



SPA VILLAGE KOH SAMUI



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Once providing a sheltered haven for sea traders in the Gulf of Thailand, Koh Samui's natural beauty and luscious vegetation eventually drew settlers of mainly Malay and Chinese origin. The island's rich earth produces a bounty of tropical fruit, leading to the widespread growth of orchards and coconut plantations. The strong community flourished, with a tolerant blend of beliefs and simple way of life that till today contributes to its unique cultural appeal. Warm Thai hospitality and traditional healing practices have made this relaxed island an ideal destination for spas. Spa Village, the iconic brand that opened in 2002 on Pangkor Laut, Malaysia, is pleased to welcome you to the latest member of our spa community. Each of our unique spas creates its identity by following our mission to honour the healing culture of the region.

Spa Village Koh Samui focuses on age-old Thai spa therapies, integrating nature with an indoor/outdoor environment, and drawing from the island's healing resources. Individual treatment pavilions or *salas*, as well as the Yoga Sala, rest above the serene meditative Gazing Pond. Guests may choose to have treatments in the deluxe suite pavilions, which accommodate two persons; Thai massage in open-air *salas*, or experience the signature "Thai Aquatic Freedom" in the aquatic movement pool. All spa guests are welcome to swim in the private lap pool.

Bai Sri Su Kwan is a traditional blessing and welcome ceremony in Thailand. We look forward to sharing this with warm hands and heart.



KOH SAMUI SIGNATURE EXPERIENCES

SONGKRAN SHOWER

This is a signature Spa Village treatment inspired by the annual Songkran festival. This festival celebrates the Thai New Year and includes symbolic traditions such as the pouring of water on elders, representing respect, renewal and blessings. This has evolved into the joyful throwing of water that is seen in the streets today during Songkran. All 1 hour and above Spa Pavilion massages or body treatments begin with the Songkran Shower ritual.

THAI FOR TWO*

This deluxe experience for two begins with the signature Songkran Shower. You may select either a Coconut or Thai-Herbal Scrub to accompany the water. Then, slip into comfortable Thai pyjamas and relax with a Custom Thai Massage and Thai Herbal Compress known as *Prakrop*. The couple will have an opportunity to practice with the compress and learn duo Thai stretches, if desired. After a meditative Pond Gazing break, "Thai for Two" concludes with a traditional Thai Herbal Facial.

DELUXE SONGKRAN SHOWER

Begin with an extended Songkran Shower experience and a choice of either a Coconut or Thai-Herbal Scrub. This relaxing exfoliation is followed by a hydrating coconut oil or lotion application.

BLESSED FLOWERS

The magic of flowers has bloomed in the hearts of mankind from the beginning of time, their universal language instantly, wordlessly, communicating love, grace and joy. The vivid colours and euphoric fragrances of our island's native flowers delight the spirit and play an intrinsic role both in beauty and ritual. Celebrating the vibrant power of Samui's abundant gift, this treatment begins with a "table-side-mixing" of raw flowers, nourishing aloe and fruit enzymes to exfoliate the skin. Warmed flower infused compresses gently hydrate the skin in preparation for a flower balance massage utilising strong rhythmical strokes along energy meridians leaving you truly in a state of harmony.

SAMUI'S COCONUT HERITAGE

Coconuts are synonymous with Koh Samui, with a plethora of plantations and attractions across the island. At Spa Village, we enjoy sharing the heritage of the nutritional, health, and beauty benefits of this amazing fruit. Deluxe Songkran Shower and a Coconut Scrub are followed by a 1.5 hour Coconut Flow Massage. Top it off like the locals do, with a nourishing Coconut Hair Masque.

TOK SEN MASSAGE

It is believed this is an ancient practice originating in the Kingdom of Lanna in northern Thailand, around Chiang Mai. *Tok* means to strike or tap while *Sen* refers to the meridian lines in the body. A special wooden mallet and wedge are used to tap rhythmically along energy lines, causing a resonating, healing vibration which penetrates deep into the muscles, releasing any blockage. By helping to relax the body, a sense of wellbeing and ease is felt, as a more natural flow of energy is re-established. The rhythmic, repetitive sound creates a soothing, meditative atmosphere, further promoting total relaxation. Legend has it that the best *Tok Sen* mallet came from the wood of a tamarind tree struck by lightning, which was then blessed in the monastery.

