

SPA MENU

A hand is shown holding a black spoon over a dark, shallow bowl filled with white salt. The background is a dark, textured surface. In the top right corner, there is a small, light-colored dish containing a grey, mud-like substance. A small, dark red flower is placed near the bowl of salt. The overall aesthetic is minimalist and spa-like.

Le **SPA**
BY LE MERIDIEN PHUKET BEACH RESORT

UNWIND IN THE TRANQUIL EMBRACE OF LE SPA
AT LE MERIDIEN PHUKET BEACH RESORT,
WHERE EXPERT HANDS AND SERENE
SURROUNDINGS CREATE THE ULTIMATE
RELAXATION EXPERIENCE.

LE MERIDIEN
PHUKET BEACH RESORT

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N 7° 51' E 98° 16'

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NAVIGATING YOUR EXPERIENCE

WHAT SHOULD I WEAR?

Whatever you feel comfortable in. You would also be provided with bathrobes and slippers.

WHEN SHOULD I ARRIVE FOR MY TREATMENT?

We would recommend that you arrive at least 15 minutes prior to your appointment to check-in and change clothes.

HOW CAN I DECIDE WHICH TREATMENT IS BEST FOR ME?

Our manager and associates at Le Spa are well-trained to provide you with the best spa programmed that suits your needs.

WHAT IS THE MAXIMUM NUMBER OF TREATMENTS I COULD HAVE IN A DAY?

None. Indulge in our wide range of relaxing and pampering programed as many times as you like.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please notify our associates at Le Spa if you have any allergies, high-blood pressure, physical ailments, disabilities - especially if you're pregnant-before booking any treatment.

WHAT SHOULD I BE WEARING DURING MY TREATMENT?

Choose what's comfortable to you. You may want to wear your own underwear or hygienic disposable briefs that would be provided. As our therapists use draping techniques to respect your privacy treatments can also be enjoyed without clothes.

CAN ROOM CONDITIONS BE ADJUSTED SO I COULD BE MORE COMFORTABLE?

Absolutely. This is your time and you should enjoy your treatment to the fullest, Our therapists would be more than happy to adjust room temperature and/or volume of the piped-in music for you.

CAN I BRING MY CHILD ALONG?

It is best to leave children 03-12 years old under the care of our associates at Le Meridien Family Kids Club where plenty of educational and recreational activities are available. Consider hiring a baby-sitter if your treatment takes a long time.

CAN I LEAVE MY JEWELRY AND VALUABLES WHILE I M IN TREATMENT?

We highly recommend that you leave your jewelry and valuables in your room safe. But if you happen to be wearing them when you went to the spa, a safe deposit box is avail-able in your dressing room.

WHAT IF I'M LATE FOR MY APPOINTMENT?

