the spa. Children under 7 years old are not permitted in the spa. Smoking and alcohol consumption in the spa area are not allowed.