MUAY THAI POST TRAINING MASSAGE

Recuperation is an important part of the longevity of a Thai fighter. This treatment starts with a Traditional Thai Massage. Individual post-training rehab such as ice, cooling, compression, or balms may be included in this personalised massage. It helps to release strained muscles, tendons and joints.

THAI AQUATIC FREEDOM

The treasured art of Thai massage marries poetically with the dance-like grace of aqua therapy. The Thai people have a saying, "*Plod Ploy Pi Kab Say Nam*", which means "letting go with the water flow". That beautifully expresses the experience of weightlessness in the water of our aqua therapy pool, as your body is moved dynamically through the water. The series of stretches softens the muscles, relieves stiff joints, and quiets the mind. An unsurpassed level of letting go and relaxation is evoked in this transformational experience.

THAI AQUASANA

This aquatic fitness session combines Yoga with energetic techniques of Karate and Tai Chi for improved balance, strength, flexibility. Recommended for those able to take the waters for approximately 45 minutes. Group sessions are available.



SPA VILLAGE GLOBAL CLASSICS

MALAYSIAN EXPERIENCE

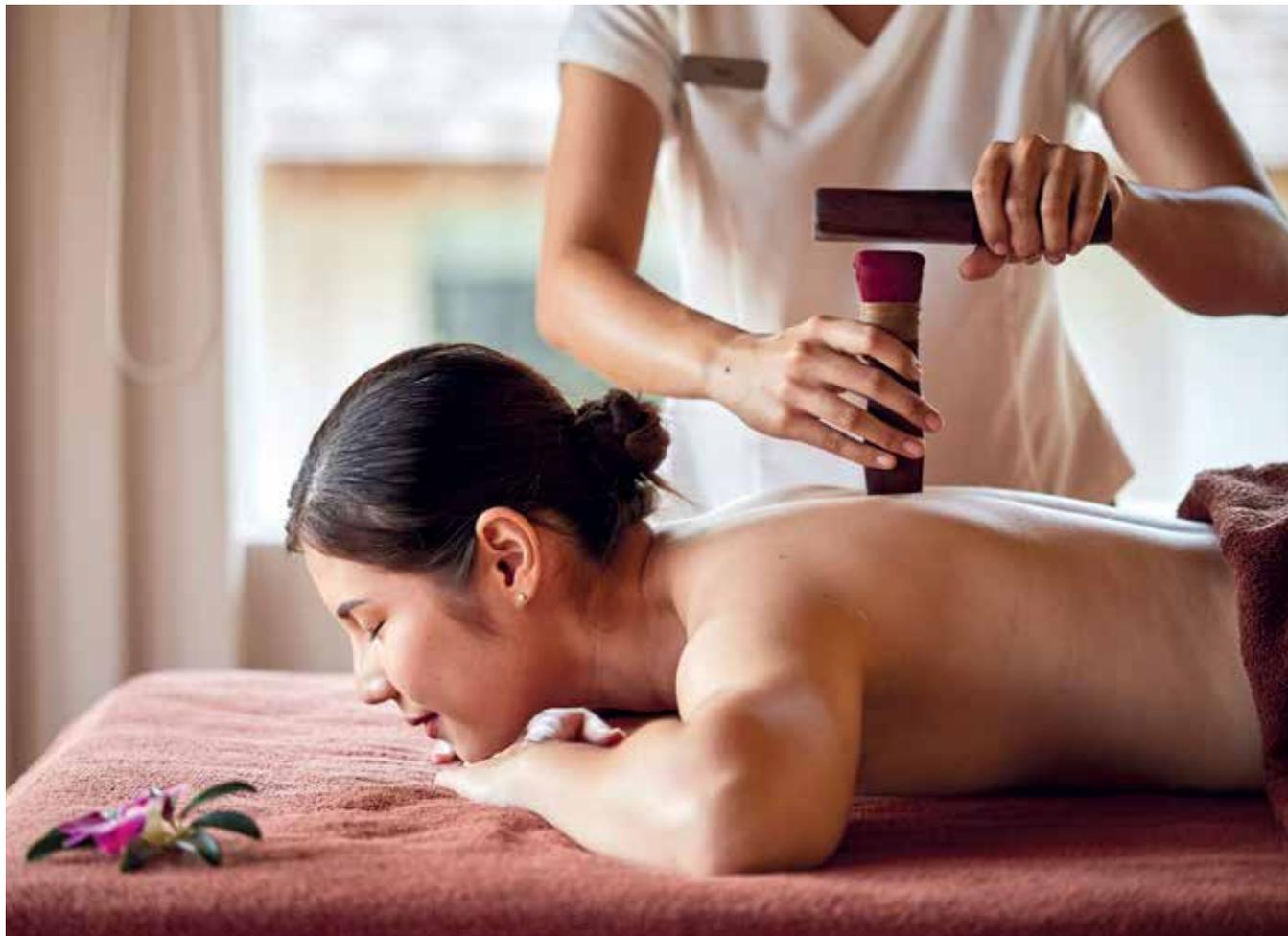
Malaysia is known for its diverse healing customs borne from the strong presence of Chinese, Malay, and Indian influences in the region. This deeply relaxing treatment celebrates these distinctive rituals. Using a warming spiced oil blend, traditional Malay massage utilises techniques consisting of long kneading strokes that focus on the muscles and various pressure points along the body. An Indian scalp massage increases the circulation to the head and neck, believed to enhance clarity and focus. We finish this experience with Chinese acupuncture points and time-honoured egg rolling to tone the face.

