



AMATARA  
WELLEISURE™ RESORT

# Spa & Wellbeing Menu

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



# AMATARA'S WELLNESS OFFERINGS

## SERVICE OFFERINGS

### Amatara's Signature Thai Hammam

- The Complete Thai Hammam Experience 105 Mins 6,900
- The Complete Thai Hammam Experience (Including Massage) 165 Mins 8,900
- Mud Therapy 60 Mins 3,200

### Spa Journey

- Amatara Pampering Package 195 Mins 6,900
- Amatara Delight Package 135 Mins 6,500

### Massage Treatments

- The Signature of Amatara Massage 60/90 Mins 3,100/3,900
- Deep Muscle Massage 60/90 Mins 3,100/3,900
- Individually Focused & Intuitive Massage 60/90 Mins 3,100/3,900
- Relaxing Lavender Therapy Massage 90 Mins 3,900
- Candle Massage 90 Mins 3,900
- Warm Stone Massage 90/120 Mins 4,200/4,700
- Pregnancy Massage 60 Mins 3,200

(for clients who are 16 weeks pregnant or more)

### TTM Therapies (Traditional Thai Medicine)

- Traditional Thai Massage 60/90 Mins 2,500/3,000
- Traditional Thai Massage with Herbal Compress 90/120 Mins 3,500/4,000
- Thai Salt Pot Therapy 90Mins 4,200

### TCM Therapies (Traditional Chinese Medicine)

- Fire Cupping Therapy 30/60Mins. 1,900/3,500
- Acupuncture 30/60Mins. 1,900/3,500

### Specialty Therapies

- Ingham Foot Reflexology 60 Mins. 4,000
- Migraine Therapy 60/90Mins 3,500/4,200

### Ayurveda Therapies

- Shirodhara 60 Mins. 5,900
- Indian Head Massage 60 Mins. 3,500
- Abhyanga 90Mins 4,200
- Kati Vasti 60 Mins. 3,500

### Alternative Therapies

- Chi Nei Tsang 60 Mins 4,000
- Energy Healing (Reiki) 50 Mins 3,600
- Tibetan Sound Bowl Healing 50 Mins 3,600
- Crystal/Chakra Healing 50 Mins 3,600

### Detox Treatments

- Colon Hydrotherapy 60 Mins. 4,800
- Coffee enema or Chlorophyll Hydrotherapy 60 Mins. 5,600
- Colon Hydrotherapy (2x60 minutes +1 colonic with coffee enema or Chlorophyll) 3\*60 Mins. 12,300
- Manual Lymphatic Drainage 60/90Mins 3,600/4,200
- Jala Neti Shatkriya 30 Mins. 1,500
- Detoxifying & Draining Slimming Treatment 90 Mins 4,800
- Ultimate Detoxifying Slimming Treatment 120 Mins 5,900
- Body Scrub (or) Body Wrap 45 Mins 1,800

### Facial Treatments

- Amatara Signature Organic Facial Treatment 60 Mins 4,600
- Facial Reflexology 60 Mins 4,000
- Oriental Anti-Aging Facial Massage Therapy (Facial Gua Sha) 60 Mins 4,500
- Guinot Hydradermie Youth 60 Mins 4,200
- Guinot Hydradermie Lift 60 Mins 4,600
- Guinot Hydradermie Lift Deluxe 90 Mins 5,200
- Guinot Hydradermie Eye Lift 45 Mins 3,600

## SERVICE OFFERINGS

### Physio Services

- Physical Analysis 30 Mins Complimentary
- Essential Physiotherapy (1 session) 60 Mins 3,200
- (Techniques depending on symptoms: hot/cold compression, ultrasound therapy, electrical stimulation, joint mobilization, manual technique, etc.)
- Essential Physiotherapy (3 sessions) 3\*60 Mins 8,160
- Physiotherapy Deep Tissue Massage 90 Mins 4,200
- Therapeutic/Rehabilitation Exercise 60 Min.

### Fitness Services

- Fitness Assessment 30 Mins 1,600
- Body Composition analysis 30 Mins 800
- One on One session 50 Mins 1,800
- (Choose from Muay Thai, Pilates on Mat, Pilates on Reformer, TRX, Personal Training, Assisted Stretching, Core Bag and Kettle Bell Training, Aqua Training, Yoga)
- Aqua Yoga (Yoga in the Water) 50 Mins 2,200
- Swimming Lesson for Adults 50 Mins 2,200

### Art of Healing

- Yoga Nidra (Psychic Sleep) 50 Mins 2,200
- \* Pranayama (The Art of Yoga Breathing) 50 Mins 2,200
- \* Breathwork 50 Mins 2,200
- \* Qigong 50 Mins 2,200
- \* Ajapa Japa Meditation (Breathing Awareness Meditation) 50 Mins 2,200
- \* Cyclic Meditation (Moving and Breathing Meditation) 50 Mins 2,200
- \* Trataka Meditation (Awakening Third Eye Meditation) 50 Mins 2,200
- \* Mindfulness Meditation 50 Mins 2,200
- Learn to Massage Another 90 Mins. 3,500

### Medical Wellness

- Sleep Test with Belun Ring 8,000
- Blood Test - Silver Program 9,500
- Blood Test - Gold Program 23,500
- Blood Test - Diamond Program 32,000
- Blood Test - Vitality Program for Female 48,900
- Blood Test - Vitality Program for Male 48,500
- Hormone Screening for Female 21,400
- Hormone Screening for Male 21,000
- Micronutrient 22,400
- Food Intolerance Test 35,000
- Toxic Metal Test (Oligo Test) 12,500
- Spot Mass (Cancer Screening) 30,350
- NK-Cell Test (Inflammatory Marker) 27,000
- Genetic Testing 51,000

### IV drip Therapy 30-60 mins

- Immune Booster 5,000
- Anti-Aging Rejuvenation 5,500
- Detox Remedy 6,000
- Energy Enhancement 6,000
- Metabolic Rejuvenation 6,000
- Blink Bright Beauty 4,500

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