



"Arogya Parama Labha" (The greatest of all gains is health)

- Jivaka Kumarabhacca

The Father of Medicine at the time of Buddha and an aspiration for all practitioners of Ancient Thai Massage Dear Guest,

Managed by Guru Spa Thailand, Salinda Spa is well known for its distinctive traditional massages delivered by our professional Thai therapists.

It is believed that balance within and between the four main elements (fire, air, water, earth) forms the foundation for good health. We each have all of these qualities within us to some degree, but most of us favour one over the rest.

Salinda Spa invites you to harmonize your energy and inner balance by discovering your elemental nature: starting from personalized welcome drink and spa consultation to wearing color-coded Thai cultural wear - sarongs throughout your spa journey.

Wellness regards,

Pafun Sriuthai Spa Manager

SALINDA SPA JOURNEY

Carefully crafted to bring you a luxurious choice of extended experiences, these special journeys are designed to help you escape the limits of space and time. Indulge in unique Salinda-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

Romantic Escape For Two

Relax and enjoy your treatments in our beautiful couple room. Soothe, nurture and revalise your skin and spirit with our **green tea radiance scrub** followed by **aromatic bath for two**. And finally relax to therapeutic **aromatherapy massage** using Salinda blends of essential oils personally selected for your individual needs.

120min | 5,450,000

Salinda Sunset

Honor your body and experience rejuvenation from head to toe. Begin your island journey by detoxifying body with a **choice of your favorite body scrub**, restore a natural state of equilibrium with our **signature pearl massage** and complete the escape with a **golden caviar facial** to enhance a youthful, radiant appearance.

150min | 4,900,000

Thai Therapy

A truly traditional heat therapy combining various manipulation of **Thai herbal compress** with regulated pressure and stimulating movements effectively releases knots and tensions, while energizing **facial digitopressure massage** with Thai balls applied to the face and neck awakens the skin, leaving the complexion fresh and glowing with radiance, then use white **Thai mud (Din Sor Pong)** to mask the face, its excellent anti-acne, controls face skin's and balas and balas to tighten clin parts.

oil, balances and helps to tighten skin pores.

120min | 3,500,000

Chakra Geremony

Enjoy the steam inhalation from the bubbling **clay pot with Thai herbs** to clear stuffy heads and prepare to drift further into relaxation with a **hot "candle lit oil" massage**, easing away all your tensions. Restore your energy with a relaxing **scalp massage** and sooth all your senses by using healing stones during **chakra balancing therapy** in the end.

120min 3,500,000

All prices are quoted in vietnamese dong and subject to 5% service charge and 10% VAT. Prices are subject to change without prior notice.

DISCOVER YOUR ELEMENT

All the treatments focus on balancing elements on physical, emotional, mental and spiritual aspects of our being. Your Spa theerapist will use a high-touch approach and personalize a treatment rituals based on the elemental nature of your body.

SSS Fire JANUARY - FEBRUARY - MARCH

- Fire's mind: Linear, determined, focused, intellectual. Have strong views, are ambtious and like to get things done.
- Physical aspect: A strong circulatory system and high metabolism.
- Function: Controls parts of the body that are related to heat: circulation, temperature control, and metabolism.
- Therapeutic needs: The Fire Element symbolizes warmth. Promote circulation and relieve to aches and pains.
- Color: Red
- Element drink: Pandan leaf juice

Air April - May - JUNE

- Air's mind: Rapid, creative, learn things quickly,
 outspoken and cheerful.
- Physical aspect: A strong intestinal and respiratory health.
- Function: Controls the movement functions of the body, such as the respiratory system and the digestive system.
- Therapeutic needs: The Wood Element is symbolic of motion. Calm emotional imbalance and eliminate negative tension from the body and mind.
- Color: Purple / White
- Element drink: Lemongrass Juice

Water july - August - September

- Water's mind: Get emotionally attached, compassionate with strong memory. Like routine and familiarity.
- Physical aspect: A good blood composition and strong eyes.
- Function: Controls the liquid parts of the body.
- Therapeutic needs: The Water Element represents the life force of inner energy. Aid in detoxification and regulate water metabolism.
- Color: Blue
- Element drink: Pea flower juice

Carth october-november-december

- Earth's mind: Have strong, long-term memory, stable mind, and are true to their beliefs.
- Physical aspect: A good skin and strong bone and muscular health.
- Function: Controls the complexion of the body including bone and muscle structures.
- Therapeutic needs: The Earth Element represents the center of one's being. Treatments that relieve blockages along energy pathways.
- Color: Green / Brown
- Element drink: Bael juice

BALANCE YOUR ELEMENT

Signature Learl Massage 🤤 🖨

Relax to a rhythmic massage that focuses on muscle tension, releasing tightness and blocked energy by combining techniques of palming, kneading, stretching and pressure point massage. Immerse in a deep state of well-being, while the pearl oil rich in minerals and amino acids soften your skin and improves its radiance.