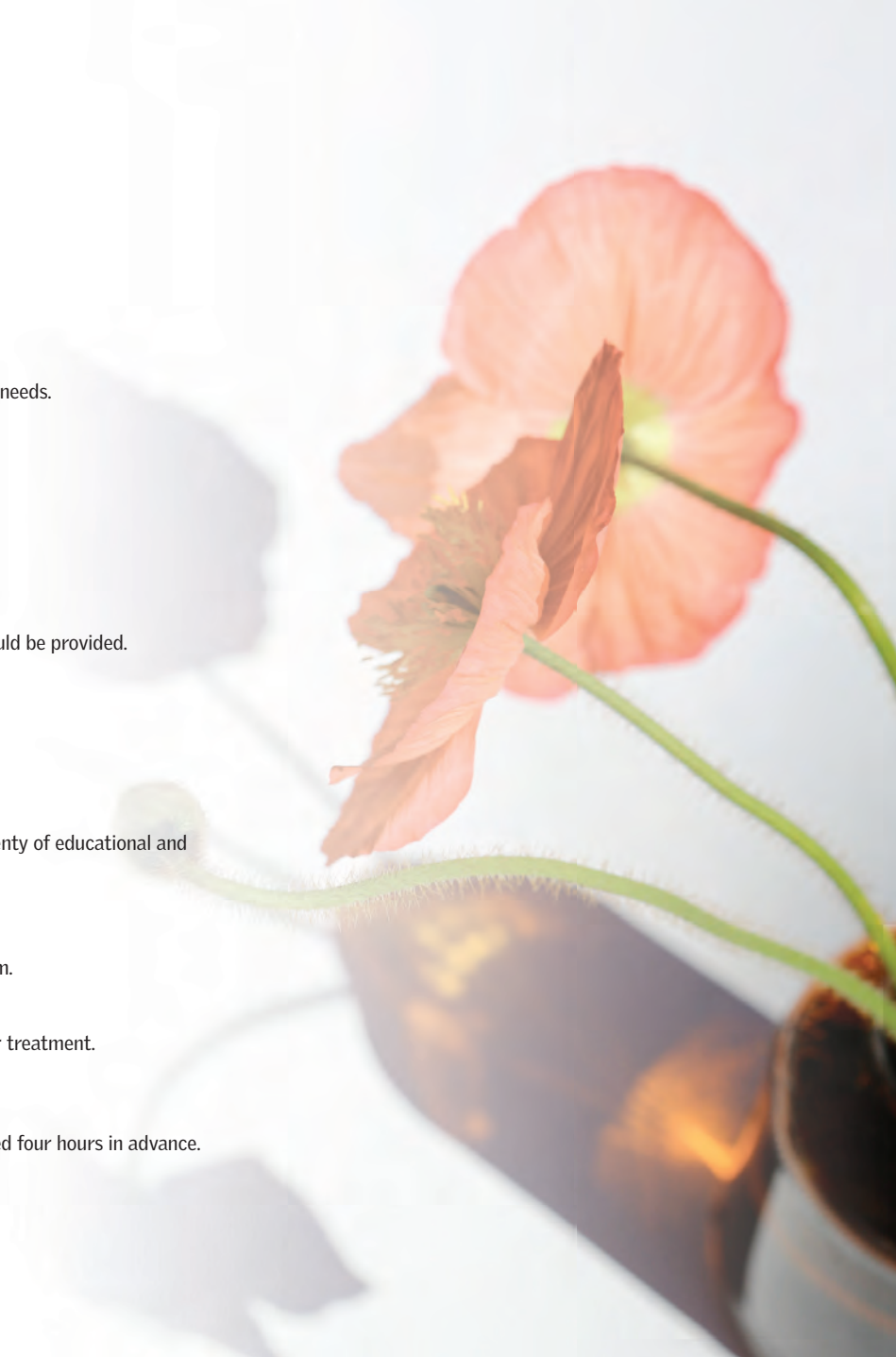
Unless cancelled or rescheduled, your treatment begins on the appointed time. Arriving late will limit the time of your treatment. Your treatment will end on time so that the next guest is not delayed.

WHAT IF I NEED TO CANCEL MY APPOINTMENT?

The treatments you select are reserved especially for you. A 50% charge will be collected for treatments not cancelled four hours in advance.

ARE THERE ANY OTHER IMPORTANT INFORMATION I SHOULD KNOW?

We do our utmost to provide an environment of tranquility and relaxation at Le Spa. Please respect the peacefulness and privacy of others, Smoking is not allowed.





LE SPA SIGNATURE DISCOVERY

LE CANDLE

Experience pleasure of warm aromatic candle massage, allow this signature massage Soothes and nourishes your senses with benefit from natural candle. Effectively helps to circulate The blood circulation and feeling of well-being.

90 MIN / THB 4,300

LE STONE

Detoxify your body. Let the proven magic of hot lava stones and the combined Essences of pure coconut, lavender and sesame oil dissolve your inner tensions and improve your blood circulation.

90 MIN / THB 4,300

LE THAI SAWASDEE

Experience combination of traditional Thai dry massage modified adding hot herbal compression using 12 soothing herbal extracts helping your muscles relax thus bringing you to complete rejuvenation.

90 MIN / THB 4,300

LE SLIM-PHATIC

This treatment is designed to stimulate the body's lymphatic system, a fluid filled network, which circulates fats, proteins and immune cells and removes bacteria, viruses and cholesterol. Combined with exercise, this treatment can lead to a reduction in water retention, and in some cases, cellulite.

60 MIN/THB 3,300

LE TOP LE TOE

This combination treatment is perfectly created to release your stresses and unlock your headache condition with Head, Back massage combined with relaxing foot massage which help to get rid of toxins, help your circulation and improve body functions.

60 MIN/THB 2,800

LE BODY SLIMMING

A gentle relaxing massage that enhances metabolism function and relieves tense muscles while effectively loosening and decomposing stubborn fats around the midriff area and thighs, combined with stimulating actions of essential oils, the anti-water retention action of the sauna mask and the detoxify-ing effect of clay. Your silhouette is unified, and you feel immediately lighter. A genuine moment of pure enjoyment under the expert care of our therapist.