CAMPUR-CAMPUR*

The name Campur-Campur means a blending of varieties in Malay. Combining the best techniques of Malay and Thai massage, this upgraded Spa Village creation uses touch, tone and aromatherapy to give you a memorable experience. The scent of lemongrass and pandanus leaves fills the air as steamed herbs are pressed along the body using a traditional steam pouch.

MALAY MASSAGE

The art of traditional Malay massage is passed down from generation to generation. The technique consists of long kneading strokes that focus on the muscles, and pressure applied to various points on the body, using local spice oil.



BODY MASSAGE

TRADITIONAL THAI MASSAGE

The ancient art of Thai massage relieves tension and renews energy by deeply stretching the muscles. Through compression, bending, and pressure on specific points, blockages in energy flow are restored in the body. Thai pyjamas will be provided as this is a non-oil treatment.

THAI BALM MASSAGE

Allow our therapists to provide an individualised massage experience specifically for you. A traditional Thai balm is used, with either a cooling or warming effect, applied depending on your body condition.





COCONUT FLOW

Warm coconut oil is languorously poured over the body to warm the muscles and nourish the skin. Therapist hands and arms follow the path with either soothing or strong strokes, as needed. This hypnotic massage is ideal for jet lag and ultimate relaxation.

The 1.5 hour experience includes a coconut scalp massage. We recommend you leave the oil on the hair for several hours for optimum results.

FLORAL MASSAGE

Warm flower-infused compresses gently hydrate the skin in preparation for a flower balance massage utilising strong rhythmical strokes along energy meridians leaving you truly in a state of harmony.

CUSTOM MASSAGE

Allow our therapists to provide an individualised massage experience specifically for you.

THAI HERBAL POUCH MASSAGE*

A *Prakop* pouch of steamed lime leaves, lemongrass and other Thai herbs is gently pressed along the meridians of the body. This exotic and relaxing treatment increases circulation and energy flow, removes toxins from the muscles, reduces water retention, and increases joint and spine flexibility. Some traditional Thai massage movements and stretches are also incorporated.



