

Spa & Wellbeing Menu

Open Hours: 10:00a.m.- 09:00p.m.



We take a holistic approach to wellness, combining ancient traditions with fresh, organic ingredients designed to nurture your body, and take your mind and spirit into a place of calm and tranquility.



+66 76 318 888

spa@amatararesort.com

amatarawelleisureresort

amatararesort

AMATARA WELLEISURE™ A LA CARTE MENU

| Amatara's Signature Thai Hammam | TIME | PRICE | Alternative Therapies | TIME | PRICE | Basic Blood Test Program | TIME | PRICE |
|--|-------------|-------------|---|------------|-------------|--|---------|----------------|
| The Complete Thai Hammam Experience | 105 Mins | 6,900 | Chi Nei Tsang | 60 Mins | 4,000 | Basic Blood Test Program | Female | 16,251.42 |
| The Complete Thai Hammam Experience (Including Massage) | 165 Mins | 8,900 | Fire Cupping Therapy (Pain Management System) | 30/60 Mins | 1,900/3,500 | Basic Blood Test Program | Male | 18,373.55 |
| Mud Therapy | 60 Mins | 3,200 | Crystal/Chakra Healing (Purification Of Chakras) | 60 Mins | 3,500 | Holistic Vitality Program | | |
| Spa Journeys | | | Energy Healing (Reiki) | 60 Mins | 3,500 | Holistic Vitality Program | Female | 32,670.57 |
| Amatara Pampering Package | 195 Mins | 6,800 | Acupressure with moxibustion (Alternative Medicine – Energy Flow) | 30/60 Mins | 1,900/3,500 | Basic Blood Test program | Male | 33,945.26 |
| Amatara Delight Package | 135 Mins | 6,500 | Detox Treatments | | | Physical Therapy | | |
| Massage Treatment | | | Colon Hydrotherapy | 60 Mins | 4,800 | Body Composition Analysis | 15 Mins | 800 |
| The Signature of Amatara Massage | 60/90 Mins | 3,100/3,900 | Coffee enema or Chlorophyll | 60 Mins | 5,600 | Essential Physiotherapy 3 x 60 Mins | 60 Mins | 3,200 8,160 |
| Deep Muscles Massage | 60/90 Mins | 3,100/3,900 | Colon Hydrotherapy 2 x 60 minutes + 1 colonic with coffee enema or Chlorophyll | 3x60 mins | 12,300 | Physiotherapy Deep Tissue Massage | 90 Mins | 4,200 |
| Individually Focused & Intuitive Massage | 60/90 Mins | 3,100/3,900 | Manual Lymphatic Drainage | 60/90 Mins | 3,100/4,200 | One X One Sessions | | |
| Relaxing Lavender Therapy Massage | 90 Mins | 3,900 | Jala Neti Shatkriya | 30 Mins | 1,500 | All One X One Sessions | 50 Mins | 1,500 |
| Candle Massage | 90 Mins | 3,900 | Detoxifying & Draining Slimming Treatment | 90 Mins | 4,800 | Muay Thai | | |
| Warm Stone Massage | 90/120 Mins | 4,200/4,700 | Ultimate Detoxifying Slimming Treatment | 120 Mins | 5,900 | Pilates on the Mat | | |
| Pregnancy Massage (for clients that are 16 weeks pregnant or more) | 60 Mins | 3,200 | Body Scrub (or) Body Wrap | 45 Mins | 1,800 | Pilates Reformer | | |
| Traditional Thai Massage | 60/90 Mins | 2,500/3,000 | Amatara Facial Treatment (a selection to pamper the skin with your preferred choice) | | | TRX | | |
| Traditional Thai Massage with Herbal Compress with Herbal Compress | 90/120 Mins | 3,500/4,000 | Amatara Signature organic Facials 100% natural, | 60 Mins | 4,600 | Personal Training | | |
| Signature of Amatara Massage | 90/120 Mins | 4,400/4,900 | Facial Reflexology | 60 Mins | 4,000 | Assisted Stretch | | |
| Specialty Massage Treatments | | | Oriental anti-aging facial massage Therapy - Facial Gua Sha | 60 Mins | 4,500 | Core Bag and Kettle Bell training | | |
| Ingham Foot Reflexology | 60 Mins | 4,000 | Guinot Hydradermie Youth | 60 Mins | 4,200 | Aqua Fitness | | |
| Thai Salt Pot Therapy | 90 Mins | 4,200 | Guinot Hydraderme Lift | 60 Mins | 4,600 | Aqua Yoga (Yoga In The Water) | 60 Mins | 2,200 |
| Migraine Therapy | 60/90 Mins | 3,500/4,200 | Guinot Hydraderme Lift Deluxe | 90 Mins | 5,200 | Swimming Lesson for Adults | 60 Mins | 2,200 |
| Ayurvedic Treatments | | | Guinot Hydradermie Eye Lift | 45 Mins | 3,600 | Art of Healing | | |
| Shirodhara Treatment | 60 Mins | 5,900 | | | | Yoga Nidra – (Psychic Sleep) | 60 Mins | 2,200 |
| Indian Head Massage | 60 Mins | 3,500 | | | | Ajapa Japa Meditation (Breathing Awareness Meditation) | 60 Mins | 2,200 |
| Abhyanga Massage | 90 Mins | 4,200 | | | | CHIDAKASHA Meditation (Empty Space Meditation) | 60 Mins | 2,200 |
| Kati Vasti Massage | 60 Mins | 3,500 | | | | Trataka Meditation (Awakening Third Eye Meditation) | 60 Mins | 2,200 |
| | | | | | | Learn to Massage Another | 90 Mins | 3,500 |

All rates are subject to 10% service charge and 7% applicable government tax.