90 MIN / THB 4,500

*Please ensure a minimum of four hours' notice if you wish to cancel or change your appointment, if not 50% of the value of treatments booked shall be charged to your account. Prices are inclusive of 7% government tax.

LE SPA PLEASURE FACE

LE FACE HYDRA DELUXE

Soothing muscle stimulation resulting in a more hydrated skin that regains its natural radiance. 'Double Ionisation' and in-depth biological cleansing reawakens circulatory functions.

90 MIN / THB 4,500

LE FACE HYDRA LIFT

Treatment simulates a natural temporary facelift effect by lifting features through facial muscle stimulation resulting in better skin tone. Soothing hands of the therapist relaxes face tissues and cleanses. This exquisite treatment is capped with application of moisturizing cream to further enrich the skin.

75 MIN / THB 4,200

LE FACE HYDRA SOOTH

For a more serene and beautiful looking skin. Redness fades, the complexion is unified, and the skin is reinforced for better protection against the harmful effects of the environment. Allows for comfortable make-up removal. Gentle biological cleansing allows skin to breathe and strengthens immunity against effects of dust and heat.

75 MIN / THB 4,200

LE FACE HYDRA HYDRATION

For a more pleasant and better hydrated skin. To regain a radiant and luminous complexion, the Hydradermie treatment with its Serum Gel Hydration removes dead skin cells. The hydration program me restores radiance and gives a glowing complexion. Active ingredients work to rehydrate the skin and help reinforce its natural protective mechanism and improve its suppleness

75 MIN / THB 4,200

HYDRACLEAN FACIAL TREATMENT

Designed to give your skin a radiance boost, the Hydra clean facial focuses on results, but seamlessly incorporates them into an experience that is overall extremely comfortable and pampering! Followed with a Thermoclean Electrode is used to thoroughly purge and polish the skin. The electrode tip cleans skin on a deep level, clearing the pores to rid the skin of excess oils, toxins, dirt and grime.

30 MIN / THB 2,000

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LE LUXURIOUS PACKAGES

ASIAN DREAM

For a relaxing experience, choose any oil Massage combined with a Facial treatment of your choice.

- Swedish or Deep Tissue Massage
- Soothing Guinot Signature Facial or Anti Wrinkle Facial

120 MIN / THB 4,700

MIND AND BODY REFLEX

Treat your body with a holistic Foot Relaxation Massage followed by an energizing Oriental Fusion or stimulating Swedish Aromatic Massage for the complete relief of aches and pains.

- Foot Relaxation
- Oriental Fusion or Swedish Massage

120 MIN / THB 4,700

TOTAL BODY REJUVENATION

Invigorate your entire body and smooth away dry, dead skin with an Aromatherapy combined with a Swedish Aromatic, Deep Tissue or Oriental Fusion Massage.

- Thai Jasmine Rice body scrub
- Swedish, Deep Tissue, or Oriental Fusion

120 MIN / THB 4,700

ULTIMATE DETOX

For total body cleansing and reducing the appearance of cellulite, this includes package combining a Body and Skin Detox and Lymphatic Drainage, will leave your skin feeling tight, refreshed and alive.

- Body and Skin Detox
- Lymphatic Drainage Massage

120 MIN / THB 5,000

COCONUT RETREAT

Delight your senses as your skin is exfoliated with this fragrant and calming retreat. This luxurious treatment is also efficient in hydrating and cleansing your skin. Apart from its enticing smell, rich coconut milk hydrates your skin with nutrients and leaves your body glowing if also used as a body scrub ingredient.

Package includes:

- Aromatic Herbal Steam
- Coconut body scrub
- Coconut Body wrap
- Swedish Massage

**3-HOUR TREATMENT / SINGLE THB 7,000
COUPLE THB 13,000**

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LE LUXURIOUS PACKAGES

SOOTHING OF THE SPIRIT

This wonderfully calming experience is perfect for anyone suffering from a long journey or hard day's activities. Starting with Tamarind Skin Exfoliation shall then revitalize your skin, a Swedish massage relaxes your spirit and an Aromatherapy Facial ensures you look good, while feeling great.