60min | 1,950,000 90min | 2,350,000

Salinda Aromatherapy 🍩 🔵 🗶

Our most aromatic and gentle massage with a choice of your own "element" blended oils that combines strokes and acupressure techniques, allowing the healing properties of the natural oils to penetrate into the skin and leaving you completely relaxed to a new state of wellbeing. A definite jetlag tonic.

60min | 1,750,000 90min | 2,150,000

Deep Tissue Treatment 🤤 🛢 🚳

Focused and intensive, this firm massage primarily aims on the deeper layers of muscles with a stronger pressure. By using a blend of essential oils, it increases blood circulation and provides relief to sore, tired and tense muscles. designed for those leading a more active lifestyle or for those who prefer a more intense pressure.

60min | 1,750,000 90min | 2,150,000

Volcanic Not Stone Therapy 🥮 🗐

A natural therapy in which warmed basalt stones are positioned on the key parts of the body to maximize the therapeutic benefit. These stones radiate their warmth into the body tissues and muscles, allowing greater intensity manipulation than the regular touch and increasing blood circulation, relieving stress, tension and tissue stiffness.

90min | 2,150,000

Indian Champissage 🏼 🕲

A traditional deep massage, which uses both gentle and stimulating techniques on the upper back, shoulders, neck and scalp that tap into your 7 "'chakras" to improve blood flow, encourage healing and balance in your whole body.

60min | 1,750,000

Foot Reflexology 🌑 🖨

Known as zone therapy, this specialized foot acupressure technique balances the flowing energy "chi" united in the reflex points of the feet. designed for those suffering from plantar fasciitis, ankle injuries or even everyday work.

60min | 1,450,000

TRADITIONAL THAI EXPERIENCE

Believed to be over 2000 years old, the Ancient Art of Thai Massage was developed as a therapeutic method of healing the sick and injured with roots in Ayurvedic and Chinese Medicine. Passed down through generations, the traditional thai massage is subliminal body workout, blending deep tissue massage, pressure points and stretching techniques.



Thai Massage – Wat Pho

To this day, Wat Pho (Buddhist temple where Thai massage was born) remains as the center for the preservation and teaching of traditional Thai medicine. This powerful "yoga massage" is an ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures, that releases tension, increases vitality and flexibility.

60min | 1,750,000 90min | 2,150,000

Royal Thai Massage

This Thai massage focusses on pressure points and avoids stretching methods, unblocking the flow of energy and restoring balance to the body. It increases vitality, improves blood circulation, eliminates toxins and creates wholeness of body, mind and body.

60min | 1,750,000 90min | 2,150,000

Thai Herbal Compress

The blend of traditional thai herbs used in these compresses has a relaxing and invigorating effect on the body and mind, soothing sore and overworked muscles. While the acupressure relieves stress and fatigue, the heated compress opens the pores to allow the medicinal effect of the herbs to improve prana flow, ease achesand stimulate circulation.

90min | 2,150,000

Tok Sen

This ancient healing procedure is based on the therapeutic effects of Thai massage with tapping of the whole body with special hammer and a stick. This technique allows you to remove the blockage in the energy channels, activate the acupressure points and promote the normal flow of energy and relax the clenched muscles of the body, *Tok* - the sound made by hitting a wooden object with another wooden object. *Sen* - energy lines that pass through the human body.

90min 2,150,000

Yeab Sen

This barefoot massage technique delivers deep, broad, consistent pressure by utilizing therapist feet and body weight. Movements along the paraspinal can improve posture, increase range of motion, relieve muscle spasms and stretch shortened muscles, which help in relieving pain and discomfort. **Yeab** - to stand and slowly walk on the body, focused on energy lines.

Sen - energy lines that pass through the human body.

60min | 1,750,000

BODY TREATMENT

We recommend to start with a steam or sauna before your treatment.

Phu Quoc Pearl Scrub & Wrap

After Phu Quoc pearl body polish that stimulates toxin removal and softens the skin, relax while you are wrapped in a hydrating pearl mixture that improves your skin tone and remineralizes it with a noticeable glow.

90min | 2,750,000

Aroma Algae Scrub & Wrap

This unique detoxifying treatment combines a luxurious spa salt scrub that exfoliates rough skin, while comforting aroma algae body wrap prevents the formation of cellulite and reduces water retention, toning your skin.

90min 2,500,000

Thai Herbal Scrub

Calm and soften dry and sensitive skin with this spice blend infused with revitalising turmeric, purifying crushed rice and beautifying tamarind, combined with honey, yogurt and plai oil.

50min | 1,550,000

Green Tea Radiance Scrub

Green tea mixed with sea salt and essential oils is used for this deep exfoliating treatment with short circular massage strokes to remove dead skin cells and improve circulation, while its antioxidant properties counteracts aging.

50min | 1,550,000

Greamy Goconut Scrub

A luscious tropical treat for dry skin, this creamy coconut scrub rich in enzymes gently buffs away aging skin cells, unclogs pores and allows your skin to absorb moisture and nourishment, restoring it to a healthy glow.

50min | 1,550,000

Phu Quoc Dearl Wrap

This moisture-rich and nourishing wrap consists of mother of pearl particles, rich in minerals and amino acids, mixed with signature essential oil for a more radiant, luminous and hydrated skin.