FACIALS

THAI HERBAL FACIAL

This facial is another unique Thai practice that uses traditional aromatic herbs of tamarind and turmeric, along with rice, honey, yoghurt, coconut oil and *din saw pong* (Thai white mud). It helps increase circulation, promote cell growth and brighten the skin. This luxurious treatment includes an exfoliation, a relaxing facial and shoulder massage with *Prakrop* pouch, and a finishing masque that soothes, hydrates, and balances. The traditional Thai herbal compress helps clarify the skin and ease inflammation. It's a must try facial for all skin types.

SUNDĀRI FACIALS

Using 100% natural essential oils, Sundāri blends modern science for immediate results with botanicals known through 5,000 years of Ayurvedic wisdom and philosophy.

Sundāri Holistic

Suits all skin types; balances and revitalises.

Sundāri Neem

Hydrates, firms and improves skin elasticity; especially beneficial for mature skin.

Sundāri Detoxifying

Nourishes skin; eliminates impurities and toxins. Leaves skin supple and glowing.



NAIL CARE

EXPRESS MANICURE OR PEDICURE

Trim, shape, polish or buff your nails.

SIGNATURE CLASSIC MANICURE OR PEDICURE

Our natural signature manicure or pedicure care includes exfoliation of rough skin, warm coconut oil massage, cuticle trimming, nail shaping and buffing or polish.



SOUL SPA

So often the world focuses on the outside, that which we can see, and it is sometimes all too easy to forget that beauty includes both the internal and the external. To strengthen these connections, Spa Village Koh Samui has crafted several unique spa sessions to encourage mindfulness and help attune yourself to your surroundings. Conducted in the Yoga Sala or Spa Pool, sessions can be experienced individually or in a group setting of up to 12 persons.

YOGA

The Sanskrit word “yoga” means union. Essentially yoga is a union of mind, body, and spirit through the practice of postures, breathing, and meditation. You will be guided through a series of these practices bringing balance to body and psyche.

THAI STRETCHING

Based on traditional Thai massage stretches, you and your partner will learn simple techniques to stretch every muscle group in the body as well as target specific problem areas such as lower back release. This fun practice will benefit both of you long after you return home.

The 45 minutes individual participant session will be performed with an instructor partner.

SPA RECOMMENDATIONS AND GUIDELINES

Enjoy a full range of amenities when visiting the Spa Village Koh Samui, including a bathrobe, slippers, private locker, bath and vanity products.

Services that are listed with a * symbol are considered heat treatments and are not recommended for guests that have heart conditions, suffer heat sensitivity, or are pregnant.

In consideration of other guests we ask that all cellular phones and electronic devices be turned off while at the spa. The Spa Village Koh Samui is a non-smoking facility.

OPERATION HOURS

Spa Facilities: 9am – 9pm

Spa Treatments: 10am – 10pm

RESERVATIONS

Advance reservations are recommended. For in-house guests, touch Spa Village on your room telephone between 8am and 9pm. You may also call Spa Village Koh Samui at 66.77.915.777 or email svks@ritzcarlton-kohsamui.com. Reservations may also be made by email at rc.usmrz.reservation@ritzcarlton.com.

CHECK-IN

Please check-in at the Spa Reception Desk 30 minutes prior to your first appointment. We regret that late arrivals will not receive an extension of scheduled treatments.

FACILITY USAGE

All in-house guests of The Ritz-Carlton, Koh Samui enjoy complimentary use of the spa swimming pool with any 1 hour scheduled spa service. All prices are subject to change without prior notification.

AGE RECOMMENDED

The Spa Village Koh Samui is appropriate for guests 16 years and above.

SPA RETAIL

Be sure to visit our Spa Retail for an array of Spa Village products and spa related merchandise.

CANCELLATION POLICY

As a courtesy to other guests and our therapists, please give us 4 hours' notice if you must cancel or change any treatments. Without this notification, you will be charged in full.

GRATUITIES

In appreciation of outstanding service, gratuities may be given at your discretion.



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RESERVATIONS:

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