- Swedish Massage
- Tamarind Skin Exfoliation
- Soothing Guinot Signature Facial or Anti Wrinkle Facial

**3-HOUR TREATMENT / SINGLE THB 7,000
COUPLE THB 13,000**

SECRETS OF SIAM

To truly experience what Thailand has to offer, this is a must for all travelers. Designed especially for couples, a Siamese Herbal Scrub shall be followed by a Traditional Thai Massage and Natures Own Facial. While you relax and rejuvenate 'Thai Style', Ginger Tea shall also be served to complete this very unique experience.

- Siamese Herbal Scrub
- Traditional Thai Massage
- Soothing Guinot Signature Facial or Anti Wrinkle Facial

**3-HOUR TREATMENT / SINGLE THB 7,000
COUPLE THB 13,000**

LE MERIDIEN PARADISE

Bringing together everything you have ever wanted to pamper yourself with, this is the ultimate in mind, body and soul revitalization. Aromatic Herbal Steam or Le Spa Bath will relax and loosen your muscles before a Jojoba Seed Scrub removes dead skin layers in preparation for the treats to come. Swedish Massage, a Hot Herbal Clay Wrap and Facial of your choice then complete your transition into a re-energized, relaxed, glowing new you.

- Aromatic Herbal Steam or Le Spa Bath
- Jojoba Seed Scrub
- Hot Herbal Clay Wrap
- Swedish Massage
- Soothing Guinot Signature Facial or Anti Wrinkle Facial

**3.30-HOUR TREATMENT / SINGLE THB 8,000
COUPLE THB 15,000**

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ADDITIONAL SPECIATIES

(AVAILABLE WITH LUXURY PACKAGE ONLY)

DELIGHTFUL BATH RITUAL

One of the most popular bathing rituals includes the calming and exotic Lavender Milk Bath. The foaming milk bath envelops you in heavenly scents and relaxing bubbles moisturizes the body, whilst you sip a refreshing tropical juice amidst Thailand's most beautiful flowers.

30 MIN / THB 800

AWE BATH RITUAL

Add a touch of wonder to your spa experience. The candlelit room relaxes the mind and prepares your spirit, as you sit back in your choice of Aromatherapy flower bath, with a refreshing ginger tea to cleanse you from the inside out. Lemongrass-refreshing, Lotus - relaxing, Chamomile - calming.

30 MIN / THB 800

AROMATIC HERBAL STEAM

Refresh your body in this gentle cloud of steam filled with the aroma of fresh Thai herbs. Ideal before a massage, or anytime to cleanse the skin, clear the lungs, promote the circulation and invigorate the body.

30 MIN / THB 800

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LE MASSAGE

SWEDISH AROMATIC (RELAXING PRESSURE)

For complete relaxation, it is hard to beat the smooth stroking hand techniques used in a professional Swedish massage. Using your choice of aromatherapy oils, this massage covers day's the body and pressure can be applied to suit everybody's needs

60 MIN / THB 2,800

90 MIN / THB 3,800

SPORT ENERGIZE (MEDIUM TO STRONG PRESSURE)

Using different techniques that allow deeper penetration into and around muscle areas, sport massage is ideal after a days leisure activities. Please let our receptionists know if you need attention to any particular area and they will individualize this massage for you to ensure complete satisfaction.

60 MIN / THB 2,800

90 MIN / THB 3,800

ORIENTAL FUSION (MEDIUM TO STRONG PRESSURE)

Wonderful for relieving aches, pains and strains, this massage is a combination of Eastern and Western techniques which improve mobility and flexibility.

60 MIN / THB 2,800

90 MIN / THB 3,800

TRADITIONAL THAI (MEDIUM TO STRONG PRESSURE)

A wonderful treatment passed down from ancient generations, Thai massage involves the application of pressure and gentle stretching of the muscles, also using pressure to stimulate the energy meridians of the body. This massage is performed on Traditional Thai mattresses without oil and pays special attention to the back and legs.

60 MIN / THB 2,800

90 MIN / THB 3,800

FOOT RELAXATION

Originating from Egypt, this foot relaxing massage applies pressure to nerve endings in the feet that relates to all different organs of the body. Far more than just a foot massage, this holistic healing technique helps restore balance and harmony to your body while aiding sleep and water retention. This therapeutic treatment also involves some calming lower leg and head massage

60 MIN / THB 2,800

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LE FACIAL TREATMENTS

SOOTHING FACIAL TREATMENT

This facial is designed for Sensitive Skin which has been formulated with soothing ingredients that have proven high tolerance, even on skin that is "highly sensitive". This facial provides a greater comfort, reduces heat sensations and the appearance of redness. The formulation includes extracts of chamomile, corn and oak Meristem.