50min | 1,750,000

Coffee-Gacao Decadence

Dive into our double Vietnamese coffee-cacao decadence and detox with these two powerful antioxidants. Enjoy the benefits of coffee's diuretic quality, leaving skin firm and cleansed, while bitter cacao remineralizes and distresses your body.

50min | 1,550,000

Aloe Vera Body Blast

The cooling effect and properties of aloe vera works to sooth and rejuvenate your skin after the sunburn, providing antioxidants, energizing your cells with oxygen and leaving your body feeling relaxed and toned.

50min | 1,550,000

BEAUTY TREATMENT

All our facials include the following steps: Cleansing - Toning - Exfoliation - Massage - Face mask - Moisturizing

Biodroga Golden Caviar Facial

Discover our ultimate anti-aging treatment that blends in new world innovations to maximize the results for mature skin. A collagen enriched cream with caviar extract plumps and intensifies moisture, vitamins, minerals, amino acids and pure gold particles that instantly repair and reduce signs of aging. This is our signature facial treatment to bring you a firm, radiant complexion and youthful looking skin.

60min 2,500,000

Levonia Skin Fit Treatment For Men

Advanced treatment of rejuvenating caviar and repairing freeze-dried escutox counteract the aging process with a proven effectiveness of combating aging aggressors and resurfacing your skin. Visibly enhancing your skin's texture and maximizing hydration, this soft lift-off mask combines the replenishing benefits of seaweed and revitalizing propolis, promoting a healthy and toned skin for men.

60min | 2,500,000

Devonia Galming Treatment

Ideal for sensitive skin, the natural ingredients of this mask cleanse away impurities, diffuse redness and swollen wounds, soothes irritation and moisturizes your skin, leaving a relaxing feeling spread on the skin.

60min | 2,500,000

Aromatic Detox Facial

This treatment combines a cleansing, toning and revitalizing mask designed to purify and detoxify skin with a light relaxing facial massage with an aromatic hydrating oil to soothe, refresh and re-energize your skin.

60min | 2,150,000

HANDS & FOOT CARE

Treat your hands and nails to a sequence of soaking, filing, buffing, a nourishing mask, and gentle massage before an immaculate paint finish. Soothe and soften your feet in an aromatic foot soak, then enjoy a foot mask that replenishes vital moisture, while your nails are filed and buffed before an immaculate paint finish concludes this lavish beauty ritual.

French manicure / Pedicure	60 / 75min	950,000
Deluxe manicure / Pedicure	60 / 75min	780,000
Deluxe manicure & Pedicure	135min	1,400,000
Gel manicure / Pedicure	60 / 75min	1,000,000
Gel french manicure / Pedicure	60 / 75min	1,300,000
Gel manicure & Pedicure	135min	1,800,000
Gel nail remover	20min	150,000

WAXING

We offer an array of waxing services for both men and women, using both strip wax and hard wax from Lycon Cosmetics to ensure the most effective results.

So Yummy Hot Wax is a chocolate treat without the calories! Super gentle and decadent with Iron Oxide and micro mica. Ideal for waxing the sensitive areas.

Eyebrown	475,000
Lips	450,000
Underarm	775,000
Bikini	815,000
Brazilian	1,100,000

Active Gold Strip Wax glows like gold! It contains the soothing benefits of chamomile and the finest grade of gold micro mica, for gentle and efficient waxing.

Arm	815,000
Chest	1,100,000
Back	1,500,000
Half-leg	975,000
Full-leg	1,250,000



SALINDA SPA FOR YOUR CONVENIENCE

The Salinda Spa is open from 10:00 to 22:00 daily. For any enquiries or information regarding the spa, please dial the "spa" button on your telephone display.

Please arrive 30 minutes prior to your treatment to complete the lifestyle consultation form, to ensure you do not have any obstacles to your treatment. Take time to relax in our tranquil surroundings or experience the stimulating facilities prior to your treatment.

Please give 5 hours cancellation notice on individual treatments and 24 hours notice on packages, otherwise the full price of the treatment may be charged to your account.

We love children. However, to be able to ensure a spa ambience of well-being, it is highly recommended to avoid bringing children from 0-12 years to the spa. Teenagers from 13-16 years can enjoy our treatments under the supervision of a guardian.

Please leave all jewelry in your safe in your room or villa before visiting the spa. The spa will not be held responsible for valuables lost within the spa.

All treatments will be charged to your room or villa and appear on your account at the time of check out. You are welcome to pay by credit card or cash if you prefer.

> We recommend that you do not sunbath after aromatherapy or depilatory waxing treatments for a minimum of 6 hours.

For men "please shave prior to all facial treatments to ensure that maximum results are achieved" The spa is a sanctuary of peace and harmony. Please be aware of the volume of your voice and not to disturb our other spa guests. Smoking and active mobile phones are not permitted in the spa.

Advanced booking is highly recommended to ensure availability. Appointment cancelled with less than 5 hours notice will incur a cancellation fee of 100% of the reserved treatment price. In the event you are late for your scheduled appointment, we will accommodate you to the best of our abilities, but your treatment may be shortened or rescheduled.



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