60 MIN / THB 3,000

ANTI WRINKLE FACIAL TREATMENT

This facial is designed for Mature Skin which has been formulated with Dermostimulines-DNA and plant fibers. Dermostimulines-DNA make the skin smoother and reduce the appearance of wrinkles. Plant Fibers is a powerful active ingredient has a proven rejuvenating effect on the skin to help it regain youthful firmness and radiance.

60 MIN / THB 3,500

DEEP CLEANSING FACIAL & MOISTURIZING SOFT MASK

This facial is specially designed for All Skin Types which has been formulated with moisturizing sources. Water is an indispensable source of life for the cells and for the well-being of the skin. A good moisture balance ensures a healthy complexion. The skin is softer and more comfortable with "Aloe-Vera and Mallow" Aroma Soft mask. This special mask will give all the mineral elements to the deeper layer of the skin.

60 MIN / THB 3,900

THERMO LIFTING MASK

Thermo Mask natural source of mineral to activate the circulation and the warming mask can help pushing active ingredients nutrient to the skin cells and contouring facial shape.

60 MIN / THB 3,900

MINI FACIAL

A perfect express treatment for those on the go. This 30-minute mini facial includes a gentle cleansing, relaxing facial massage, and nourishing skincare to refresh and hydrate your skin. Ideal for a quick rejuvenation during your busy day.

30 MIN / THB 1,800

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LE BODY TREATMENTS

TAMARIND SKIN EXFOLIATION (NORMAL TO OILY SKIN)

This treatment uplifts and revives whilst exfoliating the skin with natural products. Thai Women over the centuries have relied on Tamarind mixed with honey as a natural skin softener, help to provide cleansing and nourishing properties to give the skin a radiant glow

60 MIN / THB 2,700

JOJOBA BEADS BODY SCRUB (ALL SKIN TYPE)

Using Mandarin, Aloe and Vanilla in conjunction with Jojoba Seeds, this incredibly satisfying and gentle scrub is perfect for more sensitive skins but still guarantees perfectly smooth and Invigorated looking skin upon completion. This treatment is completed with a Lavender Body Lotion Massage

60 MIN / THB 2,700

SAKURA SCRUB (ALL SKIN TYPE)

Cherry blossom (Sakura) is known for its rich anti-oxidant levels and soothing properties. It repairs the skin's natural barriers to promote smooth, supple skin. It cleanses the skin of toxins to leave a brightened, healthy skin.

60 MIN / THB 2,700

THAI JASMINE RICE SCRUB (ALL SKIN TYPES)

Jasmine rice nourish protein body Scrub energizes dull, tired, lifeless skin with deep cleansing action of Thai jasmine rice protein and vitamin B3. This extra gentle exfoliating action draws out impurities, unclogs pores and removes dry, dead cells from the surface of your skin.

60 MIN / THB 2,700

SEA SALT SCRUB LAVENDER (DRY TO NORMAL SKIN TYPES)

Exfoliate your skin, remove impurities and improve your skin health with natural sea minerals. Moisturize and rejuvenate your skin with Vitamin E, and lavender oil. Exfoliator, Gently remove dead skin with mineral rich sea salts that leave you feeling fresh and clean.

60 MIN / THB 2,700

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LE BODY TREATMENTS

ALOE VERA SUN SOOTHER

Nature's perfect sunburn soother and an effective golden tan preserver! Extracts of Aloe Vera (naturally healing) and Green Tea (anti-oxidant) take care of ozone damage whilst gently hydrating and adding bursts of moisture. This fine therapy includes a relaxing body wrap and Lavender facial compresses. the luxury of having your skin kissed by nature!

60 MIN / THB 2,700

HOT HERBAL CLAY WRAP

This luxurious hot white clay body wrap, helps drain the toxins and impurities out from your body, relaxing and soothing from within. The purest, natural Thai Herbal products and used to ensure a truly marvelous experience.

60 MIN / THB 2,700

SAKURA WRAP

With the restoring and hydrating properties of Sakura, a Japanese well known Cherry Blossom, this splendid treatments helps to replace lost moisture or sun-dried skin into hydrated skin perfectly

60 MIN / THB 2,700

THAI JASMINE RICE WRAP

Thai Jasmine rice is specially designed for wrinkle- Prone Skin which has been formulated with nourish in Vitamin B. A good moisture balance ensures a healthy complexion.

60 MIN / THB 2,700

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